

Contemplate after you fall

Posted by ninetydays - 24 Aug 2009 14:51

I have read many of the posts on the forum but not all so please forgive me if this spoken about already -

One thing that has really helped me out during the past few months is when I fell I made sure after I was done to take time to think what I did and analyze it and see how I felt and internalize it. It is so easy to let that "opportunity" slip away.

I am not condoning slipping and no one should but there is a chance that someone reading my post will slip in the future - I am telling him to please after the act - when the YH is not there at all - think about what you just did. Sit on the couch and try to dig into your brain the feeling of falling. While you sinned and you slipped it may help you for next time.

It did for me!!

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