

OK, 90 DAYS -BIG DEAL!! ... SO WHAT?!?!?!?

Posted by shivisi - 13 May 2014 14:41

I wrote this originally as a response to another post. (here: guardyoureyes.com/forum/1-Break-Free/231061-Moshes-suggestion#231649 ?)

But after writing it I decided that I should present it as a post for itself and seek help and comment from all of you guys out there!

So here it is:

Moshe Avenue wrote:

Hi All

B'H I have 67 days clean and more importantly, 67 days sober....

From when I started on the program (Feb 24th, 2014,)I took a wall calendar that displays every day (the type of calendar we all get from various Jewish organisations!)and each morning I put a big red X through the previous day where I had been sober/clean. It didn't mean much to me for the first few weeks, but now that I have over two full months of sobriety I can visually see each day and how it has all accumulated

I have an unbroken chain of X's.

I also feel motivated by not breaking the chain.

I can't think how bad I'd feel if I saw a day without an X through it!!!

A small but effective tip.....

Shivisi reponds:

Thank you Moshe for sharing that small but helpful idea with us, all the way from Australia.

Unfortunately for me, I don't think this idea will work for me.

I am at 89!! days clean, but I think I may say that I'm NOT 89 days sober!

I'm not 100% sure what you meant to say with that, but I'll tell you what I mean.

I'm **NOT** looking forward to tomorrow, to day 90! I don't feel ANY excitement or feeling of victory etc. by getting to 90 days.

I'll tell you why.

I started the 90 day thing just "to show myself that could do it". Since, when it comes to "facing off against myself" I'm a very egoistic person, I wanted to show MYSELF that "I can stop whenever I want to".

Now that I'm finally there, I don't feel any push to "put more "Xs" on my chart".

I can't either "think how bad I'd feel if I saw a day without an X through it" - for the simple reason because **I don't think I will feel bad!!!**

What about "THE UNBROKEN CHAIN"?

I say to myself: (what I've been "preaching" to others here for the past 89 days):

It's "one day at a time!" right?

Every day is a victory! right?

"You never lose the past days even if you fall!" right?

ok so I gained 90 days of victory, which even if I "break the chain" I will never lose,
and whenever I'm in the mood of it I'll do some more "one day (or more)at a time victories.
BIG DEAL!!

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Re: OK, 90 DAYS -BIG DEAL!! ... SO WHAT?!?!?!
Posted by metalking - 29 May 2014 06:23

It is human inclination, (Yetzer Ha' Ra really) to take for granted everything we didn't have a challenge with. Who was more thankful to walk today? You and me? Or the guy who just took his first 5 steps in a row after a crippling car crash? Who was more thankful theyre alive today? you and me? Or the woman who was just told that her cancer is malignant.

One of the things we struggle with every day is to NOT take anything for granted! Hashem blesses us with every little thing we have. Our organs, our ability to breathe, walk, talk, go to work, EVERYTHING! Part of the reason people are so unhappy is because they take all of Hashem's kindnesses for granted. They don't see their cup half full. This is one of the reasons why Chazal instituted so many blessings. Hashem doesn't need our brachas! theyre for us! To make us constantly aware of every little blessing.

Now look at your story. You can find guys on here crying for joy because they struggled and stayed clean for a week. You are blessed with a 90 day streak by Hashem and find dissatisfaction in it? you didn't stay clean for 90 days, Hashem KEPT you clean.

try reading "The Garden of Gratitude" by r' Shalom Arush. Great book that teaches one to thank G-d for every little thing and explains how showing gratitude to Hashem for the good and "seemingly bad" ends up making life so much sweeter and SATISFYING. Hatzlacha!

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Re: OK, 90 DAYS -BIG DEAL!! ... SO WHAT?!?!?!!

Posted by tzudreiter - 29 May 2014 08:57

Hi beginner here, is there something to look forward to, or am i to live in constant fear of the next explosion. "Once a drunk always a drunk" no?! Some personal experience please.

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Re: OK, 90 DAYS -BIG DEAL!! ... SO WHAT?!?!?!!

Posted by cordnoy - 29 May 2014 13:29

Life!

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