

i had a fall this morning
Posted by Helpmepeace - 25 Feb 2016 12:47

i had a fall at around 3 am to 4 am so i need to start on the 90 day chart tomorrow I was doing good since Sunday but I failed at staying clean this morning, I hope to start the 90 day chart tomorrow, I will be thinking about it today at work

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Re: i had a fall this morning
Posted by NeuroYair - 25 Feb 2016 12:59

It's not easy and we're in this together.

Remember though, a fall between 3-4 means 23 other hours clean. Yes, whatever happened in those 23 hours could have led to the fall, but try to focus on the task at hand and improving those 23 hours.

Pulling for you...And begging you to pull for me, as well be"H...

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Re: i had a fall this morning
Posted by markz - 25 Feb 2016 13:00

Welcome

For the 90 day ride, it may help you to install a GPS in your truck (see my signature)
I will be thinking about you today at work, too

Hatzlacha

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Re: i had a fall this morning
Posted by pischoshelmachat - 25 Feb 2016 17:49

Hatzlocha on your quest! Do you have a strategy to complete the 90 day challenge?

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