

Going back to old behaviours

Posted by David26fr - 13 May 2019 17:50

Hello all,

I am on GYE since some years.

After some good periods of sobriety (I managed to stay clean for one entire year), all the barriers that I built are falling piece by piece... And I am seeing it.

The falls are becoming more frequent, and more severe...

What's happening ? I thought that I was on the good path to recovery :/

I don't want to come back to my old behaviours, when I was falling every week, and to destruct

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Re: Going back to old behaviours

Posted by ColinColin - 13 May 2019 18:01

None of us can tell you why you are falling.

You have to step back and see if there is extra stress in your life or unfulfilled ambition, or work problems.

Any of these can cause the fall.

The message though is, that even though you stayed clean for a year, which is a brilliant achievement by the way....all of us on here must take things day by day for the rest of our lives.

We can never rest on our laurels.

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Re: Going back to old behaviours

Posted by David26fr - 13 May 2019 18:16

[ColinColin wrote on 13 May 2019 18:01:](#)

You have to step back and see if there is extra stress in your life or unfulfilled ambition, or work problems.

Any of these can cause the fall.

I think this could be the point.

I got extra stress in the last weeks because of some difficult problems in my life.

The interesting point : I manage to deal with the stress on the moment, at his higher point But the fall can eventually happen a few days later.

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