

Beginning a New Journey

Posted by Souldoctor - 27 Dec 2016 18:07

Hi all,

After a 20 day clean streak, I had a fall this morning. Those twenty days were marked by an enormous sense of satisfaction, and though I am frustrated about the fall, I am excited to restart the journey right away and avoid the typical binging that I normally engage in after a fall. I have decided to create a log of my journey in the hope that the cathartic nature of sharing my challenges will help me this time to succeed.

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Re: Beginning a New Journey

Posted by Singularity - 23 Jan 2017 07:18

I wish I could hug you.

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