

Need Some Help to Begin

Posted by tahor10 - 28 Nov 2015 23:03

hi everyone,

this is my first time here, it really is soooo encouraging to see other people have the same problem.

im holding on my second day of my 90 days, i wish i can complete my task ive never been clean for even half that amount of days. i just don't know where to start and how ive had this problem for nearly 10 years now. i would appreciate if i can hear some tips on how to start this journey....

Thanks

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Re: Need Some Help to Begin

Posted by markz - 28 Nov 2015 23:11

Welcome!

You were successful for one day!!

YOUR JOURNEY HAS BEGUN

ODAAT

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Re: Need Some Help to Begin

Posted by Bigmoish - 28 Nov 2015 23:44

Welcome. Check out the links in my signature, if it tickles your fancy.

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Re: Need Some Help to Begin

Posted by cordnoy - 28 Nov 2015 23:53

Welcome,

Take one step at a time.

B'hatzlachah

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Re: Need Some Help to Begin

Posted by mggsbms - 29 Nov 2015 01:16

Welcome !

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Re: Need Some Help to Begin

Posted by serenity - 29 Nov 2015 05:03

Welcome to GYE!

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Re: Need Some Help to Begin

Posted by pischoshelmachat - 30 Nov 2015 16:15

Welcome Tahor10. You definitely came to the right place. There are many wise people on here than will guide you who know and understand your struggles. Stick with us and you will find a whole new world of kedusha.

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Re: Need Some Help to Begin

Posted by gibbor120 - 30 Nov 2015 18:24

. B"H, I'm
sober for 6+ years now. Stick around. Read the handbook. Keep posting and reading. Check
out the links in my signature.

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Welcome! I struggled for over 20 years before finding GYE, so you are ahead of me
Re: Need Some Help to Begin

Posted by Shlomo24 - 30 Nov 2015 19:34

WELCOME!

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Re: Need Some Help to Begin

Posted by `Chaim - 01 Dec 2015 01:34

Hey tahor.. I felt the same way when I joined.. realizing I'm not the only guy with this problem.
I'm also on my 90 day journey and wish you much hazlacha with yours. Take advantage of the
handbook and the experts on the forum and keep on posting!

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