

Egghead

Posted by Egghead - 02 May 2016 03:38

Hi. I'm egghead. I'm new at this. Can someone help me

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Re: Egghead

Posted by markz - 02 May 2016 03:40

Sure

Go a head

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Re: Egghead

Posted by Birshusi - 02 May 2016 03:56

[Egghead wrote on 02 May 2016 03:38:](#)

Hi. I'm egghead. I'm new at this. Can someone help me

Welcome and thanks for joining us!

I'm new too, just about two week old. What helped me to get involved was just to read the forums, ask any and all questions(really!), and to click on the links that guys have in their signatures.

Hang around and post as often as you can, tell us your story and how you got here, and just get involved. GYE will sweep you in and you'll be on your way.

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Re: Egghead

Posted by markz - 02 May 2016 03:58

Thanks EH

I didn't say 50 THOUSAND MILES ahead

Come back please

What can I do for you?

Need help recovering from Passover?



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Re: Egghead

Posted by Shlomo24 - 02 May 2016 09:06

Welcome!

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Re: Egghead

Posted by abd297 - 02 May 2016 14:11

Welcome! How did you find out about GYE?

I found that the best way to get started is by reading and posting on the forum.

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Re: Egghead

Posted by Eyeglasses - 02 May 2016 14:32

What a picture, lol.

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Re: Egghead

Posted by Egghead - 02 May 2016 14:37

Thank you everyone. I found out about GYE from someone i met who spoke to me about what he went through. He suggested that i check out the website.

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Re: Egghead

Posted by Shlomo24 - 02 May 2016 16:09

Good for him. So, what do you want help with? The oilam is here for you. Mark has a truckload of stuff for you, literally. But what brought you here?

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Re: Egghead

Posted by Egghead - 02 May 2016 16:33

I keep on failing and failing. I get back up but keep on falling back. I've become upset at myself because i know i can do better. I know it's wrong but each time i still fall prey. I'm at a lost as to

what the next step should be that will finally get me out of this hole i've dug for myself.

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Re: Egghead

Posted by cordnoy - 02 May 2016 16:46

I don't know about you, but I know that I need today's call.

I'm gonna clear my schedule for that....no matter what.

!:20 call, and then Mincha.....both are necessities for today.

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Re: Egghead

Posted by MeyerLemon - 02 May 2016 16:58

Hi Egghead,

I can only say that I understand too well what you are saying, and what is currently working for me is the Double-Fence TaPHSIC method.

guardyoureyes.com/tools/taphsic-method

It has changed my thought process regarding "falling", and has helped me maintain abstinence so far.

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Re: Egghead

Posted by stillgoing - 31 May 2016 21:32

Hi Egg, (funny name you got there :-)

I see that you're still around although you haven't posted recently.

You wrote above that you want to stop. Often we try and try for years without much success, because although we are trying hard, we aren't trying smart. We need to have a plan on what we will do before we are tempted, what we do during, and what we do after. Have you read through (any of) the gye handbook yet? It has a lot of ideas and tips. What have you seen here so far that you have tried or would like to try?

Keep on posting. It helps to build relationships with people who can help.

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