

Ready or not.....going clean

Posted by Snow - 13 Jan 2019 08:44

I have been clean in the past. And lately I've let that slip way too often. I have a lot going on in my life which I think would likely be easier if I was clean!

=====
=====

Re: Ready or not.....going clean

Posted by ChizukSC - 13 Jan 2019 13:38

It can be done! Especially since you have done it in the past. If you need any additional tools the chevra here has great advice. Good luck.

=====
=====

Re: Ready or not.....going clean

Posted by Snow - 27 Jan 2019 09:46

thanks! While at times I just want to act out (it is amazing how attractive it appears) I see how staying sober helps me. How so? First of all, I feel my feelings in a much clearer fashion - may be more painful at times this way, but I find I am better able to handle them and to bounce back. Like when things are intense and unpleasant with my wife - it really impacts me. But when sober I am much more aware of what exactly is bothering me and how to proceed. I can't say I always take my advice (as it usually involves bring up something with her and I am really hesitant to rock the boat - way too much for my own good). But, ok....one step at a time. thanks

=====
=====