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Posted by kayguardye - 29 Jan 2025 03:48

Hi everyone

Im married with little kids bh.

I have been dealing with this issue for over 10 years.

my first time telling someone about this was about a year ago. Someone recommended from GYE.

since I spoke to him, I've managed to stay off for over 2 months, and then fell back into It and never got back to the one who helped me.

I realized it's never gonna help unless I have some people to talk to, to constantly be able to share, otherwise it's a returning wheel.

I really want to stick with the GYE program and have been clean now for 15 days thanks to GYE.

I just had an urge which is why I decided to quickly open up this forum and introduce myself.

I hope to able to connect and strive through this journey with GYE.

thank you GYE, the chessed you do is a real Chessed shel emes.

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Re: ??? ???? ???? ?? ???? ?

Posted by proudyungerman - 29 Jan 2025 04:44

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](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframing the

struggle.

The Vaad can be a great way of connecting with other guys.

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, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me

Keep posting, you'll see, the oilam is here for you.

Looking forward to seeing great things from you!

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

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Re: ??? ????? ????? ?? ?????

Posted by eerie - 29 Jan 2025 05:54

Hi! Welcome to the most amazing family in the world, my friend! Stick around, post, read, ask,

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Re: ??? ????? ????? ?? ?????

Posted by kayguardye - 29 Jan 2025 12:34

Wow!

thank you for all of that !

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Re: ??? ????? ????? ?? ?????

Posted by lamaazavtuni - 29 Jan 2025 13:16

Another yid, another chalek eloykai memal !!!welcome to the bais hamusar of amul . before we got so superficial that we can't admit we have problems and if we admit it to ourselves we forsure wont tell anyone about it. Here the real works done we dig into our pniemies y we're doing what we're doing and how to stop. We talk it over with other fellow brothers who really understand us (cause no matter were you went or what you did there's someone here who did it to). Hatslcha my friend looking forward to hearing from you!

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Re: ??? ????? ????? ?? ?????

Posted by Captain - 29 Jan 2025 13:19

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: ??? ????? ????? ?? ?????

Posted by Muttel - 29 Jan 2025 15:12

Welcome!

??? ???? ???? ???? is so true, and BH for GYE where we can all get the help we need to break free of this damned beast!

Join us, reach out, and feel the tremendous warmth and support!!

Muttel

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Re: ??? ???? ???? ?? ???? ?

Posted by proudyungerman - 03 Feb 2025 16:46

How's it goin', buddy?

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Re: ??? ???? ???? ?? ???? ?

Posted by lamaazavtuni - 03 Feb 2025 18:50

My brother a huge part of what keeps everyone here strong is the fact that you know that others are fighting together with you (sometimes even at the same time maybe even on the same website). So keep us posted so we can feel the energy your bringing to our fight!!

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