

Needing Accountability

Posted by soldoutforchrist777 - 16 Feb 2017 22:53

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Hi, struggling with an addiction and needing some accountability and prayers. Thank you.

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Re: Needing Accountability

Posted by MayanHamisgaber - 16 Feb 2017 23:02

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Welcome you came to the right place

Would you mind sharing your' story it would help getting toward your' goal. Otherwise let us know how we can help

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Re: Needing Accountability

Posted by Watson - 16 Feb 2017 23:13

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Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have

overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: Needing Accountability

Posted by Singularity - 17 Feb 2017 08:42

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Welcome. May you find solace here. Let us know more about you.

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