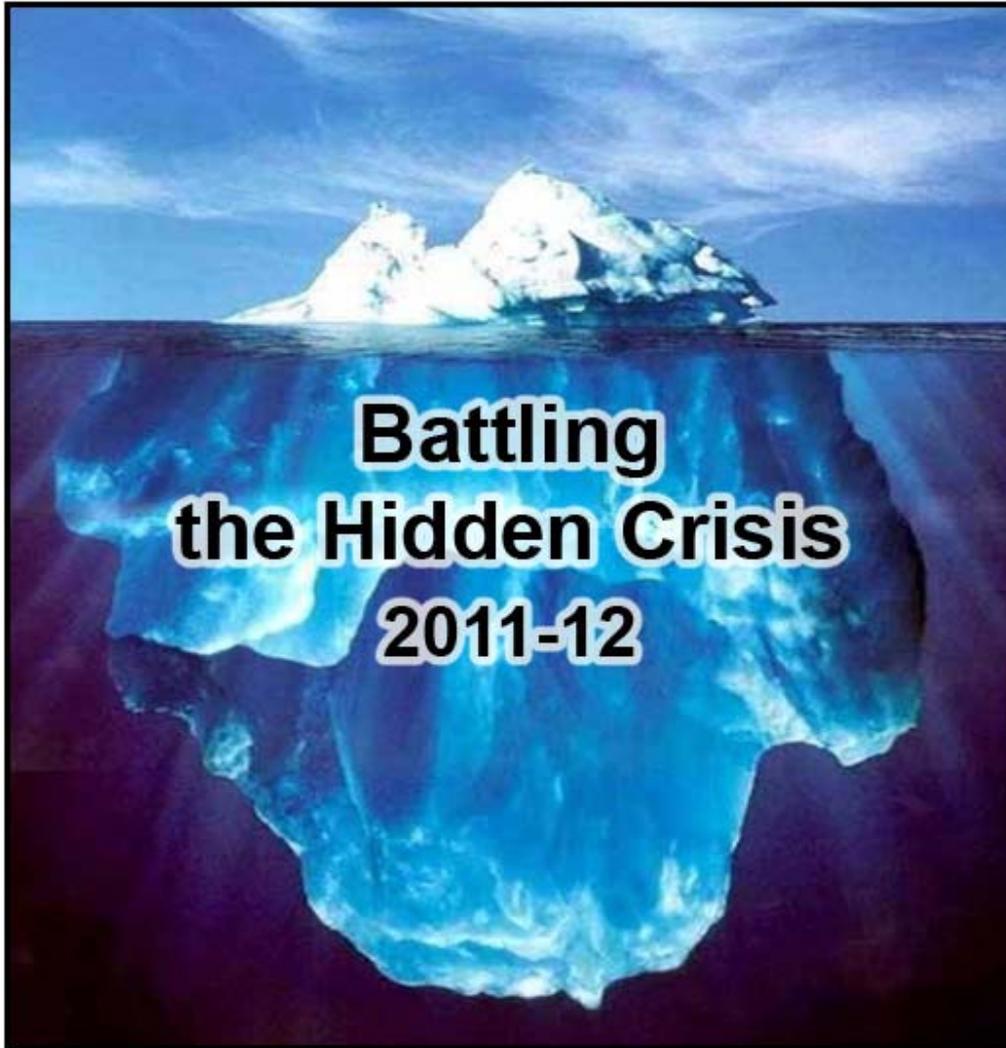




# Guardyour<sup>e</sup>yes.org

Maintaining Moral Purity in Today's World



Donations are tax deductible. Checks can be made out to: "GYE Corp." and mailed to:  
GYE Corp. 3918 Fallstaff Rd, Baltimore, MD 21215, U.S.A. / On-line Donations: [www.GuardYourEyes.org](http://www.GuardYourEyes.org)  
E-mail: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com) / Tel (USA): 646-600-8100 / Israel: 972-2-5805921

*"There is an international scourge attacking the Jewish People which threatens to tear apart the fabric of Jewish life. It has spared no class of Jews: from teenagers to kollel members, from office workers to rabbis, and from single to married men. "Guard Your Eyes" has successfully helped to wean hundreds, if not thousands, from pornographic addiction. It's actually the only weapon we have at our disposal."*

**Rabbi Aharon Feldman, Mo'etzes Gedolei HaTorah of America**

*"I doubt that at any time in our history has there been as grave a threat to the morality of our people and to the stability of the Jewish family as the plague of addiction to internet pornography. It has ruined more marriages than anything. It has ruined families. It's been terribly destructive. And the only weapon we have against it, the **only** one, is GuardYourEyes, which is saving lives and families."*

