

hello!

Posted by menchu660 - 15 Jul 2024 04:22

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hi, this is my first time writing on this forum. I am proud to be here and hope I stay motivated to really conquer this challenge of mine.

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Re: hello!

Posted by vekiveisilo - 15 Jul 2024 04:40

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Welcome! Wishing you much success in this endeavor!

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Re: hello!

Posted by Muttel - 15 Jul 2024 08:50

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You've come to the right place! Here you'll find support, a group of people cheering on your success, crying for your pain and struggle, and most of all - supporting you in your quest for freedom from the chains of....

may I suggest you reach out to Hashem Help Me? He's helped countless people on this site, me included. He can be reached at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Best wishes for a prolonged and sustained success,

Muttel

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Re: hello!

Posted by oivedelokim - 15 Jul 2024 10:23

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Welcome, buddy!

Keep up the positive attitude. Posting is great, but from my own experience-real change happens when you pick up the phone and call someone from this site. Feel free to reach out to me if you'd like. No pressure-it took me several years on GYE before I was ready to do that...

All the best!

OivedElokim

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Re: hello!

Posted by Captain - 15 Jul 2024 12:15

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[oivedelokim wrote on 15 Jul 2024 10:23:](#)

Welcome, buddy!

Keep up the positive attitude. Posting is great, but from my own experience-real change happens when you pick up the phone and call someone from this site. Feel free to reach out to me if you'd like. No pressure-it took me several years on GYE before I was ready to do that...

All the best!

OivedElokim

Excellently said. But if you're not ready for that yet, check out The Battle of the Generation and The Fight (links below in my signature).

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Re: hello!

Posted by menchu660 - 16 Jul 2024 16:33

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Thank you Muttel! I agree and I feel ready to reach out to people. For me the shame and secrecy is eating me inside out. I would love to give a call.

thank you!

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Re: hello!

Posted by amevakesh - 16 Jul 2024 16:59

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[menchu660 wrote on 16 Jul 2024 16:33:](#)

Thank you Muttel! **I agree and I feel ready to reach out to people.** For me the shame and secrecy is eating me inside out. I would love to give a call.

thank you!

Wow!!! All new guys take note. Here's a guy getting right down to business right away! You're gonna go very far. Welcome to the forums it's great to have you on board! Hatzlacha!

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Re: hello!

Posted by oivedelokim - 17 Jul 2024 22:06

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[menchu660 wrote on 16 Jul 2024 16:33:](#)

Thank you Muttel! I agree and I feel ready to reach out to people. For me the shame and secrecy is eating me inside out. I would love to give a call.

thank you!

Sent you my number via PM, call anytime!

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