

How to get back on track

Posted by Persistence - 20 Sep 2015 02:14

I first found GYE about 6 months ago, and things were going well. After a few months I slipped, and for the past two months since then, I can't seem to really get back on track. Any advice?

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Re: How to get back on track

Posted by eslaasos - 20 Sep 2015 03:49

Hi Persistence,

I read your other thread and I feel for what you're going through.

I'm sorry I don't have any specific pieces of advice that will get you back on track.

This site is full of great articles, forum threads, shiurim and amazing, inspiring people. Check it out and the more you discover the better the odds something will click for you and get you back on track.

After getting back on track, read all the tips in your first thread and actively follow up on whichever ones seem to resonate most. There were some good tips there from some good people.

The only specific advice I would offer is - every step of the way, daven, daven, daven. Hashem, who loves you more than you can fathom can help you in unlimited ways. He is happy that you are taking the initiative to work on yourself and is looking forward to hearing from you.

Hatzlacha!

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Re: How to get back on track

Posted by cordnoy - 20 Sep 2015 04:31

Hi

Welcome back

I looked at one of your other threads, but couldn't find any tools that you were using besides the mention of filters.

What has worked in the past?

What hasn't?

B'hatzlachah

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