

Just starting

Posted by Tokardave - 12 Feb 2018 05:23

Oh boy do I have an addiction.

hi everyone.

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Re: Just starting

Posted by lifebound - 12 Feb 2018 05:39

Hey Tokardave, welcome!

Well, fear not because you are in the right place. There are loads of people here with the same or similar struggles as you. It's generally helpful to share a bit about yourself and your struggles, without any identifying details of course.

Keep posting, get to know the crowd here and God willing today will be the day you took the first step towards your new life

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Re: Just starting

Posted by ayidel - 12 Feb 2018 14:19

Hi and welcome here is a place to try and get rid of that addiction and many have succeeded

sogo ahead and take advantage of all the wonderfull tools availible

keep posting as you will stay connected and find those who have gone by the same path and got out

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Re: Just starting

Posted by gibbor120 - 12 Feb 2018 18:51

. Check out the handbook, the dov quotes link in my signature, and the Dr. Sorotzkin article on the psychological factors of acting out (link to his site in my signature). Keep posting. There is help here my friend.

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Re: Just starting

Welcome! Oh boy does GYE have solutions
Posted by ieeyc - 15 Feb 2018 19:06

hi T.D.,however you look at it ,a big yetzer hara or the sickness of addiction,all hope is not lost!dont give up and please dont forget your best friend Hashem !Hashem is with you in this and wont abandon you even if you feel youre alone,whatever you do keep on Davening !you **will** get out of this !Chazak!

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Re: Just starting

Posted by ieeyc - 15 Feb 2018 19:13

p.s. maybe it will help if you share your story a little ,there are alot of nice guys here some are nice and a little intimidating dont let that scare you off and keep on posting, i just saw a post and someone answered a little tough and next thing you hear is a dial tone, the guy never came back,(maybe he changed his username ,i dont know)anyway hatzlacha!

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Re: Just starting

Posted by bear - 16 Feb 2018 06:27

Welcome!

Hatzlacha!

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