

effects of over 4 decades of activities

Posted by lev - 03 Dec 2017 19:59

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how do you view yourself?

how do you change. its quite ingrained

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Re: effects of over 4 decades of activities

Posted by cordnoy - 03 Dec 2017 21:02

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[lev wrote on 03 Dec 2017 19:59:](#)

how do you view yourself?

how do you change. its quite ingrained

By workin'....doin' what's right today.

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Re: effects of over 4 decades of activities

Posted by serenity - 03 Dec 2017 21:57

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Welcome. Many of us have changed and now live free after decades of acting out; so long as we maintain a program of recovery one day at a time. I look at myself as sick getting better and not evil getting good.

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Re: effects of over 4 decades of activities

Posted by beezras26 - 04 Dec 2017 00:03

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You change by working on a day. then another day. then another. Honestly, the fact that you have made it here to post shows *something powerful* by itself. it is an inspiration for me to see

how you still are trying to grow and heal for the future, as opposed to viewing all the years of the past.

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Re: effects of over 4 decades of activities  
Posted by Hashem Help Me - 04 Dec 2017 04:03

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Welcome. Hang around here and your questions will be answered

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Re: effects of over 4 decades of activities  
Posted by 2nd-chance - 04 Dec 2017 09:29

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Good Question. Whatever we could try will already did. What WILL work?

I am an addict, so for me change started, when i started working the 12 steps with a sponsor. I am (only) 55 days sober today but life is settling and falling into place.

I have a very big network of friends i am in touch with. The fellowship is something you cannot imagine before you actually feel it.

Just don't give up there is light out there,

IF

Isaac

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Re: effects of over 4 decades of activities  
Posted by mikestruggling - 04 Dec 2017 14:14

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Welcome!

Someone just visited our SA group from abroad. He is in his upper 60s. He just started his recovery a couple of months ago.

There's plenty of hope for anyone as long as they're breathing.

Keep posting.

Best of luck!!!!

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