

Fall down 7 times GET UP 8

Posted by refael - 03 Nov 2019 03:20

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Il've never posted on here before, but this is a new effort to make myself accountable and be honest with myself and anyone who'd care to listen.

Today is ? cheshvan and I fell again totally intentionally. I knew exactly where my trigger was and went right to it. The thing that really gets me is the fact that all I really wanted from myself tonight was to just stop and think and make an honest decision. then follow through.

I Want to move forward being honest with myself and beat this addiction day by day.

God help me,

Refael

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