

My 90 day journey

Posted by beholytoday - 30 Jul 2014 14:17

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I need to stay connected with others and live in the real world. I'm excited to try this for the first time!

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Re: My 90 day journey

Posted by beholytoday - 13 Aug 2014 06:56

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Thanks guys for sharing. It helps me to know that there are others who have had similar experiences. I recently read the "daily dose of Dov" and it was kind of a reality check. Dov described the potential hazard involved in the 90 day journey, in that for some addicts it can be destructive because it becomes all about the numbers but nothing changes on the inside. I recently started the 90 clean day challenge. I know that I can do it but I don't think that I am really changing on the inside. I'm still unhappy, resentful and fearful. How do I go about changing my attitude on life. I have so many blessings in my life but it does little to heal the emptiness and hurt I feel inside. I have no one else to share thus with who will understand me the way you do!

Looking forward to hearing from you all.

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Re: My 90 day journey

Posted by cordnoy - 13 Aug 2014 07:08

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The people who are resentful have a lot of success with the 12 step program, especially step # 4.

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