

always recovering

Posted by rashkebehag - 02 Jan 2014 00:57

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as an old veteran of GYE i feel i must thank its founder for all he has done. i used to sit down to a computer and start wandering before i got to my work. thanks to the forum, 90 day chart and chizzuks i have been cured. problem is that once in a while i suffer a relapse. it's not as bad as it used to be but it can ruin my day and who needs it. so i decided to come back to the forum to keep me on my toes

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Re: always recovering

Posted by gibbor120 - 02 Jan 2014 01:14

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Welcome back!

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Re: always recovering

Posted by rashkebehag - 08 Jan 2014 01:31

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coming here is itself a chizzuk. when i used to feel like going to the wrong places i would just come here, read some posts, maybe add my own maybe not, and the yetzer hara would just evaporate. its like coming to a clean place and not wanting to make it dirty

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