

I'm Powerless!!!

Posted by ????? ???? - 26 Feb 2013 22:42

Ok. What the chidush? we are all!!

but when i'm on my 84th day (if not mistaken - maybe one day +/- but this is not the point, just to be honest) while "googleing" for some "triggers" (**SICK!!!**) all results blucked by fileter, but here it
HO NO!!! & this is something i didn't know about before fnging "Asro
Kadisho Hodein". before starting recovery. I CAN'T DEAL WITH THIS!!! HELP!!! **I NEED HIGH
POWER**

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Re: I'm Powerless!!!

Posted by ????? ???? - 11 Apr 2013 22:15

comes, this one is not!!!

in the morning i got a call from a freind in the program & from my sponsor. but i did not pick up...

looks like as long as i don't fully except the fact that i'm sick & that i acted out (the things i cannot change) i don't stop acting out againg & again... (the thing i can change). i have to relly except it (very hard) & "hand it over" to the eibishter... not just in nice words

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so... after counting yesterday as day 1 i count today as day 0
