

Why?!

Posted by fas316 - 05 Jul 2017 07:58

Why sometimes after falling you fall again in the same day?

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Re: Why?!

Posted by Markz - 05 Jul 2017 12:14

Welcome

Its often like that.

No clue why

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Re: Why?!

Posted by mikestruggling - 05 Jul 2017 16:50

Hi welcome!

I was told that after a fall a person can feel guilt, despair, anger or shame. Those can be very triggering. Additionally sometimes a person feels like "hey, I anyways lost my sobriety may as well". Nothing can be farther from the truth. I find that each time you act out it lowers the level of your sobriety.

Good luck!!

P.S. Keep posting

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Re: Why?!

Posted by YeshivaGuy - 15 Jan 2021 03:43

Hey buddy why not come back?

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