**GYE - Guard Your Eyes** Generated: 25 August, 2025, 14:05 Where to start- Help! Posted by itskillingme - 23 May 2011 16:41 Im dying to be interactive on this website. Its just so much info overload i cant figure out what my A-Z plan should be. There are like 500 different things going on simultaneously here. PLease help me figure this out!!!!! Re: Where to start- Help! Posted by ur-a-jew - 23 May 2011 16:53 Welcome, why don't you start here: www.guardureyes.com/GUE/PDFs/Newsletter01/GYE%20in%20a%20Nutshell%202011.pdf Hatzlacha Re: Where to start- Help! Posted by lamAdam - 25 May 2011 00:32 Hi! I'm relatively new here, too. Most days I just don't feel up to starting my own thread -- there's something intimidating about it, even though I know there shouldn't be. But I like responding to other threads! It wakes me up, keeps me vigilant, reminds me that I have a fellowship/chevra, and often inspires me. You've just inspired me -- THANKS! You might also try finding a couple regular writers whose writing "clicks" in your head, and send

them a personal message to ask how they got started. Just being here is a great first step --

**KEEP COMING BACK!** 

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Re: Where to start- Help! Posted by alexeliezer - 25 May 2011 17:53
Welcome!
You're in the right place. Overwhelmed with goodness life could be worse!
Just do something. You'll find your way. I found reading other peoples stories and studying the steps helpful early on.
We're here
Alex
=======================================
Re: Where to start- Help! Posted by Eye.nonymous - 25 May 2011 19:30
A good start is to download the GYE handbook and read it.
Starting your own thread is definitely a good step. Introduce yourself, share your story, make sure to check in regularlyeven just to say "hello." Often you write "hi" and you're ready to quit, but then you start thinking of all sorts of thoughts to share and questions to ask.
Good luck, and welcome to the forum.
Eye.

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