

GYEConfuses me

Posted by yidzanon - 20 Jun 2016 22:40

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Hello,

I have been to many face to face meetings. I want to work using a type of system that GYE has. I just dont know how to navigate GYE. where is the beginning and where is the step after that. (there is no end)

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Re: GYEConfuses me

Posted by markz - 20 Jun 2016 22:43

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Welcome

If you are at meetings that's great

I think the GYE highway milestones are found on the GPS page in my signature

KEEP ON TRUCKINGGGG!

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Re: GYEConfuses me

Posted by cordnoy - 21 Jun 2016 00:15

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Welcome,

Don't try everything at once.

Life awaits.

B'hatzlachah

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Re: GYEConfuses me

Posted by proudchabadnick - 21 Jun 2016 00:43

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It is confusing at first. I would suggest to the GYE handbook first as that gives you a lot of tips and background. Also, take some time to explore the website and the forums; they are especially helpful to feel less lonely. And finally, you should try to follow the steps of recovery which are on your Personal Homepage.

Make it a great day!

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Re: GYEConfuses me

Posted by shmiraShachaim - 21 Jun 2016 03:58

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My first step was GYE handbook and checked out GYE evaluation. But could be others do differently.

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Re: GYEConfuses me

Posted by BenTorah.BaalHabayis - 21 Jun 2016 04:01

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Welcome! My first step was the GYE Handbook as well, and also the 90 day chart. While it is not by any means the end goal, it does provide you with an initial goal to help jump start your journey to sobriety.

Hatzlacha!

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Re: GYEConfuses me

Posted by doingtshuva - 21 Jun 2016 10:57

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- [Dov](#)



- OFFLINE
- Administrator

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- Baby-steps; Easy does it.
- Posts: 1764
- Karma: 155 --
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best wishes

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Re: GYEConfuses me

Posted by gibbor120 - 21 Jun 2016 16:22

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Welcome! The handbook is a good first stop. This forum is a good place to post and get feedback, chizzuk, etc. It can be confusing at first, but you'll get the hang of it.

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