

Feeling overwhelmed with were to start

Posted by matzahbaby - 01 May 2025 10:33

I posted yesterday introducing myself an introducing the start of my journey.

After looking through the site and reading through a lot of threads and feeling quite overwhelmed with where exactly to start. There's so much information so many programs and so many approaches I think I just need some help narrowing down where exactly to begin.

Thank you very much for yoy input.

=====

Re: Feeling overwhelmed with were to start

Posted by BenHashemBH - 01 May 2025 12:54

Shalom Brother,

Great question.

There is indeed a lot here (BH!) and specific or several things work for different people. If I may be direct in asking, what styles of learning are the most successful for you, given that you mentioned having dyslexia?

Would you benefit from reading a book, The Battle of the Generation (available for free on GYE) that helps one learn a positive approach in tackling this struggle.

There is the Flight to Freedom videos and other materials.

There is Rabbi Shafier's audio series The Fight.

There is the weekly Vaad calls where you can dip your toe into the waters of hearing from and sharing a little with others.

Perhaps some accountability would help, and you can find a "chavrusa" to work through some of the materials with.

Connecting with some of the chevra here may be a way to taste a bit from all of the above and more, and help figure out what you think could work for you. But I understand that's a big step, so maybe for now you can keep posting on the forum how you are doing and see if you feel comfortable with any particular people.

Hatzlacha and Kol Tov

=====

Re: Feeling overwhelmed with were to start
Posted by captain - 01 May 2025 13:19

The links to some of the resources mentioned are below in my signature. If you read, i'd recommend starting with The Battle of the Generation

=====

Re: Feeling overwhelmed with were to start
Posted by matzahbaby - 02 May 2025 02:55

Thank you for your response and for these resources. BH my learning in decent for someone with my other struggle of dyslexia. But I really like the sound of the audio series. I'll be sure to check it out.

Kol tov

=====
=====

Re: Feeling overwhelmed with were to start
Posted by matzahbaby - 02 May 2025 03:03

Thank you for your response and for these resources. BH my learning in decent for someone with my other struggle of dyslexia. But I really like the sound of the audio series. I'll be sure to check it out.

Kol tov

=====
=====

Re: Feeling overwhelmed with were to start
Posted by balancedfox70 - 02 May 2025 16:52

Hello and welcome aboard!

Have you ever considered reaching out to one of the Mentors here?

A mentor would fit the bill in creating a program and a plan tailor made to your situation in a one-on-one experience.

I would highly recommend reaching out to HHM (Hashem Help Me.) He has helped hundreds, myself included and is well versed in many of these areas. I promise you won't regret it. He can be reached at michelgelnert@gmail.com

All the best and Hatzlocha on your journey!

=====

=====

Re: Feeling overwhelmed with were to start
Posted by matzahbaby - 03 May 2025 22:44

Thank you very much. I'll get in touch asap.

=====

=====

Re: Feeling overwhelmed with were to start
Posted by matzahbaby - 03 May 2025 22:44

Thank you very much. I'll get in touch asap.

=====

=====

Re: Feeling overwhelmed with were to start
Posted by balancedfox70 - 04 May 2025 02:47

That's awesome!

The fact that you're willing to reach out is already a big step. It shows that you have the determination and courage needed to win this battle!

Wishing you much Hatzlocha!

=====

=====