

Welcome, New Members!

Posted by skeptical - 18 Sep 2013 06:30

There are a lot of new guys who have taken advantage of Ellul-Tishrei to sign up here and work on really living life.

A lot of them don't know where to begin. The ones who have started their journey being clean, can't help but wonder how long it will last.

First of all, I would like to extend a hearty welcome. Make yourselves comfortable and tell us about yourselves.

I would like this thread to be an information booth of sorts, a first stop for people who are trying to figure out where to start.

Please do not get into discussions on this thread. If there is something that works for you, post it here. If there is something on the forum that helped you, quote it here. If you have questions about something posted here, please quote and ask about it elsewhere. I would like this thread to be clear so that people don't need to go digging for it.

Hatzlacha!

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Re: Welcome, New Members!

Posted by stopsurvivingstartliving - 03 Dec 2024 12:40

[fighting4ever wrote on 03 Dec 2024 04:11:](#)

Hi, my first time posting, so not sure if this is really gonna work. Nervous to be here but also curious and a little hopeful that we his can be the lasting change I'm looking for. I'm 30 married with kids and I have never been able to completely block this stuff out of my life, every new gadget comes with its porn until I block and many other situations. It really makes me feel like a

dumpster fire of hypocrisy and shame. Which leads to bad self image and then bad interactions with my wife and the cycle repeats.

Hi there R' fighting4ever! It was defiantly a smart move to post here to the warmest family of klal yisroel.

I would recommend to reach out to michelgelnier@gmail.com, he is someone who struggled like me and you and has been clean for years. Hundreds here can testify that the phone call to him has set them back in the right direction. Doesn't mean there won't be bumps on the way but it's defiantly a good move.

Hatzlacha Raba and keep us posted.

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Re: Welcome, New Members!

Posted by proudyungerman - 03 Dec 2024 18:00

[fighting4ever wrote on 03 Dec 2024 04:11:](#)

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#), the book The Battle of the Generation - many

have found this very helpful in reframing the struggle.

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There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.
(Captain, I got the link! [It's right here!](#))

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, and iwannalivereal iwannalivereal@gmail.com Reb Akiva - mevakesh247@gmail.com.

(How about opening your own thread? You will be able to hear wisdom from the many greats on this site, get feedback, and keep track of your journey.)

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Welcome, New Members!

Posted by stopsurvivingstartliving - 03 Dec 2024 18:02

How about opening your own thread? You will be able to hear wisdom from the many greats on this site, get feedback, and keep track of your journey.

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Re: Welcome, New Members!

Posted by chossid779 - 29 Jan 2025 14:55

Hi, how are you?

Can someone suggest me anyone (a therapist or anything similar) that can help me? Someone not judgemental, I had a bad experience with a therapist who didn't understand me and just made the things worse

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Re: Welcome, New Members!

Posted by stopsurvivingstartliving - 29 Jan 2025 20:13

HHM, a great guy who had his own struggles and was clean for years. He can be reached at michelgelner@gmail.com.

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Re: Welcome, New Members!

Posted by jewizard21 - 29 Jan 2025 22:38

I second this 100% reach out to HHM

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Re: Welcome, New Members!

Posted by shalom1530 - 03 Apr 2025 05:25

life has been really great the past 13 days I just found out of this site signed myself up and I really felt that this time I'm going to make it through and for 13 days I felt sky high

until today when I got a painful reminder that the struggle is a constant one, the path to victory is a long one, but as I'm writing these lines, I feel now more determined than ever to start fighting the battle again and ??? this time I will achieve total victory

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Re: Welcome, New Members!

Posted by icandothiswitheibshter - 21 May 2025 10:54

Hi all.....

I used to be active on here 10 years ago and eventually went to face to face meetings I had a couple of years sobriety and came off the wagon.....

I havent been actively working a program for a few years but still keep with guys.... The problem is I slowly started slipping into old behaviors. until last week I had a major fall and came back and resigned up here. the website has huge amount more than it had 10 years ago.. I am so desperate to change now more than ever. the problem is I know the chizuk will wear off and the triggers will always be here.

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Re: Welcome, New Members!

Posted by vehkam - 21 May 2025 11:51

[icandothiswitheibshter wrote on 21 May 2025 10:54:](#)

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You can implement changes in your life that stay with you forever. Stick around and get to know the chevra here.

best wishes

Vehkam

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Re: Welcome, New Members!

Posted by proudyungerman - 21 May 2025 23:18

[icandothiswithheibshter wrote on 21 May 2025 10:54:](#)

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As you already know,

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelnier@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

Many of these tools can effect real, internal, lasting change. If the work is put in, and the vigilance is kept up you can become a different man.

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

P.S. Check out vehkam's thread, it's in his signature...he is a true legend.

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