

newbie here

Posted by fightingHard - 16 Nov 2021 04:43

---

hey, im new here to this website, and im kinda getting overwhelmed by it ngl... so much going on...

anyway, Im 22, single and been struggling for 6 years (wow!) now...

looking for some chizuk...

honestly its crazy to see how many ppl r on this website cuz i always felt pretty alone in this struggle... anyway, thnx in advance to all who have and will help me on this crazy journey...

=====

=====

Re: newbie here

Posted by Hashem Help Me - 16 Nov 2021 12:25

---

Welcome. It should be with hatzlacha. Maybe post some more (non identifying) info. What do you struggle with? What are your triggers? What have you tried. B'ezras Hashem if you keep posting, you will receive chizuk, guidance and advice and iyh you will break free.

=====

=====

Re: newbie here

Posted by strugglingWithMyself - 16 Nov 2021 12:32

---

Hey! Welcome!

It's good to see you here.

There is a lot going on, on this website, but you don't need to see it all at once - to take it step by step, and do what works for you.

These two resources are very useful - [1](#), [2](#) - Maybe take a look at them.

If you feel comfortable, maybe share a little bit about your struggle - what you are struggling with, and how you have done so far.

But whatever happens, remember that it is **definitely possible** to break free, and the best way to do it is to keep trying - stay around, keep posting or at least reading, and trying your best!

Hashem loves you!

strugglingWithMyself

=====

=====