**Rabbi Abraham J. Twersky, MD**

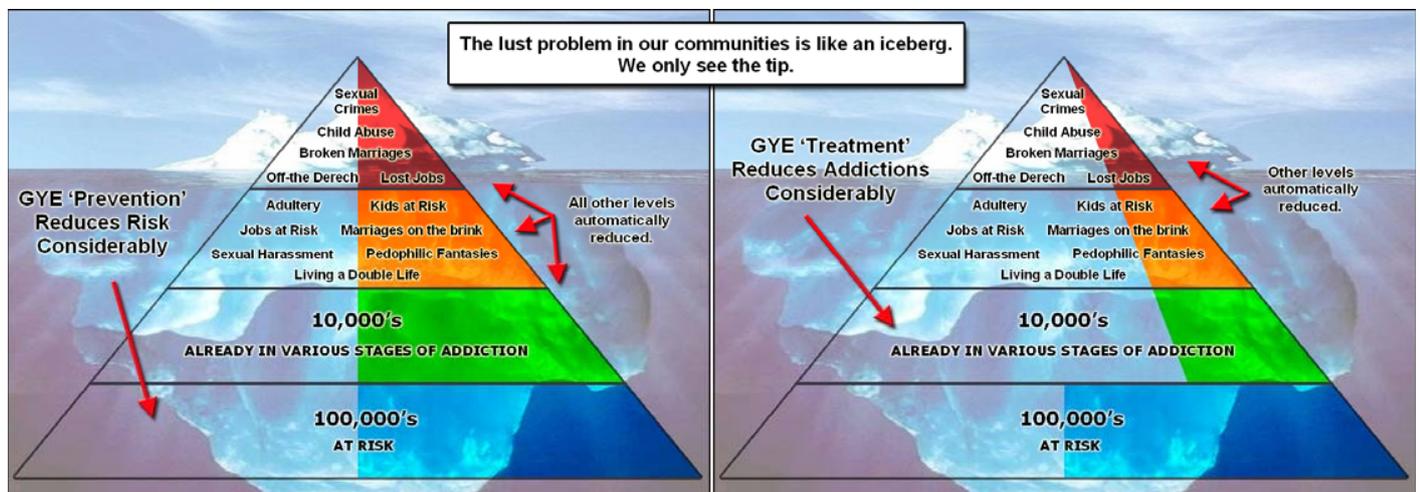
**Background:**

The Guard Your Eyes organization ([www.guardyoureyes.org](http://www.guardyoureyes.org)) has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as the number one resource for dealing with the growing problem of the struggle with/addiction to inappropriate materials on the Internet and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews all across the religious spectrum. This widespread problem is destroying more peoples' marriages and Yidishkeit than almost anything else today. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse and molestation can be traced back to this issue. Much of our communities' investments in education today are being undermined by the strong-pull of these temptations.

**Treatment:** In three years of operations, with a meager yearly budget and minimal advertising, Guard Your Eyes has helped roughly 1,000 Jews get back on a path of sanity, healing and self-control. This has been accomplished through the many features of our network which include a website, forums, handbooks, chizuk e-mails, hotlines and 12 step phone conferences and groups. The achievements to date would mark an unprecedented success for even the best of multi-million dollar rehab centers dealing with different types of addictions.

**Prevention:** Guard Your Eyes has helped prevent thousands from falling into these pitfalls by providing comprehensive filter services, daily chizuk e-mails on Shemiras Einayim, articles, tips and stories, boosting awareness of the dangers and giving practical tools on how to avoid these tests.



## **We attribute our success to five factors:**

**1) Experience:** The tools of our recovery program were developed with guidance from the best experts in the field and through the personal experience of hundreds of dedicated Jews who successfully broke free of their addiction and are determined to help others.

**2) A Novel Approach:** Our recovery system is not only unique for the Jewish community, but unique in the world, in that we address the many different levels of addiction with a program that uses progressively more “addiction oriented” tools based on the level of the dependence. For example, there are many people who just started to slip in these areas and can get out of it with the proper perspective, filters, some basic safe-guards and some accountability. Others need far more intense solutions, such as our 12-Step phone conferences and referrals to live SA groups and therapists. All in all though, this program promises a solution for **everyone**, no matter how advanced the addiction may have progressed.

**3) Anonymity:** The many tools and services on our network are mostly either on-line, in print or by phone. What makes this so powerful is that it ensures complete anonymity for those who turn to us for help. This is one of the greatest secrets to our success, because anonymity, especially in these sensitive areas - and all the more so in the religious community, is one of the main inhibitions of people reaching out for help.

**4) Accessibility:** We harness the very power of instant accessibility of the internet which has fueled this epidemic, to reach and help thousands of Jews throughout the world that conventional therapeutic approaches would otherwise not be able to reach.

**5) Providing Hope:** The inherently pure Jewish souls caught in this addiction are often just yearning for a helping hand to give them that extra push they need to break free. By finding that they are not alone and that hundreds of others have succeeded through our tools, they are instilled with the determination and courage to change.

## **The Guard Your Eyes Team:**

**Executive Director:** Yechezkel Stelzer - addiction therapist, expert on Orthodox Youth at Risk.

**Website Administrator:** Yaakov, founder of GYE, web administrator and coordinator of network features.

**GYE Professional Advisory Board:** Dr./R' Abraham Twerski and Rabbi Simcha Feuerman, Nefesh President.

**Rabbinic Guidance:** Rabbi Aharon Feldman, Mo'etzes Gedolei HaTorah of America.

## **Challenge for the Future:**

On the one hand our achievements have been considerable, but on the other hand, it's only a drop in the ocean when considering the many thousands of Jews who are either struggling or who are at serious risk of stumbling into these destructive behaviors.

It is essential to expand our “Treatment” options by building the framework to accommodate thousands more, and by advertising our services so we can reach all those who struggle in these areas.

We also plan to extend our focus on “Prevention” by (a) spreading awareness of on-line dangers through educational materials aimed at parents, Rabbanim, Mechanchim and the general public, and (b) by expanding our “Filter Division” to include 24 hour hotlines and support, to assist and encourage people throughout the world to install solid filtering and monitoring software for their computers and hand-held devices. This service doesn't exist anywhere in the world, and it is a vital and important service to have in today's day and age!

