

Longest Clean Streak in a While

Posted by Recovering\_Hopefully - 24 Aug 2022 20:27

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With the help of my therapist I am clean for around 52 hours now. The longest I've gone in a while. Just needed to post this because the cravings are really bad right now.

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Re: Longest Clean Streak in a While

Posted by ColinColin - 24 Aug 2022 21:05

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I really applaud you for posting whilst your feelings are strong.

What you have done is a major sign of progress.

To have the presence of mind to post on here whilst in such a place mentally....it shows great powers.

It shows you can separate the feeling of temptation, from who you actually are and what you want.

In such times, this website is a great resource.

So is doing a positive activity.

And above all, davening for help.

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Re: Longest Clean Streak in a While

Posted by yehuda0524 - 29 Aug 2022 20:01

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Wow this is amazing!!! Its unbelievable how u can reach out when ur feelings are so strong. From my own experiences this is extremely difficult. I hope hashem grants u the strength and courage to continue what u are doing. Keep up the great work!!!!

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Re: Longest Clean Streak in a While  
Posted by Kavey - 30 Aug 2022 12:37

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Hatzlacha! You've come to the right place, this website and the forum have lots of resources for

You might also want to maintain one thread where you post. It helps others get a feeling for the continuity.

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Re: Longest Clean Streak in a While  
Posted by Scott18 - 05 Sep 2022 17:41

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the struggle, and anyway coming here is better than going elsewhere  
Thank you for posting.

Struggling right now so hearing that I am not the only one who struggles to do more than a few days was helpful.

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