

Breaking the Ice

Posted by Icebreaker - 24 Jun 2024 23:56

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Was just going thru HHM's tips/guidebook (17 pages, a recommended read), reminded me of the call I had with him, basically same info was said, still inspiring tho.

EDIT: see page 2 for intro post

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Re: Breaking the Ice

Posted by Icebreaker - 24 Jun 2024 23:57

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6 days on current streak (now I can chat, yay).

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Re: Breaking the Ice

Posted by Heeling - 25 Jun 2024 00:23

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beautiful and Welcome to GYE. It's a warm and loving group of heilige people.

Kudos to you on the 6!

Keep Rollin'

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Re: Breaking the Ice

Posted by eerie - 25 Jun 2024 16:05

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Hey, it's wonderful that you're posting! Now we can hear words of wisdom from you!

Friend, what can you share about your journey? What has been working? We are hear to listen. We care about you and want to hear what's going on in your life.

Looking forward to hearing from you!

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Re: Breaking the Ice

Posted by Heeling - 27 Jun 2024 18:19

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How are you doing Icebreaker?

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Re: Breaking the Ice

Posted by doingtshuva - 27 Jun 2024 23:31

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[Icebreaker wrote on 24 Jun 2024 23:56:](#)

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Can you please share the guidbook ?

Thank you

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Re: Breaking the Ice

Posted by Icebreaker - 28 Jun 2024 13:40

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[doingtshuva wrote on 27 Jun 2024 23:31:](#)

[Icebreaker wrote on 24 Jun 2024 23:56:](#)

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Its first pinned/yellow thread under announcements tab in main forum

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Re: Breaking the Ice

Posted by Icebreaker - 28 Jun 2024 13:52

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[Heeling wrote on 27 Jun 2024 18:19:](#)

How are you doing Icebreaker?

I've out-searched the web,

but I'm still stuck in the corner

I weaved a mess,

A pattern of trouble,

But I feel like a piece of Dubble Bubble.

It tastes good at first,

A sickening sweet treat,

But it never quenches your thirst,

It leaves u in the dirt,

And brings u to you're feet.

I might be rambling,

Not trying to rhyme,

Because I know there's a reason,

to this madness, that only

leaves you with sadness.

new red lines have been drawn,

I hope for a new dawn,

I plan for the best,

But the best plan is anyone's guess.

I have to try my best!

That's it I must say,

This garbage--I quit!!

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Re: Breaking the Ice

Posted by m111 - 30 Jun 2024 13:20

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[Icebreaker wrote on 28 Jun 2024 13:52:](#)

[Heeling wrote on 27 Jun 2024 18:19:](#)

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The poem shows feeling and emotion (correct me if I'm wrong). Keep it up!

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I've outsourced my woes,

But I'm still hamster-wheeling,

Reeling from stress,

From self-induced failed tests,

And I feel like a piece of the ceiling.

High and lofty, arches and a chandelier

Not from CLE but my attitudes' turned cavalier

After a particular storm of emotions,

A leak, a chink in the armor,

And the ceiling caves, the floor--an ocean

Was at half-thousand mark,

But now clouds have formed,

And its barely enough to buy a loaf of bread,

But that poor mans bread I shall cling to,

And name it gye.

Battle lines are marked,

Trenches dug, tanks parked,

Helmets snug, new tactics sought

Snitch found, March-ing may be easier

Than July, ahead but I must try!

If u missed every allegory, I couldn't resist,

Try anyways and bring some glory, plz desist.

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Re: Breaking the Ice

Posted by youknowwho - 01 Jul 2024 00:24

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[Icebreaker wrote on 30 Jun 2024 23:57:](#)

[Icebreaker wrote on 28 Jun 2024 13:52:](#)

[Heeling wrote on 27 Jun 2024 18:19:](#)

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Hogwarts has found itself a new Seeker!

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Re: Breaking the Ice

Posted by Icebreaker - 01 Jul 2024 01:59

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[youknowwho wrote on 01 Jul 2024 00:24:](#)

[Icebreaker wrote on 30 Jun 2024 23:57:](#)

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Quidditch a sport? Introducing: sports no commas.

After getting tackled and kicked into a corner with my cards on the table I red the signs and with a 3-1 yellow light choked up checked my swing no check-swing reached first base got caught stealing went back home no run curled up not in bed but en route to a first down because forward progress leads to (field)goals been in the penalty box four too long power play over fifth men on no sixth man mentality if only for a one-timer I'd have more control when the blitz comes and just as a flea flickers sometimes we get sacked but we must not be out for the count instead play as if its a full count bases loaded tie game one strike your out but one pitch from the walk(off) its the bottom of the ninth in Stanley cup LIX and the opponent is at their own goal line,

may we all get the safety we need in overcoming this challenge.

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Re: Breaking the Ice

Posted by chaimoigen - 01 Jul 2024 04:51

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Cling to the poor man's bread, friend.

hold it on your shoulder.

Though your trudging steps are weary,

It shows that your soul is bolder...

And it may yet come to pass,

that in this half-measure of

....courage

You will yet find a new pathway...

I wish that for you.

GYE:

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Here's a warm hand-

Because there's hope to be had here, friend,

Chaimoigen

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Re: Breaking the Ice

Posted by Icebreaker - 02 Jul 2024 13:28

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Just finished reading a Q&A submitted by "Shnook" in the GYE Members Answers section in the library. He details that a 90-day journey has nothing to do with getting a mystical boon of a corrected neural pathway, anyone who thinks that is a misguided buffoon. What he did posit was that its about a change in mindset, mentality and motivation. If we don't take steps forward, we'll naturally stagnate/plateau or worse c"v, fall back. Don't mean to T4 but I've had (albeit one) year+ streak and then fell. I realized that although I had a changed neural pathway in the sense that my Hergel/habits were definitely changed and radically improved. I still didn't desire the change deep down and didn't reinforce my commitment. I hope to pick up the pieces and far surpass my record iy"h.

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Re: Breaking the Ice

Posted by Icebreaker - 03 Jul 2024 00:08

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Just finished reading the English excerpts in the Library tab for "Today is the first day of the rest of your life". Woah is all I can say, couldn't press the next button fast enough, read it all in one sitting, highly recommended. Alternatively you can reach out to [Michelgelnier@gmail.com](mailto:Michelgelnier@gmail.com) he tells you the same awesome truths.

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