

?? "?????" ??? ???, ??? "?????" ?????? ?????
Posted by tzaddik212 - 19 Apr 2017 19:35

I am glad to be part of the 90 day clean. I am on day 5 today. ??? ????? asks in ??????, this following question, ?? "?????" ??? ???", and i am glad to answer this question, that is me, but to the second question of ??? "?????" ?????? ?????, this is not in my domain to answer it. I am new to this site, i need support to continue. If you have some recovery under your belt, and have some good ideas let me know. i want to join a a small group i order to have more success, i just dont know how to find one.

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????
Posted by eslaasos - 19 Apr 2017 19:55

Welcome, may your journey be with hatzlacha.

I believe that when you join, GYE puts you into a group. If you hang around you may find yourself developing contacts here and finding your own group.

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????
Posted by Chaimel - 19 Apr 2017 19:59

Welcome to GYE! Thanks for joining us!

im a new comer myself but the one point I know works for me and seems to be a running theme in learning to stay clean is take it one day at a time and understanding it's about today, not yesterday or tomorrow.

Can you give a little more background about yourself and what you're struggling with?

Regardless of what it may be, may you be zoche to much success in your journey and only grow from you struggles iyh.

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????
Posted by GrowStrong - 19 Apr 2017 20:13

Welcome Tzaddik,

You are not alone, there is a group of guys here going through very similar issues for many different reasons.

You can breathe easy, you will find most of the answers you need, right here on the site.

Find some free moments to read through the [GYE handbook](#) if you have not yet already done so. Take some extra time to go through the [30 Principles of GYE](#)

Of the many tools you will find here on this site, bringing the problem out into the open, out of isolation and sharing it with others in a similar boat is a great first step.

Read up on the various ways that many here have managed to stay clean for amazingly long periods of time by participating with us in the forum.

If you are dedicated to stopping, know that it is possible.

Most importantly.

Keep on Trucking.

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????
Posted by Markz - 20 Apr 2017 03:58

[tzaddik212 wrote on 19 Apr 2017 19:35:](#)

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Welcome brother!!

Shift into low gear and bring your Truck up the mountain

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????

Posted by Singularity - 20 Apr 2017 07:47

[tzaddik212 wrote on 19 Apr 2017 19:35:](#)

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My experience is that finding a good group takes time and can't be forced. As you post, you'll find you have backs-and-forths with certain people and you will build a close collective quite naturally.

Or you know, an Israeli billionaire may just stalk you out of the blue, but that's good too.

So keep coming back! It works (if you work it)

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Re: ?? "?????" ??? ???, ??? "?????" ?????? ?????

Posted by tzaddik212 - 26 Apr 2017 01:56

Hi guys. I really appreciate your inputs, it is a tremendous Chizuk to know that i am here actually surrounded with other humans, that have the same or similar struggle. For me its the

consistency that counts. pilling up days and weeks, and then looking back seeing that it is possible. Hashem can do everything, let me be Meshabed myself to him.

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