

PLEASE HELP

Posted by Phill Up - 07 Jul 2017 03:46

Thank you to everyone who responded to my introduction last week. It's so amazing hoe interested everyone is in helping one another.

Speaking of which, I really could use help. I had a really bad fall last Tuesday, even after I committed to using GYE more two days prior. I've gotten back up and am taking it one day at a time, but I could really use guidance and I would appreciate if someone could reach out. I absolutely don't want to sink any further. I want to get this right and clean up all the filth, whatever it takes.

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Re: PLEASE HELP

Posted by bb0212 - 07 Jul 2017 04:45

Hey brother, shoot me an email (look in my signature for the address). If I can do something to help, I will. Sometimes, the going gets tough, or it was always tough & it can be easy to think that there's no point in fighting. Plenty of us have thought that, yet once we arrived at GYE. Many of us have seen that it's possible to succeed long term, so keep your head up! Please email me, I'd love to discuss more with you.

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Re: PLEASE HELP

Posted by 360gye - 07 Jul 2017 20:34

Feel free to email me at 360gye@gmail.com

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Re: PLEASE HELP

Posted by ColinColin - 08 Jul 2017 22:12

Try HALT.

If you can recognise that you are feeling one or more of these emotions, then a fall is likely.

At that point, phone someone or come online to this Forum, or do a positive activity such as walking or reading or making a meal or Torah study.

Hungry

Angry (Resentful)

Lonely

Tired

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