

Sharing my Struggle

Posted by lehodusulehalel - 05 Dec 2024 18:47

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I've been struggling for a while, trying to go clean. But feel like I have no one to talk to about it because I'm embarrassed. So I'm turning to you.

I'm a 22 year old bochur from the tri-state area. I've been struggling with P since I was 15. I signed up for GYE almost 2 years ago. In the beginning, I was committed & motivated, began the journey to sobriety, stayed clean for weeks at a time. But then eventually fell back into destructive habits. Help me return to the path of recovery

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Re: Sharing my Struggle

Posted by eerie - 05 Dec 2024 18:49

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Welcome! Stick around, read, ask, learn, and connect to some good guys, and BeH you'll see yourself soaring real soon!

Keep in mind: YOU CAN BE FREE!!!! Hundreds, thousands, have been exactly where you are, and are today free people! There is HOPE!

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Re: Sharing my Struggle

Posted by Muttel - 05 Dec 2024 19:05

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Yes, welcome!!

You've come to the right place. GYE means **hope**. Hope to break free, hope to feel good about yourself again.

If I may suggest, you should reach out to Hashem Help Me ([michelgelter@gmail.com](mailto:michelgelter@gmail.com)). He's helped hundreds, me included.

Looking forward to seeing big things from you!!

Muttel

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Re: Sharing my Struggle  
Posted by stopsurvivingstartliving - 06 Dec 2024 12:33

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Hey there fellow single struggling, nice to have another bachur on bored.

Yes it's really painful being in the battle without anyone to talk to about it. That's where GYE comes in. A warm family that won't judge you for what your doing. Reach out to someone, it is an amazing step just to talk it out with someone real. As @Muttel wrote, a great place to start is HHM, [michelgelner@gmail.com](mailto:michelgelner@gmail.com), he will help guide you moving forward.

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Re: Sharing my Struggle  
Posted by livingagain - 06 Dec 2024 14:32

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Re: Sharing my Struggle

Posted by Captain - 08 Dec 2024 02:17

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Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: Sharing my Struggle

Posted by proudyungerman - 08 Dec 2024 03:13

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#), the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable

at [micgelner@gmail.com](mailto:micgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel  
- [muttel15@gmail.com](mailto:muttel15@gmail.com), iwannalivereal [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com) , and Reb Akiva  
- [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com).

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

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