

Back at it

Posted by StingRay - 22 May 2024 04:07

Hi,

I am married and struggle with P&M.

About a year ago I managed 100 clean days, then I fell sporadically. Recently I got stuck back into it real deep and made the commitment to try again. I know it will be difficult. I know it will kill me. But I am committed to do it. Please hashem help me accomplish this!

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Re: Back at it

Posted by jewizard21 - 22 May 2024 12:55

Hey, welcome to the forum!

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Re: Back at it

Posted by chancy - 22 May 2024 15:40

[StingRay wrote on 22 May 2024 04:07:](#)

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About a year ago I managed 100 clean days, then I fell sporadically. Recently I got stuck back into it real deep and made the commitment to try again. I know it will be difficult. I know it will kill me. But I am committed to do it. Please hashem help me accomplish this!

You made the right decision in joining GYE, where many many Hielige Yiden have found the path to freedom.

As you said, it wont be easy, but remember "Nothing good in life comes easy"

This is the most important thing that you need for this and the next worlds.

The most important things are to read the Battle of the generation, work thru the F2F program slowly, internalize it.

And of course keep posting, it keeps you down to earth and connected with us.

Good luck.

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Re: Back at it

Posted by Muttel - 22 May 2024 18:29

The fact that you're here looking for support is worth so much, tzaddik! I, along with many have struggles for years, and finally found help in the form of Angels on this site....

May I humbly suggest you reach out to Hashem Help Me - who has 25 hours in his day to help yenem, myself included... michelgelner@gmail.com

Hatzlacha, we're rooting for you!

Muttel

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