

Introduction

Posted by Abrahampath - 24 Nov 2016 20:40

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I am one who has struggled on and off for 3 decades. I am seeking all the advice and strategy there is against this insidious mental/behavior disease.

I am ready to take the path necessary to eliminate these things from my being.

Thank you

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Re: Introduction

Posted by cordnoy - 24 Nov 2016 21:00

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Welcome,

That sounds familiar.

B'hatzlachah

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Re: Introduction

Posted by Markz - 24 Nov 2016 21:45

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Welcome Abraham!

See a spoiler below?

Please would you click on it :-)

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Re: Introduction

Posted by Baruch\_Hashem - 24 Nov 2016 21:55

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Welcome aboard. I am fairly new here myself. There are a ton of resources here, not to mention a lot of great people who are tremendously supportive. Don't get overwhelmed by all of the tools here. Take it slow and you will find some awesome stuff.

Many people find that they are in the best position to get help and really turn things around when they open up about themselves and their struggles. I think you will find that elaborating on your struggles may be the first step in moving past them.

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Re: Introduction

Posted by AllForHashem - 27 Nov 2016 08:18

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Better late then never. There is always day one to a new beginning. Time to say enough is enough. As a beginner, we will travel this journey together.

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Re: Introduction

Posted by gibbor120 - 29 Nov 2016 18:28

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Welcome! Keep posting.

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Re: Introduction

Posted by Watson - 29 Nov 2016 20:53

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[Abrahampath wrote on 24 Nov 2016 20:40:](#)

I am one who has struggled on and off for 3 decades. I am seeking all the advice and strategy there is against this insidious mental/behavior disease.

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Welcome.

What have you tried already? What were the results?

Have you read the GYE handbook?

[www.guardureyes.com/GUE/PDFs/ebooks/Guard%20Your%20Eyes%20Handbook%20July%202011.pdf](http://www.guardureyes.com/GUE/PDFs/ebooks/Guard%20Your%20Eyes%20Handbook%20July%202011.pdf)

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Re: Introduction

Posted by Abrahampath - 30 Nov 2016 02:02

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that quote fits me perfect (I haven't failed, I've just found a thousand ways that don't work." ( - My disease.)

yes. the handbook is fascinating of things I never considered

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Re: Introduction

Posted by cordnoy - 08 Dec 2016 00:09

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[Abrahampath wrote on 30 Nov 2016 02:02:](#)

that quote fits me perfect (I haven't failed, I've just found a thousand ways that don't work." ( - My disease.)

yes. the handbook is fascinating of things I never considered

YYep, but people still refuse to read the good books.

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Re: Introduction

Posted by Singularity - 08 Dec 2016 07:22

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Welcome fellow sojourner! Let's take that path to sobriety!

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Re: Introduction

Posted by Newleaf354 - 08 Dec 2016 21:43

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Welcome to the forum. I have also been struggling for about 3 decades. GYE really helped to get me on the right path. I really like the approach if you just use the handbook--start with the simpler and easier tools and if it works, fine. If not, move up a notch.

And a big thing is the relief to be able to share what you're dealing with in a safe place.

Good luck,

NL354

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