

LIVE documentation of 30 days
Posted by yuyu - 03 Nov 2020 02:51

Hi everyone I am starting tonight a 30 day challenge of staying clean.

I will post every day my status. my challenges, my battles and my feelings.

Let's see what result of such a journey will bring.

In case you pop in here and you see I didn't update yet for a day or 2 - cuz I might forget, pls
reply with a comment so I will get a notification reminder to update.

If you wanna be kind leave me a Beracha and wish me hatslacha.

Thanks, much love

yuyu,

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Re: *LIVE* documentation of 30 days
Posted by excellence - 20 Dec 2020 05:31

I would first speak this through with one of the many GYE professionals as they could
probably advise you whether this is the case or not.

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Re: *LIVE* documentation of 30 days
Posted by starting - 20 Dec 2020 07:01

Not sure where you see that in your thread. In fact, I would have thought you can quit cold turkey.

You would be best off with a phone call to an experienced gye mentor.

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Re: *LIVE* documentation of 30 days
Posted by Zedj - 20 Dec 2020 07:23

A GYE memeber messaged me privately telling me to attend SA meetings. He claims that the pattern he sees here in my thread is of an addict and nothing is really gonna help me beside meetings.

As the others responded, you should get in contact with a veteran gye member or the professionals on gye.

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Re: *LIVE* documentation of 30 days
Posted by YeshivaGuy - 20 Dec 2020 17:31

[Zedj wrote on 20 Dec 2020 07:23:](#)

A GYE memeber messaged me privately telling me to attend SA meetings. He claims that the pattern he sees here in my thread is of an addict and nothing is really gonna help me beside meetings.

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professionals on gye.

Agreed. HHE, Dov etc are some of many options

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Re: *LIVE* documentation of 30 days
Posted by Grant400 - 29 Dec 2020 16:40

Hi!

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Re: *LIVE* documentation of 30 days
Posted by YeshivaGuy - 10 Jan 2021 01:00

[Grant400 wrote on 29 Dec 2020 16:40:](#)

Hi!

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 11 Jan 2021 20:55

Hello guys. Thanks for checking up on me.

I have joined SA since.

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Re: *LIVE* documentation of 30 days

Posted by Zedj - 13 Jan 2021 05:09

Amazing!

Please keep us updated on how it's going!

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