

Hi Everyone

Posted by Yudi - 12 May 2015 15:32

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I am a new member and joined because I realize that I need chizuk. I am so glad a place like GYE exists so I can get hopefully get help when I need it. I've learned the hard way that pushing my pain down and keeping it inside of me just sends me into a downward spiral of depression and despair. I am here to grow.

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Re: Hi Everyone

Posted by Bigmoish - 12 May 2015 15:51

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Hi Yudi!

What's bugging you?

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Re: Hi Everyone

Posted by AlexEliezer - 12 May 2015 16:02

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Welcome Yudi !

We're safe. Talk to us.

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Re: Hi Everyone

Posted by cordnoy - 12 May 2015 19:12

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Welcome,

We have room on this boat.

Good move to join and post.

Lookin' forward to hearin' more.

b'hatzlachah

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Re: Hi Everyone

Posted by stillgoing - 12 May 2015 19:26

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Hi Yudi,

Welcome.

We all need chizuk and giving and sharing, is a great way to get it. Don't know if I'm just picking on words, but you wrote "*I can get hopefully get help when I need it*". My own experience is that we need to get chizuk all of the time, because when the test is staring us down the throat it's often too late to start posting and looking for chizuk. Maybe that's what you meant anyway.

Did you read the handbook yet? There is a lot of good stuff there that can help, and stick around

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Re: Hi Everyone

Posted by Yudi - 12 May 2015 20:11

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Thanks all. You're right stillgoing, that's why I joined. I feel like such a low life at times. I realized that without chizuk, I am goner because I can't trust myself. Been there, and its ugly. I started the handbook, have a 90 day chart, and hope to get better from here.

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Re: Hi Everyone

Posted by gibbor120 - 12 May 2015 20:16

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WELCOME! Keep posting. The handbook is a good place to start.

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Re: Hi Everyone

Posted by serenity - 01 Jul 2015 02:32

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A belated welcome to you, Yudi! Your comments around the site have been giving me chizuk, so thank you!

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Re: Hi Everyone

Posted by Yudi - 10 Jul 2015 20:08

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I just wanted to provide an update and take a moment to say "Thank You" to everyone on the Forum for all of your chizuk, advice, and friendship! Life for me today is a different Life than before I joined GYE. Before coming to GYE, I was in a lot of pain and denial, suffering with a hidden problem that seemed overwhelming and impossible to escape from. I was isolated and

Now, after coming to GYE, all of that has changed for the better. I found so many resources and tools here to help me get off the "Down Elevator". But most of all, I found friendship and encouragement from all of you on the Forum who knew exactly how I felt, and what I was going through. Today, I'm continuing to learn about how to deal with my problem, and hopefully one day, to be completely "sober" from it. I'm on the 90 Day chart (I've had a number of slips along the way, but no falls!) - and that's such an incredible feeling! Best of all, I know I'm getting closer to Hashem, because I'm learning and davening better, I'm less angry and irritable, and this

What can I say? I really have no words to properly express my appreciation to GYE and all of you - it really is way beyond words. All I can say is, let's continue to grow together, encourage

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Re: Hi Everyone

Posted by serenity - 10 Jul 2015 21:36

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If you wanted

**Warning: Spoiler!**

Nice post!

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Re: Hi Everyone

Posted by cordnoy - 10 Jul 2015 21:52

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[serenity wrote:](#)

If you wanted

**Warning: Spoiler!**

Nice post!

all you had to do was ask. LOL Just kidding around.

Serenity is a karma addict. ... soon he will need to go to ka!

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Re: Hi Everyone

Posted by stillgoing - 18 Aug 2015 23:31

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**Yudi**

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Hi Yud-i

Haven't seen much on this thread in a while. How's it been going? (your cheering squad is waiting:lol: )

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Re: Hi Everyone

Posted by markz - 01 Nov 2015 13:30

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90 Days++!

Mazel Tov!!!

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