

Im new at this

Posted by paulstaul - 10 Feb 2016 08:21

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don't know what to say, embarassed

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Re: Im new at this

Posted by cordnoy - 10 Feb 2016 10:46

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Welcome,

of who?

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Re: Im new at this

Posted by markz - 10 Feb 2016 12:27

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[paulstaul wrote:](#)

don't know what to say, embarassed

Welcome

i was embarrassed too

Stick around - read - post - you may get more comfortable in your Truck as the days progress

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Re: Im new at this

Posted by mggsbms - 10 Feb 2016 14:29

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I was very shy in the beginning didn't even want to put my name on the wall. Username that is.

Hang up your coat...take off your hat and jacket, enjoy the stay...

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Re: Im new at this

Posted by TalmidChaim - 10 Feb 2016 16:17

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First of all, welcome! Being embarrassed is perfectly understandable and totally fine. You showed up; that's a huge percentage of the recovery process. When you're ready, share what you want with us. Remember, nobody here could push you to do anything that you don't want to do.

As for being new: we all are, even the guys who have been clean and sober for years (actually, especially them). That's because the key to success is taking things one day at a time, which means starting over again, everyday, and building slowly on our success.

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Re: Im new at this

Posted by gibbor120 - 10 Feb 2016 17:09

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Welcome! We are here for you when you are ready to say more. We will not judge you. We are here to share what has helped us and offer encouragement. Whatever your specific issue, it is very likely that many of us can relate. So, just take a deep breath and start typing. You will be happy that you did.

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Re: Im new at this

Posted by Bigmoish - 10 Feb 2016 17:34

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[paulstaul wrote on Unknown:](#)

don't know what to say, embarassed

Welcome.

Good start.

Stick around.

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Re: Im new at this

Posted by shmiraShachaim - 10 Feb 2016 18:09

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Hi PaulStaul.. Everyone here was- as your forum title- new at this and probably most of them started very very embarrased. My advise: stay on this site and don't stop posting here. Thats what I did and I ended up coming back anyways! looking forward to more posts from you

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Re: Im new at this

Posted by waydown - 11 Feb 2016 21:46

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In my case it's going ot be way more embrassing if my wife and then the world finds out about my sins. So I better fess up now. And wait till I get upstairs! Some people (I think I heard this somewhere) say all gehnoim really is, is that in shomiam wherever you go everybody knows every sin you commited. There are no secrets. Imagine a guy like me standing next to moshe rabbinu and he can see and know everything. Thats some gehnonim

On a serious note someone somewhere somehow has to know what you are embarssed of so that you can receive help. Does it have to be on the GYE forum? I have no clue. (personaly i am a yenta and unfourtntley get a chizuk from reading that I am not the only guy. So I love to see it on the forum) I would tend to think that shmuzing with someone in private or PM someone might help as well. (not me as I am a beginner)

Re: Im new at this

Posted by mr.clean - 14 Feb 2016 01:46

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We all are:) just start talking were here to listen, what's up? What's bothering u?

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Re: Im new at this

Posted by Sasha 2 - 18 Feb 2016 15:08

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Welcome and join the club!

The posting does wonders in getting you out of isolation so its worth it to get busy posting!

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Re: Im new at this

Posted by Seeking Support - 24 Feb 2016 16:33

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Don't worry you are not alone I and everyone else are right behind you. As my Rebbe said "A man turning around on the road correcting his mistake, even 100 miles down the wrong path, is going the right way, but a man that is just one step in the wrong direction is going the wrong way." So don't despair No matter how far you are you are going the right direction now so you are now on the right path! Hatzlacha and I hope to keep in touch knowing that you are close to your destination.

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Re: Im new at this

Posted by OTR - 24 Feb 2016 17:46

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Welcome to you. I am embarrassed also. Talking about that with others who recognize and experience the same struggle has been really helpful for me. Hope to see you around!

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