

New

Posted by ikestruggled - 20 Feb 2018 23:07

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Hi. I am new to this and extremely uncomfortable. I am a long time struggler looking to finally be free. I hope this works.

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Re: New

Posted by lifebound - 20 Feb 2018 23:19

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Hello and welcome!

Keep posting and stay connected. You will get more comfortable here the more you share. Everyone here is familiar with the struggle. With your perseverance and God's help it WILL work!

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Re: New

Posted by Phill Up - 20 Feb 2018 23:50

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Welcome!! You have come to the right place. Here you will find so many people who also struggle and are intellectually honest with themselves and living healthy fulfilling lives. Remember that you are not alone and that Hashem loves you and wants you to succeed more than even you do. Turn to Him because He will always be there for those who turn to Him and build a real relationship with Him.

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Re: New

Posted by Hashem Help Me - 21 Feb 2018 05:06

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Welcome. We all were uncomfortable when we arrived here along with our big black secrets. Once we had the seichel to stay connected with those who were successful we thank Hashem for the day we joined. I suggest you write some more specifics about your challenges, triggers, etc. The oilam is ready to help!

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Re: New

Posted by gibbor120 - 22 Feb 2018 20:46

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Welcome! Check out the handbook. Keep posting. Make a commitment to do whatever it takes.

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Re: New

Posted by tzvi - 22 Feb 2018 21:37

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Welcome! We're happy to have you here! Keep coming back!

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Re: New

Posted by yehoshua - 23 Feb 2018 15:07

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Welcome :-). I have 2 day streak. Yupi :-)

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Re: New

Posted by ieeyc - 26 Feb 2018 00:29

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Hi Ike s. Welcome ,keep on posting and looking what other people posted and hopefully you'll start feeling comfortable and enjoying what gye has to offer,hatzlacha!

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Re: New

Posted by gibbor120 - 28 Feb 2018 15:20

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Welcome! Check out the handbook. Keep posting.

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