

Coaching

Posted by chanoch hendel - 19 Feb 2023 15:10

I used a non Jewish coach who coaches guys who are struggling with any level of P/M, he's great and it really works, clear results. I'm totally in control after 5 months of working with him. It's a bit pricey but totally worth it. He's been in it himself, he's real and authentic, very compassionate. His name is Danny Poelman you can look him up, he has a helpful podcast as well.

dannypoelman.com

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Re: Coaching

Posted by doingtshuva - 19 Feb 2023 15:49

Great for you, 5 month is really quick.

Would you share his approach.

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Re: Coaching

Posted by chanoch hendel - 19 Feb 2023 19:02

I should say that I was never heavily addicted, it was more of a on and off struggle over the years.

his coaching method is thought work. Changing the patterns in our brain. Lots of compassionate thinking and exercises. Being curious about ourselves and our urges, thereby letting them be, so they can fade away, rather than fighting them and being judgmental toward ourselves.

You need to want to change and believe that it's possible for this to work.

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Re: Coaching

Posted by excellence - 20 Feb 2023 15:43

for those reading this and thinking I don't want to pay.... GYE have many mentors who are happy to coach u for free.....!!

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Re: Coaching

Posted by chanoch hendel - 20 Feb 2023 16:48

There is a big difference between a mentor and a coach. As far as I know there is one coach on the GYE staff, who hasn't been coaching recently because he is in school and busy.

But if a mentor works for you then great.

Also, there is something about investing in your change that helps you change, when you pay for a program you are more likely to try to get the results that you want.

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Re: Coaching

Posted by excellence - 20 Feb 2023 16:57

[chanoch hendel wrote on 20 Feb 2023 16:48:](#)

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Ok. I rephrase "For those who can't do the above, you can always try option B"