

I don't think I can do this

Posted by Orzag613 - 31 Aug 2016 18:18

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Hey everyone so today is my first day actually being clean a part of me is so proud of myself and a part of me wants to just do the avera. I keep telling myself to do the avera so that I can continue my day normal so I don't have to think about it. I am trying so hard not to give in but I don't know anymore.

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Re: I don't think I can do this

Posted by Markz - 31 Aug 2016 18:54

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Brother your trail is lost if you post new threads

Please stay in one thread for your story and just hit 'reply'. If you look back you'll see some advice was shared already - check it out please

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Re: I don't think I can do this

Posted by serenity - 01 Sep 2016 20:08

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I think your experience is pretty normal amongst many of us here.

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Re: I don't think I can do this

Posted by 360gye - 01 Sep 2016 21:32

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I agree with serenity, i think we all feel that way. A good tool for me is to keep myself busy during the day so that i don't think about it

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Re: I don't think I can do this

Posted by Orzag613 - 01 Sep 2016 23:18

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Thanks guys! Today's my second day, it was a lot easier then yesterday, particularly because I was busier today and had a lot to do. I feel so proud of myself lol. I know it's just 2 days though. I will take each day at a time, everyday is a new test and a new battle. I am so happy I found this site and I have so many people supporting me.

Hatzalacha!!!

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Re: I don't think I can do this

Posted by serenity - 02 Sep 2016 15:33

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Thanks for checking in and sharing.

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