

Advice

Posted by Yanklast - 02 Dec 2016 03:52

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I BH was able to keep clean for over a month and cant wait to reach 90 days!

I was reading some posts how people kept clean for a few months or years!! and then had a fall not just a small fall but a major fall!! That scares me a lot, ?what steps can I take besides filters to stay clean?

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Re: Scary

Posted by Markz - 02 Dec 2016 04:20

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Welcome.

They actually did?

i don't recall seeing too many of those posts

And what did the guy do after his fall?

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Re: Advice

Posted by Yanklast - 02 Dec 2016 05:17

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Yes, a few.

My question is what should I work on for the long term to make sure I don't drop my guard?

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Re: Advice

Posted by Shlomo24 - 02 Dec 2016 05:28

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Perhaps you read my thread (I am very self-centered after all). I don't know how to stay clean for tomorrow. I can only do it for today. I think it's only possible to stay sober for today.

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Re: Advice

Posted by cordnoy - 02 Dec 2016 13:00

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Welcome,

Today!!

ContinuedI hatzlachah

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