

Rules/Guidelines for Using the GYE Forum

Posted by the.guard - 19 Oct 2009 13:25

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See the "[Rules](#)" tab at the top of the forum.

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Re: Rules/Guidelines for Using the GYE Forum

Posted by the.guard - 19 Oct 2009 13:41

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**Joking Around**

**As far as the big question of whether "joking around" is permitted and/or encouraged on the forum, or is it best to stay focused and serious, I would like to bring a great post from "OTR" (On The Road):**

I had been thinking about the seriousness versus the levity that goes on here. At first I thought.... c'mon we are here for a serious problem, there is no room for jokes. However, I have come to realize that there are wise people behind these jokes, and warm caring hearts. Sometimes the *etzem* joking around (within the overall context of what we are here for) is, in my feeling, quite beneficial. We are here for support, and BECAUSE the traditional *mehalech* (*mussar* and such) does not work for addiction. I am super energized when someone who I can identify with as a fellow addict, laugh with as a friend, and look to for a hand when I feel weak in my commitment gives me good insight or advice. At the same time, there are times when a serious place is more in need. If this is what you seek, try to create that environment on your own personal thread. It is an important thing for sure...

And I had another thought that I wanted to add. Imagine one were partying in the middle of a disco and he suddenly felt faint. He walks over to a quiet table and realizes he is (lo aleinu) having a heart attack. He begins to yell for help, he begins to tug on other people's shirts trying to communicate that something is terribly wrong. But no one can hear him above the music and the wild atmosphere of partying has most people taking him for a drunken fool. .... After a little while of this, the bouncers pick up on the fact that this fool is disturbing the party... they pick him up and throw him out on his ear.

In our forum we have had parties. We have had laughs and fun all around... but I have seen that if someone so much as peeps the word \*help me\* an army of warriors, real WARRIORS appears within minutes and sometimes seconds. Some soldiers come with nourishment, some with a battle drum and encouragement, and some with a joke to help diffuse the tension. Whatever it is, they respond like hatzolah, and at times the tears well up in my eyes as I recall those special moments we have had.

Therein, I believe, lies the difference between *holelus* and a group of people using all the means at their disposal to battle an enemy that is bigger and stronger than us when we are **alone**, but who retreats quickly when we **join together**.

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by the.guard - 25 Oct 2009 13:05

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**Dov, who is sober for close to 12 years in live SA 12-Step groups, discusses the difference between the GYE forum and live SA groups (where there are *no* rules about what people are allowed to say and/or share)... Dov writes:**

When posting on GYE, the wide range of the crowd seeing the material pretty much ensures that some who read it will be hearing exactly what they do *not* need to hear. In contrast, in a closed fellowship/meeting there is more context.

In a recovery fellowship, we can share anything. From recounting my failures, expressing insane desires, stupid ideas, and say shekker. It is a **share** and we get the inside, **out**.

However, on GYE, there needs to be a degree of safety in the "shares". Who knows *who* is reading them? They may think this is what recovery is all about and get turned off (or "turned on", for that matter).

To me, it's like the Agudah shul where I live. You cannot go in there dressed in plaid and kahkies for shacharis on shabbos. You just can't. If you do once, nu. If you keep doing it something has to be wrong w/you, for everybody else is dressed yeshivish. It's weird. Not so in

the chasidish/ba'al teshuvish shul next door. There you can dress any way you want and nobody will say boo. Others are there dressed weirdly too, some frum for many years. They simply do not care about external BS.

This bothered me once. Shouldn't a true Torah place (the Agudah shul, for example) be accepting of all yiddin? Well, it occurred to me that the yeshivish world is there mainly to uphold a standard. Even if it gets in the way of being sensitive and spiritual. They may feel that if they do not uphold this standard, who will? They do not feel as reb Shlomo C used to, that the deeper you bring jewish joy into the gutters with the yidden there, the better. Nu. To each his own, or as they say often in AA circles, "live and let live". I daven in the Agudah sometimes too, just to keep my head cool and remember that I am at best, a complete idiot compared to Hashem, who apparently *wants* an Agudah shul right here!

