

deleated thread

Posted by azivashacheit101 - 17 Feb 2025 14:53

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Re: "Chein Addiction"

Posted by yid96 - 17 Feb 2025 20:05

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If you noticed the problem becoming easier when certain people arent around, i think that is half of the answer - the first step is to remove yourself from the situation that triggers you. Depending on how extreme, you may need to make extreme changes. consult with a rav always.

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