

90 days

Posted by Imaddicted - 08 Jul 2016 13:11

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Hi everyone i had a question if i am motzei zl but do so without porn or anything else by just thinking of things is that considered a slip on the 90 day chart?

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Re: 90 days

Posted by Markz - 08 Jul 2016 13:26

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It's a good question

The 90 chart has guidelines you can check them out in the dropdown

I personally would consider it a fall for myself, because I don't take the 90 thing as a race to the finish line, rather a recovery tool, and if I'm still acting out I wouldn't consider myself 90 days sober.

Thank Gd there's gye and I'm BH TRUCKING 90 days plus approx 240

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