

starting from scratch again + help needed

Posted by jhhctu - 17 Jan 2015 21:48

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hi

it's my 90 day therd as requested in joining,but i have a problem-

i have allredy started the journey back in 2011 and was clean for little less then 3 years which is +- 1000 days and fallen,but i can't put a "Longest Clean Streak" that pre-dates me joining the chart(i didn't know the site then).

furthermore,i decided to join the chart after i was allredy clean for some time how can i input these Day into the calculation?

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Re: starting from scratch again + help needed

Posted by cordnoy - 18 Jan 2015 05:38

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Welcome,

They don't have that ability - I don't think at least.

Just start it, and keep a mental note; we won't hold it against you.

As an aside, the 90 days is not the most important part of this site - Today is!

Welcome here; lookin' forward to hear more from you.

b'hatzlachah

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Re: starting from scratch again + help needed

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Posted by jhhctu - 22 Jan 2015 20:31

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bsd

4 days clean.

still thank god no cravings.

i'm dreading the day i get board and have nothing to lift it,if that happens the creaving r going to reappear like a bomb went off,and i have no cure for that.

any ideas?

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Re: starting from scratch again + help needed

Posted by cordnoy - 22 Jan 2015 20:39

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Good goin'!

We try not to think about tomorrow.

But tell me somethin'....what are you doin' to work on today?

for there are things to do today that can have affect on tomorrow.

Just sayin'

b'hatzlachah

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Re: starting from scratch again + help needed

Posted by shomer bro - 23 Jan 2015 04:42

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Take it one day at a time, and prepare for the future by setting up activities to do when boredom  
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Re: starting from scratch again + help needed  
Posted by Hashivalisesonyishecho - 23 Jan 2015 10:06

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[jhhctu wrote:](#)

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You apparently feel the need to hold on to the acknowledgement of your +-1000 day success. So by all means acknowledge it. Look at the fact that you fell as an isolated incident. Basically you're doing great. Nobody's perfect. ??? ????? ??????? ????? Hashem will continue to help you to be clean.

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Re: starting from scratch again + help needed  
Posted by jhhctu - 02 Feb 2015 06:03

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15 days clean.

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