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Thread: [I have 3 months off of benzo's and fentanyl](#)

Richie 81 - July 13, 2025, 9:59 am

Next week will be 3 months, I'm stuck in a recovery house but don't attend aa/na meetings. Who else is white knuckles and holding on to staying clean?

Richie 81 - July 13, 2025, 10:05 am

No only been to couple meetings

Zexo - July 13, 2025, 10:28 am

Congrats, Hopefully you understand if you slip and fall down that path again it might be your last.

Richie 81 - July 13, 2025, 10:31 am

I know, seen people dropping like flies in Vancouver

Rsynced - July 13, 2025, 10:38 am

You must of been buying those pressed fake benzo bars? That shit is horrible. The fentanyl is the worst drug out in the world right now. Benzos are not that bad if you take them with a doctor. I can take only 1 mg of xanax and I am out like a light sleeping. 0.25 is enough for me to calm down and stop a panic attack.

Congrats, my problem was drinking beer, used to drink 18 packs daily for weeks at a time.

2+ years have not drank a beer or any type of alcohol.

K4RM4 - August 17, 2025, 6:12 pm

Good for you man, I'm proud of you! Three months is a big deal!

I just passed 16 months with no booze.