

I went for more than 90 and fell

Posted by Philwantstoquit - 07 Feb 2016 18:56

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I'm so disappointed - I went for a few months and then relapsed. The most upsetting part is that I was so good and didn't think I could relapse. I have no clue what the hell I just did and why. This sucks.

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Re: I went for more than 90 and fell

Posted by markz - 07 Feb 2016 19:00

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Phil I feel for you

can I add to your confusion - do you have a clear idea how you managed to stay clean for so many months

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Re: I went for more than 90 and fell

Posted by Watson - 07 Feb 2016 19:26

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I can relate, I've been there.

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Re: I went for more than 90 and fell

Posted by cordnoy - 07 Feb 2016 20:08

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I have done that several times.

After each fall, I upped it a notch in recovery.

b'hatzlachah

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