

Need Help

Posted by omoH - 09 Nov 2021 05:38

umm i am trying to help my self and finally got on to gye but there is so much not sure where to start there is way to much info for me i need someone to break it down to small baby steps for me

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Re: Need Help

Posted by strugglingWithMyself - 09 Nov 2021 11:52

Welcome to GYE!!! It is amazing that you are on here, and you have begun to try to break free.

I would say the most important thing is to stay on gye - posting more about your struggle, reading other peoples threads, and just staying around. I'm sure others will post advice, who are much more able to help - but staying around is the best way to stay strong.

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Re: Need Help

Posted by strugglingWithMyself - 09 Nov 2021 12:12

guardyoureyes.com/ebooks/item/the-battle-of-the-generation

theshmuz.com/series/the-fight/

These two resources are very useful. Maybe take a look at them.

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Re: Need Help

Posted by DavidT - 09 Nov 2021 17:39

[omoH wrote on 09 Nov 2021 05:38:](#)

umm i am trying to help my self and finally got on to gye but there is so much not sure where to start there is way to much info for me i need someone to break it down to small baby steps for me

The first step is to just make a decision to **STOP just for today**. The past is gone, and the future is not in our hands.

Deciding to stop does not mean that we won't ever fall again or that we'll succeed in staying stopped forever on our first try. However, it *does* mean that we are committed to trying, by being open minded to internalizing the principles and tools discussed on this forum which have helped hundreds, if not thousands, break free...

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Re: Need Help

Posted by Avrohom - 09 Nov 2021 22:46

Welcome to GYE!

You're right, there are so many resources and areas to address, especially if you're just starting out. There's no rush. You don't have to figure it all out right away. This forum is a great place to identify the steps you want to take and hear from others what has worked for them. You may want to start by posting a little about where your situation is up to, what has and hasn't worked for you in the past and if there's a goal you want to work on. You can also read through some people's threads to see how they started and progressed.

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Re: Need Help

Posted by committed_togrowth - 10 Nov 2021 04:30

Welcome omoH, I resonate with you on sometimes being overwhelmed by this issue, but remember that Hashem and now this entire community has your back! You will do great things. Wishing you lots of success in your growth.

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