

almost 90 days clean

Posted by torah protects - 01 Dec 2017 14:58

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Hey everyone I am 74 days clean and I am so stressed that I might fall before 90 days

Any encouragement

please

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Re: almost 90 days clean

Posted by Markz - 01 Dec 2017 18:32

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Brother - sorry to hear

what's you been doing the past 75 days to get here?

Have you checked the gye handbook or the summary in my sig below?

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Re: almost 90 days clean

Posted by torah protects - 01 Dec 2017 18:52

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Hi thank you

I have been reading and listening to the daily emails, and public chatrooms, and started the 12 step conference calls. I talk to a therapist a little bit, and keep him updated on my progress.

I am in middle of the hand book I just got it in the mail and I gonna get into it. I stated the 90 day chart. I guess I doing my part I'm just stressed like I am so scared I my screw up and start all over again.

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Re: almost 90 days clean

Posted by Markz - 01 Dec 2017 19:49

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[torah protects wrote on 01 Dec 2017 18:52:](#)

Hi thank you

I have been reading and listening to the daily emails, and public chatrooms, and started the 12 step conference calls. I talk to a therapist a little bit, and keep him updated on my progress.

I am in middle of the hand book I just got it in the mail and I gonna get into it. I stated the 90 day chart. I guess I doing my part I'm just stressed like I am so scared I my screw up and start all over again.

So, You're doing great!

Need to chill a little...

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Re: almost 90 days clean

Posted by serenity - 02 Dec 2017 23:40

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Sounds like your doing the right things. Keep doing the next right thing and don't focus on what day it is. For me focussing on periods of sobriety can be overwhelming. Yes it's nice to check the box for today, but I don't think beyond that. Actually now I don't even think about checking the box anymore.

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