HELP! I've fallen and cannot get up Posted by DovInIsrael - 06 Mar 2011 13:14
ugh!
so many posts, thoughts, tips, tricks to help us avoid battle in the first place
but what happens when we fall?
where do we find the strength to get back up, before we go into a downward spiral?
Bard - offers us, to pick ourselves up, dust yourself off, and KEEP ON TRUCKING!!
but (with all due respect to Bard) there must be more!
How can we turn the situation around, and gain from it, learn from it, and hopefully avoid falling into the same trap again (tomorrow, the next day, next week, etc) ??
Are you ready to start climbing upwardstired of getting knocked down?
want some answers?
Come Join us - Tues 2:30 Eastern (11:30 pacific, 9:30 pm Israel)
as we continue our journey, and begin to descend:
20,000 Leagues beneath the surface of an addiction
1-760-569-6000

## **GYE - Guard Your Eyes** Generated: 27 August, 2025, 10:27

