

helpshere

Posted by helpshere - 26 Jun 2016 23:31

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Hi there I've been struggling for some time already, I've done the 90 day chart a few times but after that I will fall over time... I don't feel it ever getting easier over time like it is said (after 90 days...) I'm not married though I'm coming of age and I need to get a handle on this before I even think of it. Any help will be appreciated. Thank you very much!

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Re: helpshere

Posted by cordnoy - 26 Jun 2016 23:34

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[helpshere wrote on 26 Jun 2016 23:31:](#)

Hi there I've been struggling for some time already, I've done the 90 day chart a few times but after that I will fall over time... I don't feel it ever getting easier over time like it is said (after 90 days...) I'm not married though I'm coming of age and I need to get a handle on this before I even think of it. Any help will be appreciated. Thank you very much!

I hear you.

Tell us please....how were you able to do those 90 day times?

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Re: helpshere

Posted by helpshere - 26 Jun 2016 23:49

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I'm not really sure... I would guess its because I was hoping it would get easier and therefore was able to push... Maybe?? But when I see it only getting harder I seem to fall lots faster

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Re: New member introduction

Posted by skeptical - 26 Jun 2016 23:56

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In what ways is it getting harder? Has every day of the past 93 days been just as hard?

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 00:01

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[helpshere wrote on 26 Jun 2016 23:49:](#)

I'm not really sure... I would guess its because I was hoping it would get easier and therefore was able to push... Maybe?? But when I see it only getting harder I seem to fall lots faster

So you were filling your engine with hope!?

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Re: New member introduction

Posted by helpshere - 27 Jun 2016 00:04

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I'm not suppose to be hopeful??

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Re: New member introduction

Posted by helpshere - 27 Jun 2016 00:06

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No the need doesn't come as often but when it does its so much harder to control

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 00:31

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[helpshere wrote on 27 Jun 2016 00:04:](#)

I'm not suppose to be hopefull??

You can be hopeful, but hope without action is useless. What actionable things did you do for sobriety?

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Re: New member introduction

Posted by helpshere - 27 Jun 2016 00:53

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I have a filter. I did the neder.... And have guards to keep me from dubble looking

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 01:10

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I'd just like to point out that you did nothing to change yourself. All you did (which are good things) was create preventive fences. ??? ?????????? ??????.

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Re: New member introduction

Posted by Rightkedusha - 27 Jun 2016 03:10

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Hi brother.

Could it be you're expecting perfection, and when you see that you're not perfect you just give up?

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Re: New member introduction

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Posted by helpshere - 27 Jun 2016 04:10

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Interesting, how would you advise me to go further? Starting tonight being my first.

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Re: New member introduction

Posted by helpshere - 27 Jun 2016 04:11

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Well I def see ill hold up for some time but when I fall it will take me some time till I feel ready to get back up again... So in a way yes !

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 04:38

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[helpshere wrote on 27 Jun 2016 04:10:](#)

Interesting, how would you advise me to go further? Starting tonight being my first.

It's unclear who you are responding to.

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 04:40

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[helpshere wrote on 27 Jun 2016 04:10:](#)

Interesting, how would you advise me to go further? Starting tonight being my first.

Check out the handbook.

It's actually more how you decide to go further.

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