We devised the following plan for expansion due to the urgency of the need, our proven success, and the confidence in our ability to help many thousands of Jews, in both the areas of Treatment and Prevention. We estimate that within two years, with a relatively modest budget, we will be able to increase our reach ten fold, and that we can, bs"d, in subsequent years help halt this epidemic. We sincerely believe that our project is critical to the hatzala of the Kedusha of Klal Yisrael.

## **GYE Two Year Plan**

The following two year plan includes creating the framework and the advertising to reach out to the tens of thousands of Jews who need help in these areas. We are confident that with this plan, the GYE network will become self sufficient through the donations of those helped by the end of year 2.

### **Budget Summary:**

#### **Year 1:**

<b>Website Development and Upgrades</b>	<b>50,000</b>
<b>On-line advertising</b>	<b>45,000</b>
<b>Hebrew Website + Translations</b>	<b>40,000</b>
<b>On-line advertising in Israel</b>	<b>36,000</b>
<b>Project Manager</b>	<b>48,000</b>
<b>Website Administrator &amp; Hotline operator</b>	<b>48,000</b>
<b>Rent &amp; Office Expenses</b>	<b>12,000</b>
<b>Travel and Fundraising Expenses</b>	<b>8,000</b>
<b>Total First Year Cost</b>	<b>\$287,000</b>

#### **Year 2:**

<b>Continue English advertising campaign</b>	<b>36,000</b>
<b>Yiddish Website + Translations</b>	<b>30,000</b>
<b>Advertising in Yiddish</b>	<b>24,000</b>
<b>Continue Israeli advertising campaign</b>	<b>24,000</b>
<b>Project Manager</b>	<b>48,000</b>
<b>Websites Administrator</b>	<b>48,000</b>
<b>Hotline Operator</b>	<b>12,000</b>
<b>Secretary</b>	<b>18,000</b>
<b>Rent &amp; Office Expenses</b>	<b>12,000</b>
<b>Travel and Fundraising Expenses</b>	<b>8,000</b>
<b>Total 2nd Year Cost</b>	<b>\$260,000</b>

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**Total 2 year budget to reach self sufficiency \$547,000**

## **Detailed Two Year Plan - Timeline**

### **Year 1:**

#### **Stage 1: Website Development and Upgrades - 6 months: January – June 2011**

- Redesigning the website to handle thousands of users in a professional, secure and user friendly environment.
- Step by step guidance and tools for recovery, based on progressive levels of addiction.
- Building a social network system for getting/sharing chizuk, including forums, chat-rooms, phone conferences, live support groups, an automated partner/mentor system and a GYE phone community.
- Coordination of 24 hour hotline support and phone conferences throughout the day, 6 days a week, moderated by experienced 12-Step sponsors or therapists.
- Automated filter service to help you find the best filter package to suit your needs.
- Databases for therapist referrals.
- **Launch new website July 1, 2011.**

#### **Stage 2: On-line advertising: Launch Campaign July 2011**

- Plan, design and launch on-line advertising campaign to let people know about the website and network.
- Google Ad Words campaign, Search Engine Optimization.

#### **Stage 3: Hebrew Website – 6 months: July – December 2011.**

- Adapt English website features and design for Hebrew version.
- Translate materials.
- Create a parallel operation in Israel with hotlines, 12 step phone conferences, live support groups, partner/mentor system, forums, chat-rooms, etc.
- **Launch Hebrew site December 31, 2011**

#### **Stage 4: On-line advertising in Israel: Launch Campaign December 2011**

- Plan, design and launch on-line advertising campaign to let people know about the Hebrew website in Israel.

### **Year 2:**

#### **Stage 5: Continue English website advertising campaign: January 2012**

- Continue advertising campaign to let people know about the website and network.

#### **Stage 6: Yiddish Website – 6 months: January – June 2012.**

- Adapt English website features and design for Yiddish version.
- Translate materials.
- **Launch Yiddish site July 1, 2012**

#### **Stage 7: Advertising in Yiddish: Launch July 2012**

- Plan, design and launch advertising campaign to let people know about the Yiddish website.

#### **Stage 8: Continue Israeli website advertising campaign: July 2012**

- Continue advertising campaign to let people know about the website and network.

### **Ongoing:**

- **Administering the websites and features**
- **Moderating the forums**
- **Coordinating the multitude phone conferences and live groups**
- **Coordinating the team of GYE volunteers and 'gabais'**
- **Manning the hotline services**
- **Providing personal assistance, guidance and counseling to network members**
- **Administration and fundraising**



# Guardyoureyes.org

Maintaining Moral Purity in Today's World

B"H

January 2011 / Shvat 5771

## A Letter from the Trustees of the Guard Your Eyes Organization

Dear Friends,

Over the last few months we have become acquainted with the very important and critical work being done by the Guard Your Eyes organization ([www.guardyoureyes.org](http://www.guardyoureyes.org)). This organization has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as a critical resource for dealing with the growing problem of pornographic addiction and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews: from teenagers to kollel members, from office workers to Rabbis, and from single to married men. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse and molestation can be traced back to this issue. Much of the Jewish community's investment and efforts in education today are being undermined by the strong-pull of these temptations.

The Guard Your Eyes organization has undertaken to stem this tide by utilizing methods which have proved successful in treating other addictions. They have successfully helped wean over a thousand Jews from these destructive behaviors and have helped return them to normal life. Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering effective preventive measures to the general Jewish public.

