

Hi

Posted by Strength365 - 25 Feb 2016 10:02

Hi,

I'm new.

Nervous.

Motivated.

Need Help.

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Re: Hi

Posted by Sasha 2 - 25 Feb 2016 10:29

Welcome!!

No need to be nervous we all are here for the same reason!

Its great to hear that your motivated, its the right start.

Tell us about yourself,

Hatzlocha!

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Re: Hi

Posted by markz - 25 Feb 2016 11:03

[Strength365 wrote:](#)

Hi,

I'm new.

Nervous.

Motivated.

Need Help.

Welcome!

I was nervous when I began too

Motivation is key - stick it in the ignition of your 18 wheeler and KOT

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Re: Hi

Posted by doingtshuva - 25 Feb 2016 11:36

[Strength365](#)

If your new start with the Handbook and with time you'll learn how to handle.

I would advise to print out the book and set time for reading.

guardyoureyes.com/the-gye-program

Hatzluche Raba

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Re: Hi

Posted by doingtshuva - 25 Feb 2016 11:38

that was funny, my 365 post was to Strength365

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Re: Hi

Posted by iwant2begood - 25 Feb 2016 11:55

Welcome! The key is time and patience!

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Re: Hi

Posted by Strength365 - 25 Feb 2016 14:52

So I have been struggling with this since i was old enough to 15 years, my wife has no idea, I hate it! Bli Ein Hora I have a great marriage, just this is my crazy addiction and all these filters only last a small time.

I'm on day 2 and i'm feeling strong now but i know that the first couple of days after a down are the easiest so i'm bracing myself for the fight ahead.

Yesterday I had complete access to internet but B'H thanks to this site I didn't fall.

Long Long way to go.....

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Re: Hi

Posted by Bigmoish - 25 Feb 2016 15:13

[Strength365 wrote on 25 Feb 2016 10:02:](#)

Hi,

I'm new.

Nervous.

Motivated.

Need Help.

Welcome.

I'm not new. (Relatively speaking.)

Still a bit nervous.

The Oilam here motivates me.

You better believe I need help...

Stick around.

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Re: Hi

Posted by pischoshelmachat - 25 Feb 2016 17:40

Hi Strength,

I am new...every day. I take it one day at a time.

I am no longer nervous as in scared, but vigilant and humble as in knowing that I need HKB"H protecting me 24/7/365 to stay clean. I know that he stays with me and protects me...IF I let him.

I am very motivated...my life depends on it.

I need help all the time so I reach out to HKB"H all the time and to my friends on GYE and in person in real life.

LR-LG...Life is good when life is real!!

You came to the right place. Everyone here is so caring and helpful. Just be open and share.

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Re: Hi

Posted by Strength365 - 29 Feb 2016 09:42

I'm still here but its about to get hard!

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Re: Hi

Posted by markz - 29 Feb 2016 09:59

When the going gets tough....

When the going gets **hard**, turn to [hardcore](#)

Please would you click on the link...

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Re: Hi

Posted by markz - 29 Feb 2016 11:23

My friend

Besides for the 90 day chart and Peloni's popcorn, is there any other navigation tool you have tried yet?

(see the GPS in my signature)

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Re: Hi

Posted by BenTorah.BaalHabayis - 29 Feb 2016 14:50

[Strength365 wrote on 29 Feb 2016 09:42:](#)

I'm still here but its about to get hard!

Welcome!

Why is it about to get hard? Hasn't it always been hard?

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Re: Hi

Posted by Strength365 - 29 Feb 2016 15:23

Its ups and downs, and for me day 6 means its a harder day, I'm struggling that's why I am here now

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Re: Hi

Posted by Strength365 - 29 Feb 2016 15:25

not really, I don't have time to read through pages of material I don't want to be caught on this site

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