

Hitting Bottom While Still on Top

Posted by the.guard - 07 Nov 2009 19:40

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Chevra

To my delight, both Kedusha and the Guard have responded with "must read" support to our brief discussion on how we can hope to avoid the agony of having to hit bottom before we can successfully, enter recovery.

A big Yasher Koach to them both.

Looking FORWARD,

Duvid Chaim

**Kedusha Wrote:**

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*Hello Duvid Chaim,*

*What Steve seemed to be referring to (at the end of today's call) is the concept of "Hitting Bottom While Still on Top." See principle #4 in the [GuardYourEyes Attitude handbook](#).*

*Kedusha*

*P.S. If you Google that phrase, you'll see that Guard apparently coined it - it's not found anywhere else!*

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**Guard Wrote:**

Chizuk e-mail #441 on [this page](#) (scroll down).

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