The materials and tools that this program utilizes have been praised by Gedolim and experts alike for their methodology and approach, and they conform to the highest standards of Torah values.

We believe this project is critical to the hatzlacha of the Kedusha of Klal Yisrael and is the only weapon we have at our disposal in dealing with this widespread problem. It is an international project, which can help thousands of Jews across the world and all across the religious spectrum.

We strongly urge you to join us in helping support the wonderful work being done by Guard Your Eyes.

Gary Torgow

Gedaliah Weinberger

Tovia Schottenstein

Rabbi Berel Wein

Shmuel Yossef Reider

Avraham Wolfson

Nachman Auerbach

Moshe Vegh

הרב אהרן פעלדמאן  
RABBI AHARON FELDMAN  
409 YESHIVA LANE, BALTIMORE, MD 21208  
TEL.: 410-653-9433 FAX: 410-653-4694  
STUDY: 410-484-7200 EXT. 114

ROSH HAYESHIVA  
NER ISRAEL RABBINICAL COLLEGE

ראש הישיבה  
ישיבת נר ישראל  
בס"ד  
September 16, 2010  
ח תשרי תשע"א

TO WHOM IT MAY CONCERN:

There is an international scourge attacking the Jewish People: this is the widespread addiction to viewing inappropriate material and other related behaviors. Fueled mainly by the accessibility and anonymity of the Internet, this scourge threatens to tear apart the fabric of Jewish life and undermine one of its major foundations, that of *tzeniut* and *kedusha* (moral restraint).

This addiction has spared no class of Jews: from teenagers to kollel members, from office workers to Rabbis, and from single to married men. Thousands of lives and marriages have already been ruined because of this relentless temptation.

The Guard Your Eyes organization has undertaken to stem this tide of destruction. By utilizing methods which have proved successful in treating other addictions, and by providing constant encouragement, support and strategies to victims, Guard Your Eyes has successfully helped wean hundreds, if not thousands, from these destructive addictions and has helped return them to normal life. All this has been done on a meager budget and with a great deal of self-sacrifice.

I have seen the materials and handbooks which this program distributes and have only praise for its methodology and approach to the problems of the addicts. Everything which I have seen conforms to the highest standards of Torah values. I highly recommend anyone who suffers from this problem to avail himself of this effective program.

In addition to aiding to overcome these addictions, Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering various preventive measures.

Guard Your Eyes is the only weapon we have today at our disposal in dealing with this widespread problem. Their work is critical for the protection of the sanctity of the Jewish People and is worthy of the encouragement and financial support of every Jew.

May HKBH grant the Guard Your Eyes organization the wisdom, the strength and the means to continue and expand its holy work, and may it help return the Jewish People to becoming a nation regarding whom it is written, והתקדשתם והייתם קדושים ("Sanctify yourselves and you shall then be holy").

With deep respect,

*Aharon Feldman*  
Aharon Feldman

כיבוד זעיר וקדושה, פסוקי תורה  
הם פסוקי העוונות קדושה של  
עולם, אלו האנשים אוחזים  
הסטרו אוחזים קדושה, וקדושה  
אלפים נשמות מארבע אלו תחתיה  
זמנה אסויי קדושה קדושה

עם הרב ח'י אגש  
אברהם הלוי שארר

ראוי אל מעט. ש טמון מיע  
זה יחזק אל אגם בויט א חיוב  
אנה זה הפנט כי גנו דקט  
חוז אגש טמון

שרגא האגר (אדמו"ר מקאסוב)  
ט רגון היות

אני מסכים אפס כנע  
אזרובם חיי און  
אברהם חיים לוין

Abraham J. Twerski, M.D.  
Founder and Medical Director Emeritus

January 24, '10

Although it is my policy not to give endorsements, I must make an exception in the case of the Guard Your Eyes website.

I doubt that at any time in our history has there been as grave a threat to the morality of our people and to the stability of the Jewish family as the plague of addiction to internet pornography. I vaguely recall reading that before the Ultimate Redemption, Hashem will remove all restraints from the Satan, and I think that the plague of addiction to pornography is the fulfillment of this prediction.

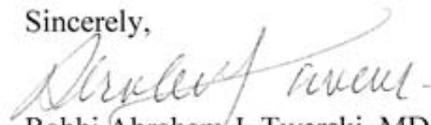
If it were possible to restrict access to the internet, this would be ideal. Unfortunately, this cannot be achieved, and we must deal with reality.

There is no immunity to this problem. It has affected young and old, men and women, and even learned and otherwise Torah-observant people, who have been trapped in the addiction.

I try to contribute to this website, because it is virtually the only effective method available. I am aware of a number of cases who were rescued from this destructive addiction by this website, which provides support and guidance.

The "Guard Your Eyes" website is saving lives and families. Much more can be done to extend this invaluable program, but support is necessary to allow its continuing function and expansion. Supporting this life-saving cause is a great mitzvah.

