

FLIGHT TO FREEDOM course is finally available

Posted by ChaimMod - 02 Dec 2021 17:31

We're super excited to announce that the long awaited FLIGHT TO FREEDOM course is finally available for current GYE members.

For the past 3 years, GYE's R&D team has sifted through mountains of **brain science** research relating to **addiction and behavior change**, as well as all recovery programs and dozens of books on the topic, in order to develop the GYE FLIGHT TO FREEDOM.

This revolutionary multi-layered program contains a rich collection of evidence-based Torah-aligned tools to help you reach **long term recovery**.

The FLIGHT TO FREEDOM course is designed for people who are serious about recovery from porn and masturbation, and are willing to devote about two hours a week, for the next 9 weeks.

We need your feedback to be able to continue improving the course and the lives of the GYE members.

<https://f2f.guardyoureyes.org/>

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Re: FLIGHT TO FREEDOM course is finally available

Posted by cordnoy - 18 Feb 2022 12:25

[wilnevergiveup wrote on 18 Feb 2022 08:31:](#)

[Trouble wrote on 17 Feb 2022 21:12:](#)

[A. green wrote on 17 Feb 2022 21:02:](#)

About the Daily Reflection Tool.

If I have 2 setbacks on the same day, I want to report it on the daily reflection, the strength & the cue's. Is there a possibility for that?

(It should never happen...)

first, report it as a fall (bad word), then log out of the program, read a lesson, say three kapitlech tehillim, jog around the block backwards, then log back in; at that point you should be able to enter in chizuk mode. now, in your hypothetical, you experienced an additional setback, so that means that the chizuk wasn't in overdrive; accordingly, you do not need to check off the "fall" (bad word) button, as you still must be locked in the grasp of the devil. log out again, this time say seven kapitlech tehillim, jog around the block backwards twice, then log back in. if you are still struggling, log out, create a new user name and record your challenges. if all else fails, you can always call 202-456-1111, option 2424.

I am afraid to call anything that @Trouble posts, but I am soooooooooo curious who's number that is...

I couldn't figure out the extension though, there are sure many of them at that line.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by OivedElokim - 28 Feb 2022 02:27

[A. green wrote on 17 Feb 2022 21:02:](#)

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(It should never happen...)

I second this...

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Re: FLIGHT TO FREEDOM course is finally available
Posted by excellence - 01 Mar 2022 13:41

[OivedElokim wrote on 28 Feb 2022 02:27:](#)

[A. green wrote on 17 Feb 2022 21:02:](#)

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I second this...

Unfortunately, I was wondering the same thing too.....

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