

so afraid, what if ,,, what if,,,,

Posted by minyusa - 11 Sep 2015 16:14

I hope it will never happen, after so long. But what if... Will it break me totally. will I cry? will I give up?

I hope to never be there again, but how do I prepare myself is Ch"v I did fall. Or rather never think in those lines

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Re: so afraid, what if ,,, what if,,,,

Posted by Gevura Shebyesod - 11 Sep 2015 16:27

Can you stay clean for today? Why think about tomorrow?

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Re: so afraid, what if ,,, what if,,,,

Posted by MBJ - 12 Sep 2015 21:09

As someone who fell and fell hard after 500+ days, I can tell you it sucks. But then a new time starts right after. All the progress and all the tools you learned to get to 297 days doesn't leave you. So don't worry about falling, worry about enjoying the precious life and freedom the RBS"O has given you.

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Re: so afraid, what if ,,, what if,,,,

Posted by cordnoy - 13 Sep 2015 01:39

I don't think you are even allowed to worry.

Be thankful for today and do what you need to do for the moment.

B'hatzlachah

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Re: so afraid, what if ,,, what if,,,,
Posted by serenity - 16 Sep 2015 02:41

I echo the thoughts of the others here.

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