

shmiras habris

Posted by s y - 02 Aug 2013 18:08

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I am happy I found this program. I am new here. I hope I will eventually be in control of my yetzer hara from this program.

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Re: shmiras habris

Posted by gibbor120 - 02 Aug 2013 18:11

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WELCOME s y! It's nice to have you with us! Have you read the handbook? It can help you determine where you are holding, and what strategies to try. Give 'em a try and see how it goes. It also helps to post about your problems. There is a big caring chevra here. Many of us have experiences to share that can be helpful.

So post away, you are in the right place!

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Re: shmiras habris

Posted by tryingtoshteig - 02 Aug 2013 18:13

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Hello s y

Nice to meet you. Tell us your story, chances are there are a lot of people in similar situations as you.

Welcome to the family!

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