Sincerely,



Rabbi Abraham J. Twerski, MD  
Founder, Medical Director Emeritus

3 אדר

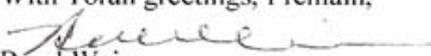
הרב דוב בערל וויין

שדרות בן מימון 15, ירושלים 92262

3 Adar I 5771  
7 February 2011

Our current general society is unfortunately afflicted with many types of addictive behavior. We are all aware that there are many organizations and specialists that treat these types of addictions. Due to the rise of the computer and the internet the ability to view pornography has created an addiction to such viewing. In the Jewish world, which is in no way immune from any of the problems that beset all human society, addiction to pornography is a problem that has had tragic consequences for many individuals and their families. As such the organization, Guard Your Eyes – an organization developed to treat such an addiction amongst the Jewish society – has an important role to fulfill in Jewish home life. Its methods of countering this addiction have proven to be effective and successful and long lasting.

Because of all of the above I encourage all to help support this organization and to allow it to continue and expand its necessary service within our own society. I know personally the persons involved in the work of this organization and I can attest to their skills in this area and their devotion to the cause of the sanctity of Jewish family life. Any help and support extended to this organization will be most appreciated.

With Torah greetings, I remain,  
  
Berel Wein  
Rav, Beit Knesset HaNassi, Jeruaslem  
Director, Destiny Foundation





אדר א' תשע"א  
February 2011

Dear Menahalim and Mechanchim,

At a meeting of the Vaad Roshei Yeshiva of Torah Umesorah, a presentation was delivered by an organization called Guard Your Eyes. We are writing to you based on the Vaad's הסכמה and recommendation.

The Guard Your Eyes (GYE) organization specializes in the treatment and prevention of obstacles facing today's morality. GYE was founded three years ago with the help of Rabbi Dr. Avraham Twersky. They have since assisted approximately 1,000 Jews in breaking free from addictions to inappropriate material on the internet and other related activities. GYE is also offering practical solutions and help to our schools as well.

Torah Umesorah is therefore recommending to you the following GYE resources, to help meet the challenges encountered in our homes and schools:

- 1) **The new GYE support Hotline** - Manned by trained professionals to serve our schools and communities, this hotline is ideal for mechanchim and parents: **646-600-8100**. Please make the number available to those who might make use of it.
- 2) **GYE Prevention Tips for Parents** – Awareness, tips and practical advice on dealing with digital dangers in today's world. You may wish to publicize this pamphlet to your parent body.
- 3) **The GYE Handbook** – An invaluable resource to be used when encountering talmidim who are struggling with areas of קדושה וטהרה. We encourage the schools to make the "GYE Handbook" available to every Menahel and/or Rebbe.

Those receiving this letter via email, please find the attached "Prevention Tips for Parents" and the "GYE Handbook" for easy printing. Those receiving this letter via fax, you may request that these documents be sent to you via email by writing to [info@torah-umesorah.org](mailto:info@torah-umesorah.org)

**PLEASE NOTE: The GYE material is not meant for children. It is intended only for mechanchim and parents.**

May your efforts bring us to the fulfillment of קדושתם והייתם קדושים.

אברהם אביב

Rav Avrohom C. Levin  
Yoshev Rosh, Vaad Roshei Yeshiva

דוד נויצוויץ

Rabbi Dovid Nojowitz  
Menahel

## A Few Testimonials

*"I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have many talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. "K'mayim karim al nefesh ayefoh", this masterpiece has re-instilled a hope within me that maybe I can really be what my talmidim think I am. I pour out my heart to the Aibishter that one day I'll be able to help you rather than enlisting your help. I wish there were words to convey the magnitude of my bracha to you, for your hatzlacha is the hatzlocha of Klal Yisrael."*

An anonymous Rabbi

*"You have no idea as to what category of people have fallen victim to internet pornography. We would not think that these type of people would be capable of it. Hopefully nobody who's a Yirei Shamayim is going to go look for that kind of trash and that kind of filth. However, it is perfectly possible that while monkeying around with the internet, you hit a button and there's a pop-up of a pornography scene. You weren't looking for it, but it happened. You have exactly 3/10ths of a second to turn it off. And if you avoid it for 4/10ths of a second, you may become addicted. That's how severe it is. It's one of the most powerful addictions. Day after day after day - I get letters and calls from people who say, "what can I do to save myself?" because they have fallen into the pornography addiction and it has taken them all the way down. It has ruined more marriages than anything, ruined families. It's been terribly destructive."*

Rabbi Abraham J. Twersky, MD

*"Not a week goes by that I don't have to deal with a Shalom Bayis Problem or a problem in Chinuch Habanim or Banos, or a very fine Bochor who will call me up – or at least what is **left** of a very fine bochor – calls me up crying, begging for help. There is nobody that can claim that either they're not affected, or a family member, or a neighbor, or the chaver sitting next to them in shul, or the chavrusah sitting across from them in yeshiva. If you discounted it until now, you're gonna have to take my word for it when I say that there is no single problem facing the yechidim in Klal Yisrael and communities at large, there is no bigger problem than this. There's a Chov Kadosh to do something now before there's no semblance of Kedusha left in Klal Yisrael. And I don't say that lightly. Keep in mind, the people who come to me are so frum and so upset about what's going on, that they're willing to talk to their Rav. That means that there are thousands of people who would never even speak to their Rav. I hate to sound pessimistic – but if you have unrestricted internet in the house – internet that is not **both** filtered **and** reported, I would say there's a higher than then 90% chance that people have already been Nichshal in your house. And if it hasn't happened yet, there's more than 90% chance it will happen. And if it's not happening at home, it's happening in the office."*

