

Any good really good tips?!

Posted by Needhelp5760 - 17 Aug 2010 06:31

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Hey I'm just starting out on getting rid of this infernal addiction (been at it for like ten years now) and wanted some good tips from people who have been through it already. By the way I'm a bochur learning in a top yeshiva in eretz yisroel so someone who can relate to that most would be the most appropriate to respond but hey, I'll take all the help I can get:)

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Re: Any good really good tips?!

Posted by installed - 17 Aug 2010 06:43

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SA, 12 step program, GYE, Hashem.

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Re: Any good really good tips?!

Posted by yehoshua - 17 Aug 2010 07:08

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And a happy face. Please Hashem, may He give me one also!!! ;D

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Re: Any good really good tips?!

Posted by StrugglingGuy - 17 Aug 2010 15:00

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speak to the mashgiach (easier said than done, i know, trust me.)

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