

GYE - Guard Your Eyes

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help for yeshiva students

Posted by gottagetout - 25 Oct 2011 12:58

im an 18 year old yeshiva student who needs help but doesnt have access (thankfully) to the internet when in yeshiva yet would still like to get involved here to break my addiction yet needs some sort of supporting cast for help

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Re: help for yeshiva students

Posted by kutan - 25 Oct 2011 13:35

Try a phone group. They require just a phone. Officially, you need to have a book to follow the readings, but it is OK if you just listen. And the book is usually just an Alcoholics anonymous book, so if you had one it would not be too conspicuous.

But do do something. Your life is too precious not too!

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Re: help for yeshiva students

Posted by alexeliezer - 25 Oct 2011 17:45

You can print out the GYE handbook and refer to it.

You can work the steps on your own. I did.

Do you have email?

alexeliezer613@gmail.com

Shteig on!

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