

Help for a newcomer?

Posted by TzviFree - 19 Jun 2014 22:05

I've called in to the last three calls, although I haven't 'checked in' with my name yet. As you can imagine, I'm a bit lost.

I haven't 'worked' the first three steps, as I just joined. Should I start with the fourth? Should I wait for the next cycle?

I've heard that I need a sponsor, but I'm not sure how to get one. And... what's a sponsor?

Any other information that would be helpful is greatly appreciated. Thank you.

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Re: Help for a newcomer?

Posted by Dr.Watson - 19 Jun 2014 22:14

First of **welcome!**

We're all in this together, Keep on posting!

Make sure to see the 12 suggestions on the [First Time Here page](#).

Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.

Which call did you call in to? I'd recommend you contact either Duvid Chaim or Cap'n Steve and ask them what your first steps should be. You can email or better yet call them (don't worry about calling, they speak to people about this every day).

Keep coming back, it works if you work it.

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Re: Help for a newcomer?

Posted by TzviFree - 19 Jun 2014 22:17

Thanks for your fast response!

I called into Duvid Chaim's group.

I did email Duvid Chaim, but it seems he's not so easy to get a hold of. I would call/text him, but I don't know his number (and wasn't sure if it would be a breach of protocol). Of the past three calls, two were run by a substitute, so I imagine Duvid Chaim must be pretty busy.

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Re: Help for a newcomer?

Posted by gibbor120 - 20 Jun 2014 00:21

You can email him. You can also talk to him when he is doing check in.

Jump right in. Waiting for the next round is waiting too long. In the meantime, you can read the handbook, read and post on the forum. I have some good stuff in my signature to read.

WELCOME! You have come to the right place.

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Re: Help for a newcomer?

Posted by Pidaini - 20 Jun 2014 18:30

Welcome Tzvifree!!!

It's great that you joined the call, I can't tell you much about them as I was never on them, you can try sending a PM to tehillimzugger, he's a member on the forum and been on the call for a while.

We'd love for you to use the forum as well!! It's a great place to find fast friends and great ideas!!

KUTGW!!!

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