

How this time was different

Posted by tzitzis dude - 24 Nov 2017 20:00

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B"H, today is 91 days clean for me.

This is the second time I've made it this far, and the thing that really helped me this time around, and what I think and hope will work for staying clean, is the fact that I had a sponsor and a partner.

I mainly spoke with my sponsor for "general advice", and I also had a daily conversation (going over the GYE Handbook little by little, and stam discussing different situations and tactics and sharing chizuk) with my partner. Between those two, and definitely countless tefillos, I strongly feel that's what worked, and, ?? ????? ??, will continue working.

I hope you all find what works for you, and adapt to whatever the y"h cooks up.

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Re: How this time was different

Posted by Markz - 24 Nov 2017 20:18

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[tzitzis dude wrote on 24 Nov 2017 20:00:](#)

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Awesome!!!

KOTD!

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Re: How this time was different

Posted by serenity - 24 Nov 2017 20:51

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Mazal Tov! Thanks for sharing your ESH and letting us know how you did it. 90 days is a great stepping stone and good base to continue with your recovery one day at a time. Keep doing what has been working for you and build on that! That's what works for me. All the stuff I did on day 1, I still do 981 days later.

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