

Help!

Posted by pomegranate - 15 May 2025 05:39

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I've fallen 3 days in a row after 65 clean days because I can get access to google maps on someone else's device. I'm sorry for letting down my family and everyone here.

I'm trying to understand why somewhere along the line on the way to a fall, my mind gets convinced even without any physical urges that this is something I have no control over and that I have to give in to. At the same time I know this isn't true. What is going on with me?

Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

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Re: Help!

Posted by pomegranate - Today 05:58

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I can't believe I've fallen again.

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Re: Help!

Posted by daverose2 - Today 11:59

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Hey dont let it knock you down. Pls get right back into it. I just fell on sunday after 8 clean weeks. it sucks it makes you feel crappy but it happens. we're not supposed to be perfect. Just get right back in there and continue fighting.

Feel free to reach out if you would like.

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