

emotional sobriety

Posted by soberman - 24 Apr 2012 16:15

Hey everyone - I'm brand new to this community, wanted to introduce myself and connect with others.

I'm not sure i'm posting in the right area, just getting familiar with the site.

Any help would be appreciated.

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Re: emotional sobriety

Posted by Machshovo Tova - 24 Apr 2012 16:27

Welcome, chaver. I'm also new around here - I like it here and I'm sure you'll like it too. Tell us a bit about yourself, about what's troubling you, and you'll be sure to receive much chizzuk and advice.

Have a successful GYE journey,

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Re: emotional sobriety

Posted by alexeliezer - 24 Apr 2012 18:03

Welcome!

A good way to start is to read the handbook.

This forum is a good way to connect with fellow strugglers

Listening...

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Re: emotional sobriety

Posted by rebdovid - 24 Apr 2012 21:03

Welcome home!

How are you doing?

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