

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

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Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by proudyungerman - 08 May 2025 23:24

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My friend, if you are looking for some chizuk, check out ?????? from R' Hutner letter 128. (If you've seen it before, learn it again. Well.)

It won't disappoint!

KOMT!

**Warning: Spoiler!**

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Re: what happened to me

Posted by lamaazavtuni - 14 May 2025 19:13

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Hey haven't been here in a while !! Bh today's been a great day although the last week was horrible (not clean wise ,life wise)but bh thank you hashem for a good day,!! I'm 9days clean and really making progress overall in managing my emotions which are definitely helping me stay more logical and calm when I get triggered (it also helps that I don't get triggered in the first place).

the more im digging deeper into myself the more I realize how much work I'm going to have to put in and how long this is going to last , its going to be my lifeswork(lav davka the p and m struggle). But the underlying reasons y I'm going down the p and m route.

I pray I should always stay strong.

And it's you guys that keep me.

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