

2 nd day

Posted by zipper - 25 Jul 2016 15:44

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Here's my 2nd day on GYE trying to get sober and wanting to recover. Hi there. After a week it will be hard for me, I know. What should I do then? I don't live in Israel but in Holland? There's not much good groups here.

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Re: 2 nd day

Posted by maoztzur - 25 Jul 2016 17:23

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Hi Zipper,

Keep it up! Get as involved as possible with other people on this forum. It is very important to get "out of your head" and connected to others

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Re: 2 nd day

Posted by proudchabadnick - 26 Jul 2016 01:38

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You may want to get involved with Dov's Desperados phone calls  
[guardyoureyes.com/component/zoo/item/dov-s](http://guardyoureyes.com/component/zoo/item/dov-s).

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