

How does this forum works?

Posted by Lifechangerdecisions - 14 Jun 2024 12:36

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Hello, I just would like to know: how does this forum works? Is it totally anonymous? Can we tell our story ? When I'll tell my story, should I keep something for me or can I say everything I think is necessary and I have on my hearts (ad I can't tell it to anybody because I feel ashamed about it)?

Thank you for your help!!

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Re: How does this forum works?

Posted by frank.lee - 14 Jun 2024 12:53

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The forum has rules, you should read them

You can share everything in your heart, as long as it is not against the rules. Basically, don't use profanity, you can say things in a nice way. Don't attack others or spread hatred.

If you are married, you can join and post in the Balei Batim forum.

Welcome!!!

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Re: How does this forum works?

Posted by frank.lee - 14 Jun 2024 12:57

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It is anonymous. As long as you don't reveal identifying details about yourself. This forum is purposefully anonymous, so you can be comfortable sharing private or prematurely embarrassing things you would not share otherwise.

When relevant, you can connect with others in the forum, still keeping anonymity, like using a Google voice number.

They say the opposite of addiction is connection... So it is great to connect with others here who can understand you, who have been through what you after going through.

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Re: How does this forum works?

Posted by amevakesh - 14 Jun 2024 13:47

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Welcome. One of the beautiful things about this forum is that it's completely anonymous No one will know who you are unless you decide to share too many details that give away your identity to someone that knows one of those details about you. Writing your entire story can be therapeutic for you and help in the healing process. You don't need to worry about being judged, there are hundreds of stories here, and although each story is unique, there's more in common than that which separates them. You will find that the wonderful people here will be able to relate more than you can imagine, and they'll give you Chizuk that will will strengthen your resolve. Ultimately, when you get to know the people here, and you find someone who's thought process resonates within you, you might want to reach out to that person (at your discretion, and at your own pace) by sending him a PM (Private Message). I remember the first time I reached out to someone, it was hard, I was afraid he would discover who I was and think less of me. When I first reached out to him, I preserved my anonymity. He didn't pressure me in any way to tell him my name and I did so only when I was ready. At GYE you're given the opportunity to share and care with others on these forums, and then you can make use of The most powerful tool for the non addict which is the ability to make real friends. Friends that you can open up to, and share your innermost secrets and fears, without being judged. For me this has made all the difference. Hatzlacha Rabbah on your journey.

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Re: How does this forum works?

Posted by vos1234 - 16 Jun 2024 17:46

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Im also new and trying to learn these forums but the little time i spent here the vibe is awesome and welcoming.

thanks everyone

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Re: How does this forum works?

Posted by ShtettlMan - 17 Jun 2024 07:49

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Re: How does this forum works?

Posted by jewizard21 - 17 Jun 2024 17:05

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I would like to make a distinction that Dov often makes. This forum is more secret than anonymous. Anonymous is more impactful bc you tell real people while here it's revealing yourself to ppl behind an internet alias.

Sharing your story hear is definitely safe and you won't be judged. On the contrary you will be supported and uplifted by the others here. But remember that while sharing here is a big step sharing to a real person is one of the best things you can do for yourself on your journey to being clean. In your own time of course and here's a great place to start.

Welcome to the forum!!

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Re: How does this forum works?

Posted by empoweredowl90 - 25 Sep 2024 19:30

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Hi vos1234 i got a private message from you, but the feature only unlocks in 21 days so for now email me [help12434@yahoo.com](mailto:help12434@yahoo.com).

Thanks

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