

Just introducing myself

Posted by caughtbycop - 31 Mar 2025 13:08

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Hi everyone.

my daily take for myself is to attempt to make posts in the forum daily or at least make some interactions. The forum is not so UI friendly for now so I will try my best. I am Baal Teshuva learning in Israel and came here with an amazing girlfriend where she and I were planning to get engaged when we got back. We broke up the other day and I noticed that every time things get difficult for a parter I have a long streak of staying clean. I think it's because I convince myself that I'm already at my lowest and I don't "deserve" a cheap dopamine hit. Wishing everyone a great day. If you're ok this app you're a lot closer to recovering than many other people.

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Re: Just introducing myself

Posted by BenHashemBH - 31 Mar 2025 13:40

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Shalom Brother and Welcome!

You got that right. If you are here, then you are closer than most.

Here are some resources that many have found helpful:

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 their mindset regarding this struggle.

These [Hall of Fame Threads](#) where you can follow some of the great journeys and learn valuable lessons and deep insight in how others have faced these nisyonos.

## GYE - Guard Your Eyes

Generated: 5 April, 2025, 00:31

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There is also an extremely powerful tool of connection, accountability, friends, and mentors that have 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), ChaimOigen – [chaim.oigen@gmail.com](mailto:chaim.oigen@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Iwannalivereal [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com), Vehkam [vehkam7@gmail.com](mailto:vehkam7@gmail.com), Amevakesh [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com), ProudYungerman [proudyungerman@gmail.com](mailto:proudyungerman@gmail.com), Iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me), and I'm sorry that there are others I've surely left out.

Stick around, keep posting, connect with the oilam, and bezH you'll see hatzlacha.

All the best!

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