

Who to talk to

Posted by LeHavote Aish - 03 Nov 2013 18:56

I know that in order to really go up the twelve steps you have to have someone to talk to about it and I have two Rav's who I could speak to but they haven't been in such a situation and I'm afraid they might not understand and may not be able to help fully? I need some help? What is the s h i t a here with who to talk to about shmutz?

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Re: Who to talk to

Posted by skeptical - 03 Nov 2013 19:07

You can join the 12-step phone conference (there are 3 different ones daily), or you can get on the chat system and talk with others here.

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Re: Who to talk to

Posted by Joenoahi - 19 Mar 2014 10:47

I've learned that the best way to improve and stop falling is to be vulnerable. I saw this video on YouTube where the guys said that the fact that he made a video that showed him accepting the 90 day challenge it helped him to stay clean. So who can we be vulnerable to? what are the best options? A blog? I know that a YouTube Video just sounds too extreme.

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Re: Who to talk to

Posted by Pidaini - 19 Mar 2014 13:30

I went with skept's 2nd idea, not on purpose but that's how it worked out.

You have tons of people here who **do** understand you, who are going through the same thing as you, why not use the site to it's fullest?

once you've become comfortable with someone it can start a very strong lasting relationship,
that's from experience, right skip?

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