

90 and then...

Posted by Jew - 17 Jun 2011 05:41

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I'm really having a tough time here.

I reached 90 days - the day after Shavuot and as if I had been gasping for the entire 90 days have been falling ever since, almost daily. I just cant see to get back on its driving me crazy and I feel like such a idiot after going clean for 90 days and now im back to where I was. That doesnt make sense!

Really appreciate help

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Re: 90 and then...

Posted by DesertLion - 17 Jun 2011 07:35

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Hey Mate,

Every day the YH renews his attack on us. Technically, there is no difference whether you have been clean for 900 days, 90 or 9. Satan is watching you all the time and waiting for his opportunity.

Having reached 90 days is great, but that's not the end of the story. We still need to be on Guard and make the same effort as we did before, otherwise we risk relapsing.

So, don't stress - you've already proven you can achieve a lot so just be as careful as you can and take things one day at a time, or even 10 minutes at a time if necessary.

Hope that helps and have a good weekend,

DL

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