

I'm new here and I'm scared

Posted by rebhirsch - 30 Jan 2024 17:36

Hi all,

As the topic suggests, I'm new here. And I'm scared that my life is going to go on and I will never be truly healthy. I have had sober times (from a few days to 2 months) and when I am sober, I live a different life, so much so that I feel like I have mastered it. And then, of course, I haven't mastered anything. And I am just another year older with another year of urges, acting out, deception, bad Middos, guilt, pretending, and failure.

So I finally, after 10 years of knowing about GYE, come here to see if maybe there is hope of genuinely changing my life, and if I'm being honest, I'm also scared that this won't work. I have tried so many things in my life that don't end up working out for me. GYE seems really life changing, but I'm scared that it will be another one of those things that I can't keep up. Things will be good for a while, and then, when life surprises me, I'll get that entitled feeling that I deserve an outlet now, and poof, I'll be right back again, having burned another bridge - the GYE bridge.

Does anyone relate?

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Re: I'm new here and I'm scared

Posted by richtig - 30 Jan 2024 17:49

[rebhirsch wrote on 30 Jan 2024 17:36:](#)

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Does anyone relate? Very much indeed

Welcome friend! This is a road well traveled, and though every one of us has our own specific struggles, fears, guilt, shame, concerns, reasons not to be here, needs, ego etc., we all have some things in common, and help each other grow. We want you here. Thanks for joining

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Re: I'm new here and I'm scared

Posted by cordnoy - 30 Jan 2024 17:56

[rebhirsch wrote on 30 Jan 2024 17:36:](#)

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Does anyone relate?

Welcome.

We've all had and have our ups and downs - of all varieties.

Good move to join.

Eventually, when you're comfortable, let us know the thin's you've tried and how they've worked out for you.

Godspeed

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Re: I'm new here and I'm scared
Posted by redfaced - 30 Jan 2024 18:10

The Chevra here are really special, we all have our stories and we've all tried more than once (or even twice).

So yes I'll say everyone can relate.

Do some reading some posting and you'll make some truly special friends that can & will be life altering.

The power of GYE is in the getting to know some good people.

Hatzlocha on this journey , We're all here for you & with you

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Re: I'm new here and I'm scared
Posted by eerie - 30 Jan 2024 19:09

Welcome to the family! Make yourself comfortable. There's lots to learn here. Stick around and

keep sharing

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Re: I'm new here and I'm scared

Posted by SisonYishecha - 30 Jan 2024 19:26

Welcome to GYE!

Many here have had the same feelings and you've come to wonderful place to be able to grow safely and comfortably.

Feel free to share your journey and struggles.

As you have probably learned, there is no quick-fix, but one step at a time, with the right support can help get us to the right place!

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Re: I'm new here and I'm scared

Posted by eraygrand - 31 Jan 2024 02:47

As someone who tried for over 40 years and is now at almost a year clean I can most definitely relate!! The chevra and support here are amazing. For me, just being able to come here and open up and tell my story that I never was able to share before with anyone was the jumpstart that made the difference.

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Re: I'm new here and I'm scared

Posted by rebhirsch - 31 Jan 2024 04:12

Wow! I'm sorry you had such a long time going through it, but it definitely gives me chizzuk to know that there is hope!

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Re: I'm new here and I'm scared

Posted by youknowwho - 31 Jan 2024 04:48

Dear Rebhirsch,

Welcome aboard!

The fear you are feeling is totally normal. But, rest assured, GYE is **not** just another bridge you will burn, if you are ready to take the leap and come out of those dark, lonely shadows. Just look around, read some threads and connect to some of the good folks here. It will change your life, in ways that may be unimaginable and impossible right now.

Strap in for the ride!

Loads of Hatzlacha, -Youknowwho

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Re: I'm new here and I'm scared

Posted by Hashem Help Me - 31 Jan 2024 04:50

Welcome. It should be with hatzlocha!

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Re: I'm new here and I'm scared

Posted by here2grow - 31 Jan 2024 10:28

Your fear is very relatable. When you've tried everything else, and the remaining options are dwindling, the stakes are very high, even overwhelmingly so. The fear of living out the rest of your life out of control, living a life you don't want and missing out on the life you do, looms large.

There is hope for everyone, and there is hope for you. GYE may be that salvation, as it has been for many others. There unfortunately is no guarantee, though.

You haven't asked for advice, so you deserve to not hear any. If you would like me to pass on to you what I have been told and believe, about which people succeed and who does not, in a DM or here in the thread, do let me know.

HASHEM wants you to be where you are now (surprising as that sounds.) He has a job for you to do - part of it is working out what it is. He's rooting for you to succeed, and he's gaining tremendous satisfaction from you right now.

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Re: I'm new here and I'm scared

Posted by Hashem Help Me - 31 Jan 2024 12:11

[rebhirsch wrote on 30 Jan 2024 17:36:](#)

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(And we're rooting for you too.

The guys here who reach out to mentors and chaverim have a very high statistic of long term success b'ezras Hashem. A good friend is far more helpful "when life surprises you", than the outlet you are concerned about.

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Re: I'm new here and I'm scared
Posted by yiftach - 31 Jan 2024 14:34

[Hashem Help Me wrote on 31 Jan 2024 12:11:](#)

[rebhirsch wrote on 30 Jan 2024 17:36:](#)

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The guys here who reach out to mentors and chaverim have a very high statistic of long term success b'ezras Hashem. A good friend is far more helpful "when life surprises you", than the outlet you are concerned about.

Welcome!

And for some good advice, try reaching out to michelgelner@gmail.com. Many ppl could

attribute their success to him!

Bon Voyage!

- Little Yiftach'I

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Re: I'm new here and I'm scared

Posted by chaimoigen - 31 Jan 2024 14:52

I'm extending a warm hand to join in the chorus of welcome.

Fear of failure, and a reluctance to allow yourself to hope again, yeah. Know how that feels...

It better to walk this lonely road together, with folks who understand. And you will find that so many good people have been in this for decades, and yet have found new doorways where before there were only walls. To me, GYE means hope.

Take your time and get comfortable. Read some threads, there a lot of wisdom and experience here. When you're ready, reach out and share. I think you'll be glad that you're here.

You are not alone.

Chaim

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