

Day 20.

Posted by R76 - 21 Oct 2013 03:58

Not that hard. I hope I can keep motivation.

The main obstacles are loneliness and depression.

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Re: Day 20.

Posted by R76 - 02 Mar 2014 04:54

Now 5 months sexual sobriety.

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Re: Day 20.

Posted by dd - 02 Mar 2014 11:41

wow thats amazing!!!

so what tools worked for you?

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Re: Day 20.

Posted by DanielTeshuva - 02 Mar 2014 11:44

That's gevaldig R76! Keep up that streak!

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Re: Day 20.

Posted by Ezra - 02 Mar 2014 20:38

R76 - To my prior post, I'm really impressed with your hard work. I am really interested to know what it feels like for you to be removed from the bad stuff for so long?

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Re: Day 20.

Posted by R76 - 03 Mar 2014 00:36

[dd wrote:](#)

wow thats amazing!!!

so what tools worked for you?

First, I am 37. Before my sobriety I have m. about twice a week.

Second, I take 4 capsules of licorice root a day. There are more tools at

www.guardureyes.com/GUE/Tips/TipsMedical.asp

Of course, a doctor should be consulted for side effects.

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Re: Day 20.

Posted by R76 - 03 Mar 2014 00:38

[Ezra wrote:](#)

R76 - To my prior post, I'm really impressed with your hard work. I am really interested to know what it feels like for you to be removed from the bad stuff for so long?

Thank G-d I did not have severe struggle.

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Re: Day 20.

Posted by R76 - 01 Apr 2014 23:51

Six months now.

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Re: Day 20.

Posted by dd - 02 Apr 2014 02:14

gevaldig!!!!!!!!!!!!

KUTGW!!

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Re: Day 20.

Posted by R76 - 02 Apr 2014 02:17

Thank G-d I did not fall.

Thanks everyone for the support.

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Re: Day 20.

Posted by DanielTeshuva - 02 Apr 2014 09:30

[R76 wrote:](#)

Six months now.

nice!

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Re: Day 20.

Posted by R76 - 09 Jul 2014 05:54

Day 1.

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Re: Day 20.

Posted by ewards - 09 Jul 2014 06:11

I am on day 14 this site helps

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