

Just fell...now what?

Posted by FreeEyes613 - 13 Mar 2011 19:43

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Hey all, new poster-discovered GYE in september and it motivated me to stay clean and happy. Its incredible. The posts/emails, all great. After nearly 6 months, I just slipped (stupid blackberry...) I refuse to let it get me down, but can someone here help me rebound mentally and action-wise? I feel gross and out of character for slipping, and don't want to feel like I'm counting from zero again-i fought a ton of battles and all struggles have losses...please advise!

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Re: Just fell...now what?

Posted by Kedusha - 15 Mar 2011 20:42

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K9 blocked it for me too (or is that me3?).

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Re: Just fell...now what?

Posted by ZemirosShabbos - 15 Mar 2011 20:42

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here is the pic (i also have k9, it was emailed to me)

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