

What to strive for?

Posted by Rick - 03 Apr 2017 06:10

Hi, I have a stupid question, and I don't even know how to ask it. my record for the past 11 years, is 16 clean days, I'm just reaching my 15 day of this cycle, the past few days has bin really hard and I feel like I NEED to act out, I set my gaol to beat my previous record and stay clean for 17 days, (I don't want to but I feel like thats as far as I can hold off for now) how do I get myself to strive for 90 days if 15 days is Sssooo hard?

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Re: What to strive for?

Posted by Markz - 03 Apr 2017 10:33

It's one of the least stupid and a great question that people are scared to ask

Try stick to 1 thread and you will see more results. Did you follow on gibbors suggestion

guardyoureyes.com/forum/19-Introduce-Yourself/308568-Hi

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Re: What to strive for?

Posted by Singularity - 03 Apr 2017 10:34

A good question.

My 2 cents:

-What to strive for? I Don't think it's the goal of 90 days.

-We're not trying to break a previous record here.

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Re: What to strive for?

Posted by belmont4175 - 04 Apr 2017 21:29

Welcome to this great place!

From what you have just written, i would tell you to stop making goals, tell yourself "I WILL BE SOBER JUST FOR TODAY" can you hold off today? tomorrow is not here yet, yesterday has passed, KOT

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Re: What to strive for?

Posted by cordnoy - 04 Apr 2017 22:48

[belmont4175 wrote on 04 Apr 2017 21:29:](#)

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Can I welcome back the welcomer?

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