

Insert Catchy Title Here!

Posted by struggle613 - 08 Mar 2021 19:25

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Hi Everyone.

I just had a fall and I wanted to start this thread now before I chicken out again because I think it will help me.

A little background of my story. I have been struggling since I was a teenager and have had my ups and downs staying clean. At one point I was well over a year clean doing really well but slowly I have sunk back down. Most notably around a year ago I started to have more falls more often.

I have recently been putting in more effort to stay clean and I could no longer sit back and just try half heartedly anymore (Not that it was ok that I got in to that routine after being clean for so long)

For the rest of today I will have to prevent myself from falling into the trap of saying since I fell today I can take the rest of the day off and start again tomorrow.

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Re: Insert Catchy Title Here!

Posted by struggle613 - 03 May 2021 13:02

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B'H my streak is getting to be a higher and higher number. It is always nice to see but I tend to sometimes think hmm what would of been if I didn't fall last time. Then my number would be even higher. But over the weekend I was thinking that even though my streak may be a lower number I am in a state today that is a much better place because of my most recent few falls. So while I regret them and wish they hadn't happened. A little part of me is ok with it knowing that I couldn't have climbed this high without having those falls and having to reevaluate what I am doing and how things have to be changed.

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