

My 90 day log

Posted by letmelive - 16 Dec 2013 06:07

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Ok so over this weekend I had another fall, and truthfully I need to reevaluate my strategies. I have been coming to this website for a little more than a year and over the this past year I have had many ups and downs. a few months ago my addiction hit a new level and it really scared me. I know that in order for me to live a sane life I need to beat this addiction. Over the last few months I feel like I have made real progress in many areas of my life. I am acting out much less frequently and have adopted a new attitude towards my struggle. When I do have a fall I stopped beating myself up over it and I try to get up as soon as possible and I usually do . I know that I can do this, and no matter how many times I will fall I will stand back up and fight on. But, I also know that this can be easier than it has been over the last few months if I had a stronger support group. Therefore I am starting this thread and I plan on posting every single day and I'm asking that everyone else here count along with me. I believe that with the help of this incredible Chevra I will be able to hit my first milestone of 90 days.

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Re: My 90 day log

Posted by letmelive - 23 Dec 2013 07:18

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Thank you.

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Re: My 90 day log

Posted by Pidaini - 23 Dec 2013 08:15

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Yup, Keep on posting!!

What are you doing to stay clean?

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