

I NEED HELP!!

Posted by LevTahor13 - 15 Dec 2015 21:09

Please GYE community. This is an outcry from a lost and tortured Jewish soul. I joined GYE about 6 months ago and attempted the 90 day journey. I've since lost motivation after multiple failed attempts. About a month I desperately applied for a sponsorship but I don't think anything ever came out of it. I have no direction and I feel like I'm stuck in a pit with no way out. I know that GYE is my best opportunity to get clean but I need to be more involved! I know myself well enough that if I don't see immediate progress I'll become discouraged and quit. That's where I need active help and encouragement from the members of GYE to stick with the process and check the website often. PLEASE! If anyone has advice as how to stay motivated to be involved in the community or get a sponsor please help! please

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Re: I NEED HELP!!

Posted by markz - 15 Dec 2015 21:14

PureHeart my heart goes out for you

Are there other things you tried and may have helped?

You may want to checkout the GPS solutions in my signature

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Re: I NEED HELP!!

Posted by lomed - 15 Dec 2015 21:22

Lev tahor, I feel your pain. I admire you as well. Above all I am a bit jealous of you. You are young, you are struggling, and you found your place here on GYE! This is amazing. i wish i was here at your age and spare all these years.

This does not get fixed so fast for many of us. However you are in the right place. Keep and reading/writing here, until and after you get some real sobriety and recovery.

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Re: I NEED HELP!!

Posted by Mesayin - 15 Dec 2015 22:21

Hey Lev Tahor, chazak V'emutz!

Maybe try to find out reasons why not to it, yiddishkeit and practical reasons, that could motivate you not to, you might be able to find reasons in the handbook or in the articles, you can also learn sforim about it.

You can get out of this rut, sometimes it seems harder than it actually is, despair is not an option, depression is not an option, take the first step, one minute at a time, Hbuh L'taheir mesayin oisoi.

Chazak V'emutz!

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Re: I NEED HELP!!

Posted by markz - 15 Dec 2015 23:19

Your therapist is in the know, has he been helpful at all

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Re: I NEED HELP!!

Posted by LevTahor13 - 16 Dec 2015 00:24

Thanks for the inspiring words!

I only attended him while I was still in Eretz Yisrael so I haven't spoken to him in a while. He was very helpful to me in other areas but in this regard I don't think he assisted that much.

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Re: I NEED HELP!!

Posted by LevTahor13 - 16 Dec 2015 00:26

Thanks so much for the fresh perspective! I know GYE is the place that i need to be right now, it's just a matter of keeping that in mind and sticking to it.

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Re: I NEED HELP!!

Posted by LevTahor13 - 16 Dec 2015 00:32

Thanks so much for the advice and chizuk!

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Re: I NEED HELP!!

Posted by Shlomo24 - 16 Dec 2015 00:41

GYE is definitely a place with a lot of hope and there are many tools that you may find here.

Hatzlacha Raba.

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Re: I NEED HELP!!

Posted by markz - 16 Dec 2015 01:07

[LT wrote:](#)

About a month I desperately applied for a sponsorship but I don't think anything ever came out of it
I don't believe I'd be a good sponsor, so I can't take up the offer. Can someone please reach out and take on sponsorship of our good friend

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Re: I NEED HELP!!
Posted by cordnoy - 16 Dec 2015 12:30

Welcome

Your road to recovery should be blessed with hatzlachah.

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Re: I NEED HELP!!
Posted by gibbor120 - 17 Dec 2015 21:32

What have you tried other than "90 days"?

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Re: I NEED HELP!!
Posted by iwant2begood - 26 Dec 2015 19:36

Plz don't lose hope I know u can I'm a yeshiva bochur struggling for almost 7 years I've had times that I had a long clean streak and then I relapsed I started my 90 day journey 10 days and bh still going strong start again were gonna do this together nothing stands before a strong will

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Re: I NEED HELP!!

Posted by 1daat - 29 Dec 2015 07:02

Ashrei. Siddur Tehillat Hashem (nusach Chabad) "The Lord is close to all who call upon him in truth" be'emet! How sincere your cry is. I'm moved. The pain of longing as much as you do must be terrible.

Let me tell you about my friend. A few months ago I gave him his five-year cake at his 12-step home group. I happen to know that he has 100 day-one chips he keeps in a drawer (I think it's next to his underwear.) Each of those chips means that he fell one hundred days, every day, for 100 days. He never got past day one for a hundred days. You are so not alone.

I remember reading something that said, when we aren't respectful of the bris, the first thing that we lose is the longing for Him. It's terrible to lose that. I understand. But your longing has stayed so powerful. Everyone who's responded to you is moved by you and your cry for help. The longing is still with you, against all odds. You are blessed.

Keep reaching out. We're here for you, b'emet. pm me if you want.

Joel

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Re: I NEED HELP!!

Posted by iwant2begood - 29 Dec 2015 13:12

Lev Tahor how is your journey going? what day you up to ? Plz keep us posted it will make our journey and yours a lot easier good luck keep strong

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