

What does "One day at a time" mean to you?

Posted by Pidaini - 14 Jul 2014 07:46

Talking with another member yesterday it dawned on me that it may be very useful for everyone to share their view of "one day at a time" and how it works for them in recovery.

As everything in recovery, everyone needs to hear ideas differently, with a different twist, so even if you don't think you have anything to add, please write up your own experience and how it looks in your life!!

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Re: What does

Posted by reallygettingthere - 16 Jul 2014 23:53

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That's what I meant