

I want to break free

Posted by jmyers99 - 11 Jun 2024 15:10

Hey folks - I've been struggling for so long and I just want to break free...

I'm hoping a support group / 12 step program type of thing could help, along with potentially getting a sponsor. Anyone have any advice?

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Re: I want to break free

Posted by richtig - 11 Jun 2024 15:14

Welcome to this wonderful group!

Many of us have been struggling for a long time, and many of us have been helped to help ourselves. Stick around, maybe post some of your story, and try talking to people here.

All the best!

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Re: I want to break free

Posted by chosemyshem - 11 Jun 2024 15:51

[jmyers99 wrote on 11 Jun 2024 15:10:](#)

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Hey! Hopefully someone with more experience will reach out.

But I believe GYE has a bi-weekly 12 step phone conference. And of course there are in-person

meetings everywhere.

You can message gye on [this page](#) and hopefully someone can let you know more about the phone conference or help direct you to a meeting in your area.

There's no reason to give up just because you've been struggling for a long time. Kudos for you for being willing to take that next step if that's what's needed. Please don't hold off on working on this until you find a group. I see you've been on GYE for awhile - have you sampled the smorgasbord of helpful tools that are on here such as [the F2F program](#), reading [the battle of the generation](#), or reaching out to some of the very helpful chevra here (such as HHM [whose email is available in his signature](#))? These are all low-barrier tools that can be used while you work on getting set up with some perhaps more powerful tools.

Hatzlacha

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