

Just starting out

Posted by balancedfox70 - 19 Mar 2025 15:13

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Hello everyone, I had many ups and downs in the past (mainly in "M") and never thought I can achieve true freedom that is before I discovered GYE. I am now challenging myself to do the 90 day program. It does feel like a lot so I'm breaking it down into 30 day increments at a time. I just feel that I can't do this alone and need the support of the community to help me on my journey. I will try to update as much as possible any support would be greatly appreciated! Thank you so much! I love you all!

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Re: Just starting out

Posted by cleanmendy - 19 Mar 2025 15:30

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Wow, That's a great idea. 30 day increments.

There's a concept on GYE called **One Day At A Time #ODAAT**. Each time we hold back is a huge win.

What I found works for me was posting often, and reaching out to the mentors. But I don't wanna take away Proudyoungermans Shteller.

Also what helped me, was seeing so many normal regular guys that are here, whether still struggling a lot, or a little, or in a very safe place, it don't matter we are all Yidden that struggled and are reaching out for help! Just like You!!

I hope we hear all about your good days and hard days. This is the most non judgmental and warm place around.

Stay in touch.

Hatzlacha!!

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Re: Just starting out  
Posted by balancedfox70 - 19 Mar 2025 15:42

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Thank you! I feel better already knowing that there are people out there that care and not judgmental. Mi ke'amcho yisroel! (it should be noted that it starts tomorrow as I did have a fall today)

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Re: Just starting out  
Posted by cleanmendy - 19 Mar 2025 15:51

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That's the idea of ODAAT

Your 2 days in, with a fall.

We don't start over, we just learn from our mistakes and try to avoid them. Maybe try the next time somethings brewing. Post about or reach out.

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Re: Just starting out  
Posted by balancedfox70 - 24 Mar 2025 16:04

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Just checking in Day 5, so far so good. Had minimal urges which I was able to overcome BH. Wife is about to become a niddah which always makes things harder but I'm ready to take on those challenges ODAAT! Lets do this!

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Re: Just starting out

Posted by balancedfox70 - 30 Mar 2025 02:54

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Hi guys, its me again! Sorry I'm a day late. (was supposed to post on Day 10) Still going strong BH. Ready to take on the challenges of Bein Hazmanim head on! Lets goooo!

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Re: Just starting out  
Posted by boardg - 30 Mar 2025 03:53

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Do you have a plan on how to deal with the challenges of being hazmanim?

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Re: Just starting out  
Posted by balancedfox70 - 30 Mar 2025 04:14

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Yes! Making a plan in advance for a structured day, choosing to do a hobby that I enjoy that I don't normally have time for during the zman, staying away from unfiltered devices... Also made up with my wife on what she needs me for in helping out with the kids in a way that won't burn me out and make me turn to other things...

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Re: Just starting out  
Posted by livingagain - 30 Mar 2025 04:44

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[boardg wrote on 30 Mar 2025 03:53:](#)

Do you have a plan on how to deal with the challenges of being hazmanim?

No matter how much you plan, it's not enough. The only way is having a kesher.

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Re: Just starting out  
Posted by balancedfox70 - 30 Mar 2025 18:30

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Can you elaborate on that?

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Re: Just starting out  
Posted by eerie - 30 Mar 2025 19:42

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[balancedfox70 wrote on 30 Mar 2025 04:14:](#)

Yes! Making a plan in advance for a structured day, choosing to do a hobby that I enjoy that I don't normally have time for during the zman, staying away from unfiltered devices... Also made up with my wife on what she needs me for in helping out with the kids in a way that won't burn me out and make me turn to other things...

Sounds beautiful! Keep it up!

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Re: Just starting out  
Posted by balancedfox70 - 02 Apr 2025 16:56

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Hi guys, slight hiccup today saw something by "accident" that triggered me. I think I'm ok now after speaking with my "Co-pilot" but figured I may as well get into the habit of posting these types of events as often as possible. Any words of inspiration would be appreciated.

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Re: Just starting out  
Posted by BenHashemBH - 02 Apr 2025 17:20

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[balancedfox70 wrote on 02 Apr 2025 16:56:](#)

Hi guys, slight hiccup today saw something by "accident" that triggered me. I think I'm ok now after speaking with my "Co-pilot" but figured I may as well get into the habit of posting these types of events as often as possible. Any words of inspiration would be appreciated.

Shalom Brother,

Hiccups and accidents are part of life that we sometimes can't control. What you did afterwards is what really matters. Kol hakavod for reaching out to your chaver and getting to a space where you feel ok. The journey continues, onward is upward!

Continued Hatzlacha

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Re: Just starting out  
Posted by balancedfox70 - 02 Apr 2025 17:38

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Thanks bro!

Let me just say this: if not for the backing of you guys and this wonderful organization I don't know if we would have the same ending to this encounter...

Love you guys!

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Re: Just starting out  
Posted by balancedfox70 - 02 Apr 2025 18:30

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For all those that didn't watch this Vayimaen I would highly recommend doing so as it greatly personifies what GYE is all about.

[www.torahanytime.com/lectures/360513](http://www.torahanytime.com/lectures/360513)

Enjoy and be inspired!

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