

Getting started

Posted by chaim424 - 27 Feb 2022 17:31

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H,

as a new member, i look forward to getting started on a journey that is a long time in the making but kept getting pushed off.

?I would appreciate any tips and advice some of the veterans of this forum have to offer.

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Re: Getting started

Posted by DavidT - 27 Feb 2022 17:52

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[chaim424 wrote on 27 Feb 2022 17:31:](#)

H,

as a new member, i look forward to getting started on a journey that is a long time in the making but kept getting pushed off.

?I would appreciate any tips and advice some of the veterans of this forum have to offer.

Hi & welcome to GYE!

Please tell us more about your struggles and achievements so we can try to relate to you and share in the journey.

As a general piece of advice in this topic, it's very important to CONNECT with someone. The opposite of addiction is not sobriety - it's CONNECTION. Addiction thrives on isolation! Find someone that you can share your pain and struggles with. And finally, have someone who can cheer you on and celebrate your both big and small wins with you!

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Re: Getting started

Posted by Bilaam Harasha to Yosef Hatzaddik - 27 Feb 2022 19:06

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I've been on here for a while, so I'm not exactly a veteran, but here's what I can offer *in addition* to what DavidT said:

In order to really start the fight, you're going to have to get filters and accountability services on the devices you have access to. I have some listed below in my signature that are free that I personally use, and there's also Google Family Link. Check them out and see they're compatible with the devices you have. (for the free webchaver service you'll see an outdated device compatibility list on venishmartem through the link in my signature, see instead the webchaver website or the covenant eyes website to see an up-to-date list of compatible devices)

And as DavidT said, it's really important to connect with someone you already trust or a mentor and/or partner from GYE about this struggle just for the sake of getting support from them and for having that connection. In addition to that reason, most of the filters I listed above do require you to set someone you trust to set the filters and monitor you effectively. (except for the free webchaver program, although it would certainly help to have the reports sent to someone who can give you support you don't have to do this if you get it through the free program in my signature)

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Re: Getting started

Posted by Captain - 28 Feb 2022 13:58

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Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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