Rabbi Yosef Veiner, Agudas Yisrael Flatbush

### **A prestigious Mechanech wrote for help:**

*"Dear GYE, Sorry for anonymity but it would be a Chillul Hashem to show my real face. I am a prestigious mechanech and respected marriage counselor. I helped a lot of Bachurim and couples in their own sexual problems. But as chazal say "ain chovish matir atzmoh", I can't be in command of myself at all, I need access to the net for my profession, and being a computer guru, I have outsmarted the filters & locks. If you would know who the writer is you would weep for weeks. I can't tolerate it any longer. It seems to me that the only way is by including outside help. However SA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration. Do you think I can be helped without blowing my secret?"*

### **We answered him and he got involved in our network and forum. 4 months later he writes:**

*"R' Guard, you can not visualize the effect that GYE has had on my life. Since I joined the forum my life has simply changed for the better like a turtle slowly (actually rapidly) emerging from his shell. Starting to live a lively life, a life of control and reason. To understand myself, and the others around me. I opened my eyes, grasped my deterring situation, and made a swift U-turn. WOW!! One hundred twenty five days since I joined the forum. 125 days ago I was reborn. Right, I consider myself an infant of 4 months old. I watch my soul growing daily, as a kid would regularly appraise his height. My Davening has not been with such devotion for a very long time. The learning has become superior, since the tranquility of my conscious. My kith and kin have never been closer to*

*me, than the last few months. And the list goes on and on. Thanks to you, my life is so much better. I can speak to my kids about Judaism without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the Rabbi's hand without saying to myself – "if he only knew". I can't express in words how much I owe you. "*

An anonymous Mehanech

*"I am a Rebbe in a small Yeshivah where I deal with regular frum middle-school age boys who have not had much success in the regular school systems for various reasons. It was recently brought to my attention that many of these boys, ages 11-14 are addicted to pornography and hotzoas zera livatala. They view this as if it were normal and not even something to work on. Many of them do not even know that this is assur, and they couldn't believe me when I said looking and thinking about these things is not allowed from the Torah. One boy did ask me how he would be able to sustain from this when he feels very bored and doesn't have enough to do to fill his free time, and pornography is an easy time consumer. Another boy said he used it as a way to fall asleep at night. An additional problem is, that most of these boys have iPod touches or other devices with Wifi, so that having blockers on their computer wouldn't really solve their problem. Others are very savvy and can break - in their own words - "any block" on a computer."*

A Rebbe in a vibrant Jewish community

*"I was addicted for twelve years, always looking out and wondering who can help me. A few months ago I came across your site. When I started to see all this great information, I became glued for hours. I must say, that since then I have not fallen B"H. I now feel greater than ever. You are far more than an organization; to me you are like a Hashem's hospital."*

Chanoch

*"I remember that when I was a child I had a very close relationship with Hashem. Then over the years, I only checked in once in a while. By my twenties I knew He was here, but I wasn't about to be another "blind believer"; I needed proof. So I told Him, "I'm not going to believe in ANYthing. If you're for real, show me." Looking back, I can see so many ways He showed me - but I missed them all. Then I became a lust freak. I ended up in jail as a result, multiple failed marriages, and alienated from my daughter. So I slowly started doing T'shuvah. But my lust addiction never gave me rest... I'd still have marathon sessions of self-destructive, lust related behaviors. Then, purely by accident (read hashgacha pratit) I found this site. I just did 120 days clean B"H. But what's most important here, is that my skepticism was finally laid to rest through this clean streak. With the help of the guys here on the site and the very real experience of Hashem's hand holding me safe, I have the real, palpable, experience, in a most personal way, of His presence and reality. Not all the time, of course, but proof that I can no more deny than the fact that I'm typing this to you. I hit bottom from bottom, and I would probably be dead by now if it hadn't been for Guard Your Eyes. Thank you again and again."*

An Anonymous Therapist

*"Looking back to where I was 3 yrs ago, I can't believe what I've achieved in terms of my thoughts and where I used to go late at night on the internet. I am unrecognizable now, B"H, and can almost say I've conquered this problem. The fact I've come this far is complete testimony to what you have done for me alone - let alone the thousands of other people whom you have helped."*

Ahron

*I have benefited professionally and personally from your network, for over 17 months. Almost as soon as I started receiving the daily e-mails, I stopped looking at porn sites and the like.*

A Neuroscientist in Israel

*I want to thank you; this website is a lifesaver for my husband. And with the new support for spouses, I think it will be a life-saver for me also.*

A Wife



**Presentation to the Agudas Yisrael board, June 2010**



**GYE Presentation to the Va'ad Roshei Hayeshivos for Torah Umessorah, July 2010**



**GYE parlor meeting at the home of Avraham Wolfson in NY, August 2010**



# Guardyoureyes.org

Maintaining Moral Purity in Today's World

## The GuardYourEyes Program in a Nutshell

GuardYourEyes uses a unique approach to help people, by recognizing that there are many different levels in the struggle for “Shmiras Ainayim” and “Shmiras Habris”. We have summarized, in a nut-shell, the suggestions that we found work best for strugglers at various levels.

### A Few Important Notes:

1) The term “**acting out**” is used below to mean either viewing inappropriate material and/or Hotzas Zera Levatala. It also includes **live** acting-out, but in our community, these behaviors should be generally treated as indicative of a more severe level of addiction.

2) **Always start at the beginning:** In each more advanced level of the struggle/addiction, we only bring the additional suggestions we felt were essential for *that* level. However, all strugglers should begin with the suggestions given for the previous levels as well.

