

Can't Make it past 7

Posted by Mendy - 04 Aug 2011 05:14

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Hey it seems like the first few days always go like a breeze that I forget I even have this problem, than suddenly a week goes by and I lose it. It's getting closer to the end of the week and I'm getting nervous this may happen again.

It's that one day when I need to exercise my control that I am so use to feeling that i got it under control that I lose it.....

Does that make any sense?

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Re: Can't Make it past 7

Posted by bardichev - 04 Aug 2011 14:40

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yes mendy it makes alot of sense

its like swimming 3 laps but 4 laps is wayyyyyy to hard

although it's only one more lap

so crunch it down

say i will go one more day

i used to keep a journal of 15 minute increments

dont look at the huuuuuuuge challenge tike it in stride

post away we are her 4 u

kot!!!!!!!!!!

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Re: Can't Make it past 7

Posted by alexeliezer - 04 Aug 2011 18:39

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When you say the first few days go like a breeze, do you mean you're not looking at women, not entertaining lustful thoughts, not m.....?

Or are you sneaking little drinks here and there, until you finally just wander into the bar?

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