

Bad days

Posted by yitzchokp - 13 Dec 2024 05:24

Hi

Well i have been told to try this and it will be a great help

I have bid struggling for years with p&m and it got really bad the last few months BH i got a wakeup call this is the first time in my life that I'm really trying to stop

and I found that I don't have such a hard time most days. but then I can have a day that it's a struggle.

P.s. sorry for the bad spelling and grammar English is not my first language

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Re: Bad days

Posted by 5678 - 13 Dec 2024 07:29

Hi yitzchokp welcome aboard, I feel your pain, was there 103 days ago,

Look around, see what other ppl are writing, go over the tools box, and if your ready reach out to one of the mentors, for me the F2F and talking to HHM, help me Alot

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Re: Bad days

Posted by yosefms - 13 Dec 2024 11:12

Hey Welcome to the family,

There are lots of tools on GYE to find the help you need. For the majority of people it's reaching out to others. Once you see that you're not alone in this struggle you get the strength to conquer it.

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Re: Bad days

Posted by yitzchokp - 13 Dec 2024 13:39

thanks

what is F2F

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Re: Bad days

Posted by jollylemur95 - 13 Dec 2024 14:18

Welcome!

You have come to the best place!

I also experience days where things are a little easier and others that are really difficult. I would assume it is that way by most.

F2F is the flight to freedom program that can be accessed on the dashboard of the GYE website. It is a very good resource for many.

However as already stated there is nothing better then speaking to real people who struggle with similar things that you deal with. The tzadikim here are the best friends a man can ever hope for! They are so understanding and non judgemental about the struggle because they all lived it at one point or another and are still dealing with it! (**PY** can you please post all the contact information for the leaders here?)

I also strongly suggest the Vaad. (**Shem**, link please!) It is a great place where you speak with other like minded people in a more informal, light atmosphere (It is a conference call, no one sees you and you use your username or any other name you may be comfortable with) When I was first starting off I was to ashamed to speak with anyone personally but the vadd felt much less threatening so I joined it. Once I spoke with them and realized how kind and understanding they were that gave me the courage to reach out to the mentors personally.

Finally you deserve a lot of credit for coming to this forum! It shows what you really want to be!

You took the first and possibly hardest step. Stay around, share your thoughts, and speak to the greatest people here! You will be "h be more successful then you can ever imagine!

We are all together in this!

We are rooting for you and stay connected!

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Re: Bad days

Posted by BenHashemBH - 13 Dec 2024 14:29

[yitzchokp wrote on 13 Dec 2024 13:39:](#)

thanks

what is F2F

Shalom Brother,

F2F is the Flight to Freedom program offered on GYE

<https://app.guardyoureyes.com/course>

Here is also the [Vaad Program](#) (***New Vaad starting this Tuesday!***)

And 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 michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, iwannalivereal iwannalivereal@gmail.com , and Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me

Hatzlacha and kol tov

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Re: Bad days
Posted by yitzchokp - 13 Dec 2024 15:16

Can you explain me please? What the Veed Program is

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Re: Bad days
Posted by BenHashemBH - 13 Dec 2024 15:41

[yitzchokp wrote on 13 Dec 2024 15:16:](#)

Can you explain me please? What the Veed Program is

The Vaad program is a once a week phone conference call - completely anonymous - where a small group of GYE members connect and support each other. There is a designated mentor who leads and moderates the meetings. People can participate at their comfort level, listening, sharing and responding in the conversation. There is also material from GYE that is used as a general guide for a more structured angle of the program.

It is a really special way to connect to others and gain insight, tools, tips, support, accountability, chizzuk, and friendship. Connecting with others is very powerful!

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