

Help me asap

Posted by Imaddicted - 07 Jul 2016 04:15

Hi everyone i just joined a day ago and want nothing more than to overcome my addiction however every single time i make a resolve to stop ang join gye when i have a taava to..... All of my strength and chizuk falls aside this has happened countless times pleeeeeease someone help me. Thank you

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Re: Help me asap

Posted by doingtshuva - 07 Jul 2016 09:17

Welcome,

You have a good will, but you need to work a program and have patience.

Have you read the Handbook?

Sorry to say but it takes time to break free.

For some it means fighting for the rest of their life. I can only tell you that it's worth.

best wishes

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Re: Help me asap

Posted by Markz - 07 Jul 2016 11:23

Welcome

It takes a long time for many to admit they're an addict. You are way ahead of the pack already

KEEP ON TRUCKING!!!

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Re: Help me asap

Posted by gibbor120 - 07 Jul 2016 16:14

Welcome! I know the roller coaster well. I was on it for over 20 years. The "trick" is to avoid getting into the situation of "when i have a taava to..... " as much as possible. In the heat of the moment, almost nothing will help. Stick around. Read the handbook. Keep posting. Check out some of the links in my signature.

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Re: Help me asap

Posted by inastruggle - 08 Jul 2016 14:36

Welcome to gye,

Like dt said, this is something that can take a while to make very serious headway. The main thing is to keep coming back and getting up. Then slowly but surely you can make progress.

Hatzlacha!

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