

Saying hi to my new-found community

Posted by Tom Hanofel - 27 Jan 2023 16:57

Hi everyone,

Before even getting to know anyone of you (now "us"), I want to extend a personal thank you to each and every individual here. The mere knowing that I have you is giving me a ray of hope.

Now, concurrently to the above sentiment, I'm super nervous to be here. It's the fear of the unknown and the fear of vulnerability.

My story is likely not much conceptually different than yours, and as such:

1. You can relate to me (which already feels good), and
2. You understand that being here is ITSELF a HUGE step and commendable (which also calms me down and gives me something to feel good about).

Long story short, I am afraid to use the word "addicted" on a public forum but nonetheless (hoping to stay "safe") I must admit that this war is extremely difficult. I experience a lot of pain on a daily basis from doing and from battling not to do. On top of it all, the shame and blame are often paralyzing.

I joined GYE 5 years ago, but haven't been on it. I was living the conflict of "not wanting to get out of it". I still live this conflict! But, the other side of me said to give this another shot. With this - I gathered the courage to reach out to ya all and say hi and thank you for welcoming me.

I look forward!

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Re: Saying hi to my new-found community

Posted by Geshmak! - 27 Jan 2023 18:26

Welcome!! You said the war is extremely difficult...difficult is not the word it's much much harder than that ! But let me tell you brother it's war well worth fighting and guess what it's war then can be won just look around on gye and you'll see for yourself how many guys were fighting the fight on a daily basis and today there free from it all!!

So roll up your sleeves and get ready for a dirty fight. But just keep in mind that your fighting for your life and that's a fight worth fighting! Wishing you all the best!!

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Re: Saying hi to my new-found community
Posted by Eerie - 27 Jan 2023 19:34

Hi, my friend! Here we are all brothers, we are here for you, we care for you, and we want to see you succeed. Connecting to people is a huge and powerful tool to help ourselves, so please stick around. Keep posting, maybe you can tell us what you found works for you, what you find difficult, some details of your story...we want to hear, so let us know. And keep trucking!

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Re: Saying hi to my new-found community
Posted by Vehkam - 27 Jan 2023 20:15

Welcome. I lived in that conflict for many years. When I was ready to break free, I found the book the battle of the generation extremely helpful. I read it every night.

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Re: Saying hi to my new-found community
Posted by Icanbreakfree - 29 Jan 2023 02:09

WELCOME BACK!

its amazing to get support from other people who are going through the same struggle as you or have gotten through it already!!

sometimes just the fact that you could feel comfortable sharing, and the knowledge that you're not alone!

WE ARE BEHIND YOU!!

imagine THOUSANDS of people behind you cheering you on!!

you made the right choice to come back to GYE!

we're always here for you!

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Re: Saying hi to my new-found community
Posted by keepclimbingnothing - 29 Jan 2023 19:08

hey new hear

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Re: Saying hi to my new-found community
Posted by keepclimbingnothing - 29 Jan 2023 19:09

hi whats up

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Re: Saying hi to my new-found community
Posted by Geshmak! - 29 Jan 2023 19:56

Hello! Welcome to the forum!

why don't you open your own thread and post a little about your struggles and your accomplishments . Looking forward reading it...

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Re: Saying hi to my new-found community

Posted by Geshmak! - 29 Jan 2023 20:01

Chap what I'm saying? Basically somebody else open this thread to speak abt himself and get and give chizuk on it. And you by mistake thought it's were to say hi(many people make/made the same mistake) not a big deal but it will just get confusing so all you got to do is open new topic and TAKE OFF!!

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Re: Saying hi to my new-found community

Posted by Tom Hanofel - 29 Jan 2023 20:49

Thank you for bringing this to my attention.

sorry all for the confusion. I thought I was fairly good at these type of things but apparently I'm not

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Re: Saying hi to my new-found community

Posted by Eerie - 29 Jan 2023 21:34

My friend Tom Hanofel. Geshmak was talking to someone else I believe. Keep posting right here and keep trucking!

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Re: Saying hi to my new-found community

Posted by Geshmak! - 29 Jan 2023 22:29

I didn't mean that bro! Your amazing at theses things I'm not I wasn't clear... I was basically trying to tell dear keepclimbingnothing shelt'a to open a new thread so he shouldn't mess up your thread... if you don't understand please let me know and I'll try to explain it better or someone else will. Thx eerie for stepping in and explaining.

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Re: Saying hi to my new-found community

Posted by Shmuel - 29 Jan 2023 23:04

[Geshmak! wrote on 29 Jan 2023 22:29:](#)

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Try using the "quote" feature

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