

first time-first try.

Posted by fightingyid - 19 Apr 2015 13:52

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This is the first i am acknowledging my struggle to anyone as well as the first time i am writing a post in my life! I am going to try my hardest to be 90 days clean. ill admit I'm scared. I have been slipping a lot lately and i can't live this lie, and its just not about the lie its about how dirty and low i feel, i used to think I'm the only one in the from community fighting this struggle but I'm glad to see that there is a support group. I hope i do well , today is going to be day 1, I am nervous and scared but hopefully i can take day by day and fight and see where it gets me.

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Re: first time-first try.

Posted by belmont4175 - 19 Apr 2015 16:33

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Welcome to the right place!

you are doing an amazing thing by coming here and opening up, come in relax have a seat and start reading and posting, the guys here are very warm and welcoming and mainly non - judgmental, and if you care to tell a little of your struggles so you could get the right guidance, with much Hatzlacha!!!

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Re: first time-first try.

Posted by shlomo613 - 19 Apr 2015 21:14

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Welcome fighting yidd. I echo what Belmont says. Join the community and read the handbook. You will likely keep falling but if you are trying you will slowly learn tools for living that reduce and sidestep the struggle, and give you a life of joy, integrity, peace, freedom and so much more. I haven't "arrived" (who has?), I still fall, but I've experienced all of this already.

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Re: first time-first try.

Posted by yiraishamaim - 20 Apr 2015 04:22

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Welcome fighting yid!

You can see from shlomo and belmont the quality of members that GYE has.

The more you stay on this forum - post your inquiries and struggles the more you will get out of it.

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Re: first time-first try.

Posted by serenity - 20 Apr 2015 04:36

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Welcome to GYE! You're definitely not unique and you're not alone in this struggle. I'm so glad you found GYE and I wish you much hatzlacha! Looking forward to hearing more from you.

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Re: first time-first try.

Posted by fightingyid - 22 Apr 2015 11:07

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Today is going to be day 4-so far so good!.....thank you GYE i am really finding all of your information, Chizuk etc. so useful and helpful, thank you to all of those in the support group.

"One Day at a time"

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Re: first time-first try.

Posted by Pidaini - 22 Apr 2015 13:57

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Welcome to GYE, fightingyid!!

It really is great that you made it here!! Why not tell us more about yourself, about your struggles? The more we know the more we can connect, and the more we can connect, the more helpful our relationships will be.

What have you been doing these past 4 days that helped you?

KOP!! and of course, KOMT!!!

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