

Finally had the courage

Posted by Orzag613 - 29 Aug 2016 03:40

Hi everyone I finally have the courage to ty to stop for good. I have always felt guilty and tried to stop somewhat but eventually the spark to stop goes away and I continue doing the bad habit. I realized this and I am asking for my fellow Jewish brothers to help me out here. Thank you!

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Re: Finally had the courage

Posted by Markz - 29 Aug 2016 03:50

Welcome!!!

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Re: Finally had the courage

Posted by serenity - 29 Aug 2016 12:56

Welcome! What works for me is I just stop for today. Stick around and see what works for you. Hatzlacha!

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Re: Finally had the courage

Posted by gibbor120 - 29 Aug 2016 18:35

Welcome! You will find lots of resources here to help you. Not the least of which are the wonderful people on this forum. Keep posting!

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Re: Finally had the courage

Posted by inastruggle - 29 Aug 2016 19:06

Welcome to gye,

Posting is a great first step, keep it up.

Looking forward to hearing from you!

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Re: Finally had the courage

Posted by Keepclimbing5 - 30 Aug 2016 11:36

Hello there and welcome! Most of us on this forum have been through/are going through similar circumstances. Be patient and find out what works for others. There's a good chance you will find something on this site that will help you. Did you read the handbook, set up a reliable filter, and read about others struggles? Be patient with yourself and realize your recovery is a journey and while it will take time, effort, and yes possibly many disappointments it will all be worth it in the end! Hatzlocha and kudos for taking this big step.

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Re: Finally had the courage

Posted by Orzag613 - 30 Aug 2016 19:33

Thank you so much for replying. I watched the introduction video and I was so pumped to actually do this. But then after 2 days I fall again. I'm not sure where to even begin, I know if I want I can really stop I feel it, but I know I can't do alone and I'm not sure where to begin can anyone please guide me

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Re: Finally had the courage

Posted by Markz - 30 Aug 2016 19:43

Hey brother it's good to get into road deciding to stop, although many of us are not capable of stopping as I wasn't

For a quick no traffic waze report, check the GPS at the end of my signature

Have you read any Dov-quotes yet, or joined his group call?

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Re: Finally had the courage

Posted by 360gye - 30 Aug 2016 21:37

Welcome,

Good luck to you on your journey. Just take it day by day and believe in yourself

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Re: Finally had the courage

Posted by gibbor120 - 02 Sep 2016 18:08

The handbook is a good place. Inspiration is only a spark. Without fuel, it doesn't do much.

Keep posting too.

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