3) “**Optional**” vs. “**Essential**”: Most of the tools that we suggest as “essential” for higher levels, will also help those on lower levels in letting go of lust. Generally speaking, lower level strugglers are invited to try higher level tools if they feel it would help them, or if it was recommended by someone with experience. Examples of such tools are: calling the GYE Hotline, joining the GYE forums and chat-rooms, working the 12-steps with a phone-conference-group (all mentioned in Levels 5-6 below). Going to live SA groups is not recommended for low level addicts and may prove harmful.

4) **General suggestions that are helpful at all levels:** (1) Attempting to achieve progressive success in guarding our eyes, (2) developing the proper perspective and attitude on the struggle (by reading GYE materials and applying what we learn), (3) adding more meaning and fulfillment to our lives from alternative activities and pursuits, (4) increasing physical activity and exercise (5) staying out of isolation in everyday life, and (6) connecting (even anonymously) with others who have the same struggle through the GYE network.

## The Levels: *Can you find yourself below?*

**Level 1: I struggle with shmiras ainayim, desires and fantasies (like most males).**

### **Suggestions:**

- **Filters:** Get a good filter for all your internet enabled devices. We can help you find what's best for you on our website, or on our filter hotline (coming soon). Be in touch with our filter Gabai at [filter.gye@gmail.com](mailto:filter.gye@gmail.com). We highly advise having your wife, a friend or the filter Gabai hold the password/s for you.
- **Daily Chizuk:** Sign up to the daily ‘Shmiras Ainayim’ Chizuk e-mails, which offer daily tips and chizuk on dealing with today's environment, guarding our eyes, dealing with fantasies, struggling with the Yetzer Hara, etc.

- **Read Up:** The GYE website has hundreds of inspiring articles which can provide you with tips and chizuk on dealing with the struggle. These articles appear under the “Tips” section, the “Q & A” and other sections.
- **Be Aware / Get Educated:** The GYE website provides articles, shiurim and video clips (coming soon) from mechanchim, Rabbanim and experts, to help you be informed and up-to-date on the spiritual dangers of today’s technology.
- **Join the Community:** Join our “Prevention” forum (coming soon) to exchange ideas with other balabatim, parents and Mechanchim looking for the best solutions on how to deal with the nisyonos of our generation, both for ourselves and for our children.

**Level 2: I have stumbled and ‘acted-out’ on rare occasions, but I believe I can abstain ‘indefinitely’ if I put in some effort and remain determined.**

**Suggestions (previous suggestions *and*):**

- **Reporting Software:** Install Reporting Software on top of your filter, to have lists of all questionable websites sent to a friend or Rav that you respect and would be ashamed to disappoint. We suggest either webchaver.com, eBlaster from Spectorsoft.com, or puresight.com (which combines a filter and reporting software in one). Give the password/s to the filter Gabai.
- **Attitude and Perspective:** Read the 30 principles in Part 1 of the [GYE Handbook](#) to understand the nature of this struggle, and to learn how to use it as a spring-board for personal growth and Avodas Hashem.
- **Shmiras Ainayim Fences:** Build up stronger fences for your eyes such as: avoiding challenging environments, avoiding websites like Facebook, YouTube, triggering movies, magazines, etc. (Read tool #2 of the GYE handbook).

**Level 3: I can abstain from ‘acting-out’ for long periods of time (more than 90 days), but somehow I keep falling into it again.**

**Suggestions (previous suggestions *and*):**

- **Acceptance:** Addiction means something we want to stop, but can’t. Accept that you may have an “Addiction”. Although there are many levels of addiction, the rules of the game change once we recognize this important truth about ourselves.
- **Stronger Daily Chizuk:** Sign up for the ‘Breaking Free’ daily chizuk E-mails and get tips, advice and personal stories from the GYE community every day, on how to break free of these addictive behaviors.
- **Reading on our Forum:** By reading through the posts of hundreds of other Yidden who struggle with this, you will internalize that you are not alone, and will get to learn the techniques and attitude that work for so many others.
- **Strong Fences:** Make strong fences for yourself, such as writing a list of things to do before allowing yourself to fall, or making kabalos to do something difficult if you fell. (Read tool #3 of the GYE Handbook).
- **The TaPHSiC Method:** Study and apply the [TaPHSiC Method](#) described on our website. This is one of the most powerful methods for frum people suffering from low-level addictions. It teaches us how to balance our Yiras Shamayim - which doesn’t generally

work very well in addictions, with tangible self imposed penalties. By wisely combining the two, as described in the TaPHSiC method, we can produce a strong fence to protect ourselves from the addictive behaviors.

- **Stronger Shmiras Ainayim fences:** Get serious about this. Recognize how easily triggered we are. We need to start avoiding mixed areas when possible, all non-religious movies, newspapers, magazines, and even non-frum news websites, entertainment, etc.
- **Read up:** Read through the hundreds of articles on our website, such as the Tips section, Q&A and Stories to learn more about beating these addictive behaviors. Go to the 12-Step section of our website and learn the principles behind this world-renowned program for recovering from all types of addictive behaviors. (See tool #14 in the GYE Handbook).
- **Find daily activities to fill your time in positive ways:** Begin to incorporate planned substitutes for boredom, procrastination and inactivity into you daily life. Create for yourself a more structured daily schedule which incorporates these new activities. Increase exercising on a regular basis and see the "[Kosher Isle](#)" section on our website for suggestions of Kosher activities, Kosher websites, entertainment, shiurim and more.

