

I'm new here

Posted by 11sh - 09 Sep 2024 04:52

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I'm new here. Very very impressive. I'm very confused how this forum works. I see so many different things and I have no clue what's going on. Any ideas?

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Re: I'm new here

Posted by 11sh - 09 Sep 2024 04:56

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On another note, I am married for about two years. I don't think I have an addiction but often probably like once a week I have an urge. I bh have a guess filter but I'll find another way usually. Sometimes if it's especially strong I may just go into the street hoping to meet up with someone although I almost never have courage for that. Looking to get out of it.

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Re: I'm new here

Posted by jewizard21 - 09 Sep 2024 05:48

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Welcome!!

What have you done so far on this site?

Have you watched the flight to freedom videos? I found those very helpful to start my journey.

I also highly recommend Dov's talks from the audio library. Link is in my profile.

The main tool I use is ODAAT- One Day At A Time. This concept breaks down the nisoyon from being a life long fight and struggle to being just another day that you can manage. Think about it, can you change what you've done? No, unfortunately.

Can you change what happens tomorrow? Maybe, but how will you even know what will happen tomorrow?

The only thing you can control and change is now, today, this moment.

Also something that extremely helps is reaching out to others. Coming to this site is a tremendous step in the right direction. Sharing your story in more detail may also help, but real progress is through sharing with ppl, not just a forum.

I'll let the more experienced ppl here direct you to the main mentors.

Hatzlacha, and remember to Keep On Trucking!!!

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Re: I'm new here

Posted by chosemyshem - 09 Sep 2024 13:57

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Welcome!

You came to the right place. GYE is a community of people dedicated to helping one another break free of this struggle.

It would be nice if new accounts got a little video tour of the site. Here's my non-expert tour.

When you log in you are at the dashboard. This is where you can track your clean days. One of the main concepts for new users on GYE is that getting to 90 days clean is considered very powerful for rewiring your brain. So that is the initial goal, and tracking urges/falls/clean days is very helpful.

At the top of the page you see a bunch of links. The "Program" link is for the F2F program - this program is excellent. It'll show you how to understand your struggle better, and teach you some really helpful tools for dealing with it. The "toolbox" links is a bunch of exercises that may be helpful when fighting - many of the tools are in the F2F program. The "SOS" tab has little exercises, contemplations, distractions, that you may find helpful to ride out an urge.

The "Library" tab has recordings, articles, seforim, videos, and books loaded with helpful info and chizzuk. Two of the highlights are the Battle of the Generation and Dov's 12 steps workshops (links in my signature).

The "Community" tab has the chat, forum, and partner program. The forum is pretty much jump in and figure it out. Connection is probably the most powerful tool to fighting this battle (no matter the level of the struggle). Hang out in the forum and get to know guys, as well as enjoy the wealth of community knowledge. Ask, learn, share, connect. When you're ready, kick it up a notch by reaching out and connecting over the phone (safely of course). You can also connect to a partner via the partner program, but you may have better luck connecting with someone you identify with if you find someone clean on the forum whose posts resonate with you. Or just reach out to one of the main mentors such as Hashem Help Me.

Let me ask you a question if you don't mind.

You wrote that once a week you have an urge. Then what? Do you always act out when you have an urge?

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Re: I'm new here

Posted by bentchkvatcher - 11 Sep 2024 21:18

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I hope this is helpful because it was alot of effort to type

Sometimes if it's especially strong I may just go into the street hoping to meet up with someone although I almost never have courage for that.

what do you mean you just go out hoping to meet someone?

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Re: I'm new here

Posted by Hashem Help Me - 13 Sep 2024 03:05

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Welcome. It shouldf be with hatzlocha. Keep posting so the chevra will respond and help guide you.

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Re: I'm new here

Posted by livingagain - 15 Sep 2024 13:34

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I'm new here. Very very impressive. I'm very confused how this forum works. I see so many different things and I have no clue what's going on. Any ideas?The best thing is to get yourself a mentor that you can share your experiences with. It has helped me a lot

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