

A different approach

Posted by philpher - 22 Jun 2009 19:06

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Taking a leap into the unknown - my own thread to air my ups and downs. Anything helpful posted will be cynically ignored, thoughtfully reconsidered, and then taken to heart. Currently on 6 clean days - not a record but slightly better than average. Wondering how to combat constant urges to slip and look at unsuitable things, and how to counter the looming gloom of despondency that always kicks in after a week of cleanliness. Help!

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