**Level 4. I've tried many times, but I can't generally abstain from 'acting-out' for significant periods of time (90 days or more).**

**Suggestions (previous suggestions *and*):**

- **Add Meaning To Your Life:** At this level it is important to focus on finding practical ways to add alternate fulfillment and meaning to your life. Find something new that will not only occupy you, but will also inspire you and get you out of yourself and into helping others. Some ideas could include chesed projects, involvement in the community, jobs and other activities that will give you inner satisfaction, keep you connected to the real world and out of isolation. (See tool #6 in the GYE Handbook).
- **Cutting Down:** Chazal say, "The more you feed it the more you need it". Start cutting down by making red lines for yourself. Wean yourself of these behaviors by progressively reducing the frequency and gravity of the stimulation and behaviors, thus pushing the battle lines further and further back. (See tool #7 in the GYE Handbook).
- **The 90-Day Journey:** Take the "[90 Day](#)" leap of faith and stay clean for a full 90 days to break the addictive pattern in the mind (based on a recent scientific study). Use our 90-Day system to chart your progress and get encouragement as you advance to new levels. (See tool #8 in the GYE Handbook).
- **Listen in to GYE's Phone Conferences:** By listening in to a group of other Yidden who struggle with this and are working through a program of recovery, you will be reinvigorated with hope and no longer feel alone. You will also learn the techniques and attitude that work for so many others. GYE has phone conferences almost every day of the week - morning, noon and night!

**Level 5: I've tried everything in levels 1-4 and still can't stay stopped.**

**Suggestions (previous suggestions *and*):**

**Anonymous 'Virtual' Support:**

- **Forums:** Post on the forum to get support from the rest of the GYE community. Tell your story, post a log of your journey, reach out for help when feeling weak, and strengthen

each other. The forum is a life-line of chizuk and support for hundreds of people in exactly your situation.

- **Chat-Rooms:** Chat with others in the GYE chat-rooms (coming soon).
- **Social Network:** Cultivate a group of “Friends” to stay in touch with through GYE’s cutting edge “social-network” system (coming soon).
- **A Partner:** Get a partner through GYE’s partner/sponsor system. Be in touch by e-mail/chat daily. Learn honesty, integrity and get accountability. Strengthen each other.

**Level 6: I’ve tried everything in levels 1-5 and still can’t stay stopped.**

**Suggestions (previous suggestions *and*):**

**Anonymous ‘Phone’ Support:**

- **The GYE Hotline:** Call our [hotlines / experts](#) for advice. (Call the GYE international hotline – 646-600-8100)
- **12-Step Phone Conferences:** Get the power of group support. Join GYE’s 12-Step phone conferences anonymously, and work this powerful program along with people in your situation, along with guidance from an experienced moderator. This world-renowned program has helped millions of people around the world to break free of all types of addictive behaviors. GYE has phone conferences almost every day of the week - morning, noon and night!
- **A Sponsor:** Get a sponsor through GYE’s partner/sponsor system. A sponsor is someone clean for over 90 days, who can guide you and share what works for him.
- **Phone Partner:** Get a partner to be in touch with **by phone** as often as necessary (through GYE’s partner/sponsor system).
- **Build a Personal Phone Roster:** Have a group of friends to call when feeling weak. PM friends on the forum and ask them for their telephone numbers, or join [Duvid Chaim’s phone group](#) to get access to his phone-roster (currently with over 50 people).
- **The GYE Phone community:** Join the ‘GYE Phone community’ (coming soon) and get access to hundreds of numbers of people like you, who want a community to reach out to.

**Level 7: I’ve tried everything in levels 1-6 and still can’t stay stopped.**

**Suggestions (previous suggestions *and*):**

**‘Live’ Support:**

- **Therapy:** See GYE’s therapist referral pages to find a therapist / psychologist who is trained in addictions. Open up fully to another human being face to face. Discover the root causes. Learn methods to beat addictive thinking and behaviors.
- **Live 12-Step SA Groups / GYE Groups:** Get the power of live-group support. Find an SA group in your area, or apply to join a live GYE group in your community (coming soon). Let go of the shame and open up to others. Find that you’re not alone, at all. Use the power of the group to help you fight this disease, which is often much stronger than we are. Work the 12 step program with the group.

- **A Sponsor:** Work the 12-Steps with an experienced sponsor. Let go of the need to be “in charge” and learn to listen to another human being. Let your sponsor guide you, and be ready to do whatever he tells you. Change from being a 'self-centered' person to a 'G-d centered' person.

**Level 8: I've tried everything in levels 1-7 and still can't stay stopped. It seems that inner change is not possible with me!**

**Suggestions (previous suggestions *and*):**

- **Psychiatrist/Medication:** A psychiatrist may be able to prescribe medications to help take the “edge” off the underlying mental conditions (such as OCD or depression) that may be exacerbating the addictive behaviors. (See tool #16 of the GYE Handbook).
- **Rehab:** GYE has a list of rehab options with both inpatient and outpatient care for addictive behaviors. A complete change of environment, professional help and a regimen of intense workshops and therapy may be what it takes to finally break free (See tool #17 of the GYE Handbook).
- **Last Resort:** For those who are in danger of harming others, there are chemical castration methods that are safe, have few side-effects and are not permanent. (See tool #18 of the GYE Handbook).

**All our services are free. Help us Help Others!**

Donations are tax deductible. Checks can be made out to: “GYE Corp.” and mailed to:  
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