

Trying to stay clean

Posted by heilig - 16 Aug 2017 23:58

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Hi Everyone.

I used to go for a while to live SA groups, but it never worked for me, and I am able to stay sober for 90 days by my own, my therapist does not think that I am an addict, but I still want to stay connected.

Welcome

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Re: Trying to stay clean

Posted by Kleen4real - 17 Aug 2017 15:20

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Welcome Heilig

Wow, your story looks so easy, no addiction, could be sober for more than 90 days in a row, isn't this unbelievable?

In my opinion, it's not staying clean for 90 days the deal breaker over here because when you reach x number of days you say now what? The approach needs to be more ODAAT

In any case, you came to the right place where you can stay connected with highly positive, successful good people.

Much Hatzlacha

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Re: Trying to stay clean

Posted by lomed - 17 Aug 2017 22:06

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Welcome,

can you share with us what have you tried, and what has not worked for you, and as well what

has worked for you. It would also be beneficial for us (perhaps for you as well) if you can share with us what are your struggles and challenges.

Thanks

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Re: Trying to stay clean  
Posted by gibbor120 - 22 Aug 2017 21:43

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Welcome! We look forward to hearing more from you.

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