

sdf's Recovery Journal

Posted by sdf - 18 Sep 2016 16:59

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After a ~12 year roller coaster of addiction and compulsive behaviors, I finally got on the road to recovery by (re)joining GYE. Currently working the steps on a phone group and just trying to get into a regular ???.

My current count is 12 days (which is the longest in over 4 years). Trying to focus on recovery and healthy emotional/physical/mental wellbeing rather than sobriety

I wish everyone a ????? ?????? ???? ???? ???? ?????? and may our road (to recovery) become an "autobahn" to the redemption with the speedy arrival of ???? ??????.

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Re: sdf's Recovery Journal

Posted by Markz - 18 Sep 2016 18:07

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Welcome!

Great move...

Keep on Trucking!!!!

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Re: sdf's Recovery Journal

Posted by sdf - 21 Sep 2016 20:37

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I'm currently at 15 days. Thanks to everyone for their help and support!

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