

Incentives - Reward System

Posted by Tomim2B - 30 Jul 2009 09:27

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Re: Incentives - Reward System

Posted by jerusalemsexaddict - 30 Jul 2009 20:02

tzaddik,gevaldige question.every person has their own motivations.i personally recomend going on the wall of honor and posting every day that you are clean.do u have an official journal yet?make one and keep us updated.knowing everyone is following and cheering you on is the number one motivator.

also,i would recommend asking guard for a sponsor/partner.someone to report to how ur feeling(up,down,slipping,strong,etc.)

hope this helps.

with all the love in the world-Uri

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Re: Incentives - Reward System

Posted by the.guard - 03 Aug 2009 17:41

not dying seems like a good incentive to me.

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