

the Journey

Posted by goldneshama1 - 28 May 2024 16:01

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BH

Good morning,

Thank you for this forum -

I have struggled with all levels P and M for many years, since I was a teen (at least).

I have tried to stop so many times. Recently I started therapy which has been BH very helpful, specifically for this.

I am here in the hope that community support will enable me to strengthen my resolve to grow and move forward.

Question, is there live groups or zoom meetings that one can attend?

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Re: the Journey

Posted by chosemyschem - 28 May 2024 16:13

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Welcome!

The community support here is amazing.

Great question. I believe there are GYE 12 step phone conferences of some sort, but I can't find the info on the site right now. I don't believe GYE has in person meetings but I'm sure someone here will be able to refer you to a 12 step meeting in your area.

Hatzlacha with your journey!

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Re: the Journey

Posted by eerie - 28 May 2024 22:17

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Hi!

So happy to hear that you are seeing success!

I don't know about live groups here

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