

Shower

Posted by LEARNING - 21 Jun 2013 05:51

Hey there,

Just wanted to share some tips that help me regarding showering. I find that the shower is a very risky time for me, and I need to be extra careful. Therefore, I:

a) try to take cold showers

b) limit my time- I usually try to limit the time to 5 minutes, counting as I go. This way, my mind is on counting and NOT other stuff. Also, the less time in the shower, the less time to fall.

Any other tips?

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Re: Shower

Posted by SIB101854 - 01 Jan 2015 06:30

Thanks for your clarification. If you look at steps 4-10-they all depend on what the addict is willing to do to aid in his recovery and steps necessary to stay sober (i.e. setting boundaries, exercise, etc)

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Re: Shower

Posted by Dov - 02 Jan 2015 08:59

I never thought of it in that way, thank you! It's true!

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Re: Shower

Posted by setmefree - 15 Apr 2015 19:53

It's been a while but I'm finally back in this thread. Dov you've given me a lot to think about...

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Re: Shower

Posted by serenity - 15 Apr 2015 19:56

Welcome back! I'm so glad you here, because we all need each other and because

Warning: Spoiler!

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Re: Shower

Posted by serenity - 15 Apr 2015 19:57

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Re: Shower

Posted by shomer bro - 15 Apr 2015 21:05

don't worry, we all enjoy a little humor every now and then

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Re: Shower

Posted by serenity - 16 Apr 2015 03:42

BTW, Dov may likely not see your comment. Maybe message him direct or send him an email.
wequithiding@gmail.com

Hatzlacha!

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