

Starting Again

Posted by EzraP - 06 Apr 2017 04:50

Disorganized ramblings below- Definitely don't feel obligated to read.

I'm doing 90 days, for real this time. I slipped today, but not as bad as yesterday bH. Tomorrow will be better. I apologize if I've annoyed anyone by over-posting or reaching out, I'm trying to throw myself into this head-first and start improving.

I joined an SAA group call today (mistaken for a woman at first, which was pretty awkward, but otherwise it went well I think.) Isolation has played a big part in my recent failures, and I'm trying to build a support system so I at least have people to call when things get tough. I always feel like I'm bothering them, though. Most likely because I am.

I've also been thinking a lot about why I do the things I do. I wish I had solid answers, but I'm sure they will come to me in the long run. Anyways, I'm trying to stay positive and get clean. I hope everyone else is doing well, and has a great Pesach.

=====
=====

Re: Starting Again

Posted by Singularity - 06 Apr 2017 13:02

Hatzlocha, brother!

Get as much support as you can!

What's "for real" as opposed to what you've been doing before? The more support stuff?

=====
=====

Re: Starting Again

Posted by EzraP - 07 Apr 2017 02:11

Thank you.

Yeah, that and I'm just more committed this time. I have more relying on my success now than

in the past.

=====
=====

Re: Starting Again

Posted by MayanHamisgaber - 07 Apr 2017 03:44

[EzraP wrote on 07 Apr 2017 02:11:](#)

Thank you.

Yeah, that and I'm just more committed this time. I have more relying on my success now than in the past.

Sounds like a recipe for disaster

=====
=====

Re: Starting Again

Posted by EzraP - 07 Apr 2017 03:47

How so?

=====
=====

Re: Starting Again

Posted by MayanHamisgaber - 07 Apr 2017 14:00

having more relying on success causes pressure and expectations

=====
=====