

DaveKo Log

Posted by DaveKo - 30 Dec 2015 15:21

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I am required to put a thread link. Ok. This is it.

Hello.

Day 1. Hangover. Lack of energy. Regret. No clarity. I usually recover the following day two. So I am going to see star wars in the movies.

"There has been an awakening... (From guard your eyes) Have you felt it?"

Cheers

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Re: DaveKo Log

Posted by markz - 05 Jan 2016 19:51

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Guys no fighting please...

I'll daven for both of you, and wish you all the best for TODAY

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Re: DaveKo Log

Posted by iwant2begood - 05 Jan 2016 20:32

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Good luck on your fresh start!

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Re: DaveKo Log

Posted by DaveKo - 07 Jan 2016 09:59

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Jejeje. Hope the best for both.

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Re: DaveKo Log  
Posted by DaveKo - 07 Jan 2016 10:00

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Re: DaveKo Log  
Posted by DaveKo - 12 Jan 2016 08:08

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Today is day 7.

Well, for all!  
Wow. Beautiful.

I feel so so great. (And yes, I had moments of slip... ).

I want to thank you because I guess, the most helpfull of all is understand that this is an addiction, and that this is a battle I don't have to do alone.

Thank you GYE.

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Re: DaveKo Log  
Posted by Getting married - 13 Jan 2016 03:25

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[DaveKo wrote:](#)

Today is day 7.

Wow. Beautiful.

I feel so so great. (And yes, I had moments of slip... ).

I want to thank you because I guess, the most helpfull of all is understand that this is an addiction, and that this is a battle I don't have to do alone.

Thank you GYE.

Im so happy to hear that by the way the last 2 days I was thinking about you that I need to ask you whats going on with you as we started together but as you may know and have written that I reset my chart (I don't want to restart to conversation why I did it) keep on rocking

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Re: DaveKo Log

Posted by DaveKo - 13 Jan 2016 07:49

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I follow you.

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Re: DaveKo Log

Posted by gyejew - 13 Jan 2016 14:41

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[DaveKo wrote:](#)

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Day 1. Hangover. Lack of energy. Regret. No clarity. I usually recover the following day two. So I am going to see star wars in the movies.

"There has been an awakening... (From guard your eyes) Have you felt it?"

Cheers

You too. Keep it up.

Testing Quotes.

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Re: DaveKo Log

Posted by DaveKo - 15 Jan 2016 09:54

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10 days.

Awesome.

I love the coins.

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Re: DaveKo Log

Posted by DaveKo - 19 Jan 2016 07:50

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Day 14

Now, I have gone regularly to the gym. I have energy. Seems pretty durable now. All day long.

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Re: DaveKo Log

Posted by markz - 19 Jan 2016 11:38

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Sounds good - gye/gym

In my opinion it's not the energy per se, rather the gym / exercise helps me reduce tension in my head, and I also feel physically less lousy - When mental wellness and physical health is promoted, your need to act out is diminished

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Re: DaveKo Log

Posted by DaveKo - 26 Jan 2016 13:52

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Day 21

Clean.

Definitely having the right attitude and mindset that I am an addict, helps.

Cheers

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Re: DaveKo Log

Posted by DaveKo - 26 Jan 2016 13:58

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Re: DaveKo Log

Posted by Shlomo24 - 26 Jan 2016 21:28

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Keep it up.

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