

My accountability

Posted by Eshaiproductions - 03 Oct 2019 22:40

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Hi I'm Eshai and am just checking in . I'm at day 45 clean and things are getting scary. Im not in trouble but Im scared that I might start feeling lustful. Just wanted to reach out to all of you for support and I wish everyone a great day! Stay strong!

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Re: My accountability

Posted by gyehelp2017 - 04 Oct 2019 04:58

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Happy to hear that you are at day 45!! No need to worry about 'feeling lustful', the feeling might show up or it wont, either way you proved to all of us here that you can keep strong, 45 days aint no easy task.

So keep it up and keep on posting, and when in need reach out to others for support.

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Re: My accountability

Posted by Dave M - 04 Oct 2019 12:51

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You are doing great. Just take it one day at a time. There will be times when it is harder. But that is part of the journey to recovery.

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