

Victories vs falls

Posted by DanielTeshuva - 22 Jan 2014 11:39

Shalom friends,

this is a thought I recently had:

We are all doing our best to get to the 90 days clean and beyond.

You may be really far, like say 72 days and then fall.

You'll feel terrible, I know the feeling.

But, there is one thing to keep in mind:

in all those 72 days you had one failure, but 71 victories! So even when you may feel like a loser, you're actually much more of a winner.

I hope this thought will help in not feeling too depressed and that it will give extra power to try again and again count your victories.

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Re: Victories vs falls

Posted by misgaber41 - 23 Jan 2014 23:52

thanks for the right message in the right time!

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Re: Victories vs falls

Posted by DanielTeshuva - 24 Jan 2014 00:29

[misgaber41 wrote:](#)

thanks for the right message in the right time!

fell yesterday after 82 days

I am very sorry to hear that. It once more shows how tough it can be to stay clean.
Congratulations though for staying clean for 81 days, that already is a lot! May your new period of staying clean be even more blessed! You can do it! I have faith in you!

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