

Hoping the GYE way can bring 90 days

Posted by Hopeful322 - 22 Nov 2009 00:26

Today was Shabbos and my first day on this new journey. I am hoping that by journaling, it will keep my mind sharp on what is im portant. As I posted in the Breaking Free Forum, My name is Yitz. I have problems with porn, masturbation, self- care, being responsible at my job, davening, andnow keeping shabbos. I don't know if I can work on all of thos at the same time. I am kind of lost in that respect. I follow my own self will, which tells me to sleep, watch TV, not do meetings or call my sponsor or therapist, read helpful materials, or take care of myself in general. I am hoping this 90 day journey will be one of growth for me, where I will be able to speak to people and get insights to break free of myself.

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Re: Hoping the GYE way can bring 90 days

Posted by Tev - 22 Nov 2009 02:29

Hello Tzadik,

Welcome to this wonderful place, your extremely brave for trying this , but whatever happens DONT GIVE UP EVER, tell us a little more about yourself age, how long have you been struggling etc.

Good Luck with everything my email is bestrong88@gmail.com email me or we can chat through google talk if you ever wanna chat.

bestrong

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