

my struggle

Posted by whitepaint - 05 May 2022 01:48

in my first 20 days using gye ive had 16 good daays and 4 bad days (not to good) does anyone have any recomondations or any tools for me 2 use to control mysel more Thanks

=====
=====

Re: my struggle

Posted by omekhadavar - 05 May 2022 02:56

1. Install a filter (like Gentech)
2. Install accountability softare (like webchaver)
3. Get yourself an accountability partner from GYE
4. Try the Flight to Freedom program
5. Make a Taphsic shvuah

=====
=====

Re: my struggle

Posted by Hashem Help Me - 05 May 2022 11:19

Welcome. Post some info. (non identifying). What is the history of your struggle? What have you tried?

=====
=====