

Introducing...Anonemailgye!!!

Posted by anonemailgye - 18 Apr 2016 02:23

Hi I was told it might help to post on this forum and help is what i need... Ive been on gye for less than a year and ive been trying to beat the 90 day challenge for some time now(less than a year i beleive) ive made it once till 80,70 20 a bunch of times but keep falling. The dilemma im facing now is am i an addict or not, and if i am or not what does that change i my search to conquer this yetzer harah or at least subdue it. Im married with a kid and im so frustrated that i keep falling and doing these things that are bad for me and feel like i cant help myself. Anyways, suggestions chizuk and conversation is welcome. Thanks in advance

Anonemailgye

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Re: Introducing...Anonemailgye!!!

Posted by markz - 18 Apr 2016 02:25

Welcome

The 90 challenge is the way to go!

Wow you did great!

But now is time to change lanes and get onto the Trucking highway!!

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Re: Introducing...Anonemailgye!!!

Posted by peloni almoni - 18 Apr 2016 02:26

welcome. the link to the gye handbook you requested is in my signature, and i sent you a link of reading material courtesy of our friend mark, who will post shortly.

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Re: Introducing...Anonemailgye!!!

Posted by markz - 18 Apr 2016 02:27

Oops the Palestinian did not detonate in time

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Re: Introducing...Anonemailgye!!!

Posted by peloni almoni - 18 Apr 2016 02:30

dammit, mark. how the hell did you beat me to the post again???

anyway, reb anon....., you say:

im so frustrated that i keep falling and doing these things that are bad for me and feel like i cant help myself

have you ever told anyone about your challenge - a qualified rebbi perhaps? someone who could be a madrich, sponsor, confidant, and role-model all-in-one?

(on a separate note) - is your wife aware?

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Re: Introducing...Anonemailgye!!!

Posted by anonemailgye - 18 Apr 2016 02:42

yah she knows and is super supportive. trying to figure this truckingthing out these forums are a lil confusing i feel like super newbie. as for rebbe no. not comftorable or confident in anyone in specific

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Re: Introducing...Anonemailgye!!!

Posted by markz - 18 Apr 2016 02:45

Ok, so start by installing a GPS in my signature, which will save you accidentally entering any dangerous ~~terrorist~~ territories

KOT

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Re: Introducing...Anonemailgye!!!

Posted by anonemailgye - 18 Apr 2016 02:54

not sure what u mean but i applauded u on karma whatever that means thats got to count from something

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Re: Introducing...Anonemailgye!!!

Posted by markz - 18 Apr 2016 02:59

Yeah it's like 90 is a wish for many of us

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Re: Introducing...Anonemailgye!!!

Posted by inastruggle - 18 Apr 2016 03:43

Here's the promised posts about hilding your breath. Again, I'm not saying you are, i'm just saying it's a possibility.

Check out what tryingtoshteig wrote here

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/213548-with-Hashems-help?limit=15&start=15#214476

What gibbor wrote here

guardyoureyes.com/forum/20-Important-Threads/214619-Gibbors-Insights#218042

And of course a post from Dov

guardyoureyes.com/forum/1-Break-Free/137177-I-need-help-please?limit=15&start=60#145818

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Re: Introducing...Anonemailgye!!!

Posted by thanks613 - 18 Apr 2016 03:49

Markz is a favorite player here, but it takes a special dictionary to decode his messages sometimes... Hey! We should make a thread for that!

Anyways, lots of guys who have been successful put links to some great things on the site that you can check out. Markz has the "G.P.S." thing, "Solutions", and Free trucking Assistance, etc under his posts. Peloni's got good stuff too. Don't read everything here - That's Mark's job ; } Find some good stuff and put it to use. Then, tell us how it worked out. So good luck, and get going, or trucking as these guys like to say

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Re: Introducing...Anonemailgye!!!

Posted by cordnoy - 18 Apr 2016 03:57

Welcome.

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Re: Introducing...Anonemailgye!!!

Posted by peloni almoni - 18 Apr 2016 03:59

[cordnoy wrote on 18 Apr 2016 03:57:](#)

Welcome.

don't over-exert yourself cords.

in all seriousness, anon...., look in cords's signature for the link to the FAQs WHITEBOOK, and INSIGHTS.

also, we all take cords's own wise insights very seriously.

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Re: Introducing...Anonemailgye!!!

Posted by cordnoy - 18 Apr 2016 05:53

[peloni almoni wrote on 18 Apr 2016 03:59:](#)

[cordnoy wrote on 18 Apr 2016 03:57:](#)

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The poor guy posted for the first time and got hit by a buzz saw. I thought a minimal welcome was in order.

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Re: Introducing...Anonemailgye!!!
Posted by markz - 18 Apr 2016 11:31

[cordnoy wrote on 18 Apr 2016 05:53:](#)

[peloni almoni wrote on 18 Apr 2016 03:59:](#)

[cordnoy wrote on 18 Apr 2016 03:57:](#)

Welcome.

don't over-exert yourself cords.

also, we all take cords's own wise insights very seriously.

The poor guy posted for the first time and got hit by a buzz saw. I thought a minimal welcome was in order.

Bimchilas Kevod Moderato'cho

This is not a poor guy, and it's not the first time he accessed gye, as he mentioned, and we didn't give him any buzz saw, although that may be the next tool in line for guardwhatyousaw, and proof is in his response

Secondly, he was asking for input

So, you're invited to do him the favor and give him a piece of your truly successful mindness

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