GYE is a bit of both those worlds. To some there, it is all about "what's right". It shows the way - and it **has** to. To others, it is mainly a safe place for lust/sex addicts to go for help. Nu. It's tough to do that on an open forum. So I guess they have to edit some stuff to keep a balance.

Let me admit there were things I was very uncomfortable about in some posts. What I usually do then, is just post that I can't read the thread any more, or will not participate in it. But I can't insult anyone (unless I feel sure that it will work for them!)... And I can't easily bring myself to edit in a recovery venue. It's just not what it's about to me.

Nu. Nothing and no one is perfect.

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by merryzebra74 - 06 May 2024 16:08

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Hi, I'm struggling with hookup sites. Haven't actually met anyone yet but came pretty close until I realized it was a scam. I'm married with kids. Any help?

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Re: Rules/Guidelines for Using the GYE Forum

Posted by eerie - 06 May 2024 16:46

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Hi! You are in the right place. There are many people here just like you, who have successfully graduated these struggles. I'd suggest opening up your own thread, tell us a little about yourself and our struggles (of course, without any identifying details) The boys here are all likeminded in seeking ways to correct the unhealthy behaviors. Stick around, listen to suggestions, get to know the boys, and beH you'll soon start seeing success

hatzlacha!

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Re: Rules/Guidelines for Using the GYE Forum

Posted by davidt - 06 May 2024 17:41

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[merryzebra74 wrote on 06 May 2024 16:08:](#)

Hi, I'm struggling with hookup sites. Haven't actually met anyone yet but came pretty close until I realized it was a scam. I'm married with kids. Any help?

Do you need help for the struggle or are you in trouble with the scam and it help with that?

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Re: Rules/Guidelines for Using the GYE Forum

Posted by merryzebra74 - 07 May 2024 07:00

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No BH realized before it was too late.

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Re: Rules/Guidelines for Using the GYE Forum

Posted by davidt - 07 May 2024 13:50

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[merryzebra74 wrote on 07 May 2024 07:00:](#)

No BH realized before it was too late.

Lucky you. I hope it is a good learning experience (for you and for others here).

Please stay around.

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Re: Rules/Guidelines for Using the GYE Forum

Posted by sunnyzebra15 - 28 Jul 2024 19:56

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Yes it's not if but when if we don't take care of ourselves.

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Re: Rules/Guidelines for Using the GYE Forum

Posted by binyamin1231 - 13 Jan 2025 18:53

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Hi my name is Binyomin. I am 21 years old and new to the forum. I am a Baal Teshuva and have been Frum for over 2 1/2 years now. I have had issues with shmiras einyaim since at most the age of 11 and am working to control my bris. I hope to one day be free get married and live a happy blissful life.

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Re: Rules/Guidelines for Using the GYE Forum

Posted by BenHashemBH - 13 Jan 2025 19:06

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[binyamin1231 wrote on 13 Jan 2025 18:53:](#)

Hi my name is Binyomin. I am 21 years old and new to the forum. I am a Baal Teshuva and have been Frum for over 2 1/2 years now. I have had issues with shmiras einyaim since at most the age of 11 and am working to control my bris. I hope to one day be free get married and live a happy blissful life.

Welcome Brother Binyomin!

GYE has a lot of great resources to offer, chief among them - friends that understand and support each other.

If you want to start your own thread under the "introduce yourself" topic, you'll G-d willing connect with the special people here and turn your hopes into a reality.

Hatzlacha and all the best

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by binyamin1231 - 13 Jan 2025 22:06

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Thank you so much. On this journey I'm going to need all the help I can get!

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by goal2beabainoini - 21 Mar 2025 13:30

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I'm not sure where I heard this but it's said that when two people sit together

you have two g-dly souls against one animal soul

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by yitzchokm - 21 Mar 2025 13:48

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From a Chabad website:

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????? ???" (?????" ?????? ??????????????)"

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Re: Rules/Guidelines for Using the GYE Forum  
Posted by BenHashemBH - 21 Mar 2025 14:48

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Yup, definitely heard that several times from Rabbi YY Jacobson