

Not sure why I am posting.
Posted by optomisim - 01 Aug 2021 17:17

Look chevra. I had my best streak of 70 days. I fell. I just do not feel that I have the wherewithal to start that streak again. I also have the challenge that my wife gets her period mamish at the worst time. I.e. vacation etc. Which doesn't help. I don't know if posting will help. Being on day 1sucks. The only thing good about it is that it is very humbling.

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Re: Not sure why I am posting.
Posted by Birshusi - 01 Aug 2021 17:25

[optomisim wrote on 01 Aug 2021 17:17:](#)

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Sorry to hear! It helps me to look at the cumulative clean days on my 90 day count. I fell hard after a very long clean streak and was pretty upset, but after seeing just how long I went without falling, I felt much better. The schar for the clean days doesn't get erased with a fall.

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Re: Not sure why I am posting.
Posted by Markz - 01 Aug 2021 23:54

[optomisim wrote on 01 Aug 2021 17:17:](#)

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Sorry to hear.

Vacation time is about bonding time.

Does it always have to be about sex?????

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Re: Not sure why I am posting.

Posted by optimisim - 02 Aug 2021 04:07

Its not about sex always but I have communication shut down when she's a nida.

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(Im asking myself