

Hellooo newbie here :P

Posted by Davidlssy - 04 Sep 2010 06:28

Hello my brothers,

Happy to have found this website and forum, time to get rid of this bad habit!!

I have been reading the free e-Books and I must say they are very helpful and contain some very powerful tools that can enable the addict quit!

Day 2 8) let's do this! ;D

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Re: Hellooo newbie here :P

Posted by silentbattle - 04 Sep 2010 19:56

Wow - welcome! If you're already reading the ebooks, that's a great first step!

For me, posting about myself and my struggles helped a lot.

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Re: Hellooo newbie here :P

Posted by needhelp5147 - 05 Sep 2010 00:36

hello all

day 4 shabbits was really the day of rest and inner peace. For those of you married how do you work on your relationship with your spouse.

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Re: Hellooo newbie here :P

Posted by ur-a-jew - 05 Sep 2010 16:07

Welcome. Congratulations on taking this wonderful step and availing yourself of the opportunity to approach the Yemei Hadin with a concrete plan for change. If you want to work on your marriage you should get Rabbi Arush's book on marriage called Garden of Peace. Your marriage will never be the same. Another resource is Aryeh Pamensky's tapes on happywife.com. Continued Hatzlacha.

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Re: Hellooo newbie here :P

Posted by 1daat - 06 Sep 2010 03:46

Welcome. You've done something that makes Hashem very very happy. How do I know this? Because it wasn't so long ago that I stumbled on GYE, and started reading and posting and then knowing that for the first time in my life since I was a very little boy, I was starting to actually feel happy. And I was happy because I knew that I had finally admitted that I needed Hashem to help me in a really big way. Keep going. Just having made yoru first posts is a big step.

Maybe tell us a little about your situation? Not feeling so along, having a bunch of Yidden helping and supporting and encouraging and teaching makes all the difference.

Hatlocho!

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Re: Hellooo newbie here :P

Posted by andrewsh - 06 Sep 2010 09:54

Well hello welcome, you have found the right place, and the fact you have already read the ebooks put you in a better position then some of the others her (yes ...me)

Vent your thoughts, your anxieties, your frustrations, it will help you, and is really theraputic, besides for the incredible advice people will give you.

ur-a-jew was spot on (as he always is) with the material for helping your marriage, and after reading your first post I knew that he would reply exactly that!!

Good luck

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