

NEW

Posted by barry123q - 19 Jun 2023 02:41

Hi! I am new at GYE! What is the most helpful part...how often do most of you rely on GYE?

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Re: NEW

Posted by dim12 - 19 Jun 2023 02:44

How can i reach you?

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Re: NEW

Posted by EccentricComposer - 19 Jun 2023 13:14

Welcome!

My opinion is the F2F is very helpful, and being active on the forums.

Hatzlacha!

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Re: NEW

Posted by DavidT - 19 Jun 2023 14:10

[barry123q wrote on 19 Jun 2023 02:41:](#)

Hi! I am new at GYE! What is the most helpful part...how often do most of you rely on GYE?

The most helpful part is the fact that you're part of a great community of people that are all here for the same purpose; to keep on growing and helping each other do the same. But we don't RELY of GYE, we rely on Hashem and we try our best to do what we need - one day at a time.

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Re: NEW

Posted by richtig - 19 Jun 2023 14:28

Welcome! I have found F2F invaluable, helping keep my nose on the road, and the forums open up insightful conversations. Probably more than these has been using GYE as a springboard for live conversations over the phone and in person.

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Re: NEW

Posted by HolyYoely - 19 Jun 2023 15:25

Hi,

Welcome to GYE. Personally I find the 90 days counter to be wonderful

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Re: NEW

Posted by true_self - 20 Jun 2023 20:53

Welcome to the community out Dear new friend.

From my experience, there's many stages you will be going through after joining.

Starting with F2F and using the success tracker daily is very important and helpful.

Later on, Reaching out to friends via PM (Recommendations; HHM, Eerie), Then, posting on the forum here and there, Then, Reaching out to others via chat, Then, Starting my own thread,

opening up to in public (anonymously) about myself, my struggles and my journey, Then, creating strong relationships that I can rely on, people that I can reach out to, before or after a fall, Then getting accountability etc.

Anyway, this was my journey so far, however every person is unique and the process of change differs.

Sorry for not not writing clear, I am after a long and tiring day, but wanted to try to help you anyway.

And BTW, Discovering the fact that there are other people who are super normal, and some even mechanchim, rabbeyim, maggidei shiurim etc., who struggle with this just like you, is awesome for itself, and helps to get rid of all that guilt.....

Anyway... I wish you much success on your journey to freedom, and we will do it together, this is a wonderful community, with many great people that are always willing to help, hang around, make some friends, and the main thing make progress on your journey to freedom.

The one you can rely on, is Hashem, and only him!!! we are here to make it easier so you don't need to do it alone anymore.

all the best!

True self

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