

optimistic

Posted by steel - 07 Feb 2020 04:41

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I was apprehensive in joining, but it came to a point I desperately needed a support group. I have read some of the discussions that go on here, and it has been encouraging. Its nice to join a group of people that are there to be michazik others who have been in the same situation. Thank you all for your courage in posting ideas of chizuk, hope to contribute to this cause as well.

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Re: optimistic

Posted by nbz - 07 Feb 2020 12:45

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I just wanted to say a quick "Welcome!" This is an amazing place, and together with some hard work, it can bring about results that we wouldn't have thought possible.

I myself only signed up about a month ago, and like you have found many of the discussions very enlightening. One tip may be that when you read a particularly good idea/ approach on the forum, write it down somewhere. I keep a notepad with what I call my "Recovery List".

That has helped solidify some of the chizuk that I get while browsing here.

?Hashem in his mercy has given us these tools to fight the Yetzer Hara, because that is why we were created. It's up to us to give our best effort, and He will bless our efforts with success.

Have a great Shabbos!

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Re: optimistic

Posted by Dave M - 07 Feb 2020 12:51

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Welcome to GYE! Coming out of isolation is a big step towards recovery.

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