

Just introducing myself

Posted by caughtbycop - 31 Mar 2025 13:08

Hi everyone.

my daily take for myself is to attempt to make posts in the forum daily or at least make some interactions. The forum is not so UI friendly for now so I will try my best. I am Baal Teshuva learning in Israel and came here with an amazing girlfriend where she and I were planning to get engaged when we got back. We broke up the other day and I noticed that every time things get difficult for a parter I have a long streak of staying clean. I think it's because I convince myself that I'm already at my lowest and I don't "deserve" a cheap dopamine hit. Wishing everyone a great day. If you're ok this app you're a lot closer to recovering than many other people.

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Re: Just introducing myself

Posted by BenHashemBH - 31 Mar 2025 13:40

Shalom Brother and Welcome!

You got that right. If you are here, then you are closer than most.

Here are some resources that many have found helpful:

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframing their mindset regarding this struggle.

These [Hall of Fame Threads](#) where you can follow some of the great journeys and learn valuable lessons and deep insight in how others have faced these nisyonos.

There is also an extremely powerful tool of connection, accountability, friends, and mentors that have helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, ChaimOigen – chaim.oigen@gmail.com, Muttel - muttel15@gmail.com, Iwannalivereal iwannalivereal@gmail.com, Vehkam vehkam7@gmail.com, Amevakesh amevakesh23@gmail.com, ProudYungerman proudyungerman@gmail.com, Iwantlife - iwantlifegye@proton.me, and I'm sorry that there are others I've surely left out.

Stick around, keep posting, connect with the oilam, and bezH you'll see hatzlacha.

All the best!

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