

Advice to New Members

Posted by captain - 28 Jul 2025 11:57

I'm starting this thread as a place for people to post one idea in 3 sentences or less that they feel is most important for new members to informed of. This can including anything, including about how to work GYE, but the most important thing to write is a concept (mindset) or a tool or resource that new members will find the most helpful. Please post your idea below:

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Re: Advice to New Members

Posted by hashemyishmor7 - 31 Jul 2025 05:14

Make sure to sleep enough

Be on top of your schedule

Thos 2 helps me a lot

And of course all ideas mentioned above

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Re: Advice to New Members

Posted by thompson - 31 Jul 2025 15:22

[chaimoigen wrote on 30 Jul 2025 22:57:](#)

[chosemyschem wrote on 30 Jul 2025 21:36:](#)

CO that's a lot more than three sentences. . .

Oish! I **can't BELIEVE** I did **THAT AGAIN!! Arrrggggh!!**

ZERO CONTROL OF MYSELF! I hate that I can never stay within word limits!!!

The crushing **SHAME AND GUILT!! Ughhhhh ????? ?????? ??????!!**

[Newcomers], pay attention now, this is the way to gripe [after a fall].

- Captain John H Miller

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Re: Advice to New Members

Posted by yitzchokm - 31 Jul 2025 16:07

[thompson wrote on 31 Jul 2025 15:22:](#)

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[chosemyschem wrote on 30 Jul 2025 21:36:](#)

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[Newcomers], pay attention now, this is the way to gripe [after a fall].

- Captain John H Miller

Can you write in 3 sentences how to get up after a fall?

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Re: Advice to New Members

Posted by hashemisonmyside - 31 Jul 2025 17:54

I find that a good Shiur in the morning gives you that good spiritual feeling for the day... i always had that shiur but since going clean I'm much more motivated to not miss a day...

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