

Challenge Accepted!!!

Posted by Grant400 - 02 May 2021 01:43

All right! Let's get straight to it.

R' Eliezer, better known as "Lou" and I, both fell off really long streaks of a few months, and needed some help getting back up. So I suggested a 90 day challenge, with the loser having to give \$150 to a tzedaka of his choice (preferably GYE obvs...).

There seems to have been an interest among many more users here, so let us welcome all of you to the party!

Whoever would like to join please respond on this topic. Welcome.

Here are the rules:

Starting from when you accept the challenge, for the next 90 days everyone who joins accepts upon themselves BL"N to post if they fall, and must give \$150 to tzedaka. Even if someone falls that does not absolve the other participants of their kabalah.

If someone acts out, it adds \$2 onto everyone's kabalah. Meaning if one person fails, he must give \$150, but the next must give \$152. This is in order to place a certain level of responsibility upon us not to misbehave, because it will cause others to lose additional money. One clause, there is a ceiling, it can never go over \$200.

Anyone can join. Regardless of where their count is holding, it is 90 days from when they accept the challenge.

After accepting, you will be held accountable.

(R' Lou, please let me know if you would like to join according to theses new rules, if not we can keep the old version for you.)

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Re: Challenge Accepted!!!

Posted by EvedHashem1836 - 11 May 2021 23:08

Its a date may second (5/2) or whenever that person committed

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Re: Challenge Accepted!!!

Posted by Grant400 - 12 May 2021 21:48

Hey guys!

B"H this challenge is very helpful for me and seems to be for others too. I also see there are many new members "lurking on the forum". I want to ask you guys to join us on the forum. Start a thread and introduce yourself a drop, or post something on this thread. I know it's intimidating and overwhelming in the beginning, we've all been there, but you shouldn't feel that way. For some reason this works and you will feel very different after just a few posts.

C'mon guys, join us!

Who's up for the challenge?!?

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Re: Challenge Accepted!!!

Posted by EvedHashem1836 - 13 May 2021 04:14

Or maybe (guys lmk what you think about this) if you don't feel that you are ready yet to post at

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Re: Challenge Accepted!!!

Posted by Lou - 13 May 2021 20:10

I am back in as of today beH. However, I would like to make a point (to myself, of course) ... This

is my opinion and only applies to me. Others may be very different than me and everyone should do what works for them.

Clean streaks, 90-day charts, contests etc. are all nice. They are exciting, kind of fun and can be a good first step. However, they are not a real solution. If you just push yourself to make through a contest, then you (I) will fail soon after. So, although I am joining and once, I join I will have to follow all the rules, that is not really my real kaballah. My real kaballah (bln) is 90 days of working on the problem. (It is not so concrete, so I understand the need for the no acting out rule from this program.) Working can be defined as staying away from the issues or also by increasing various positive aspects such as relationships, learning, job etc.

So....

I am mekabel bln to do one thing every day towards improving myself in this area. I will possibly post my daily activity on my thread. I am still deciding if it should be more of a private thing or better to have accountability.

Hatzlocha to all

Lou

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Re: Challenge Accepted!!!

Posted by EvedHashem1836 - 13 May 2021 21:12

True but I guess in theory if you kept doing and succeeding at the 90 day challenge you'd be in a pretty good spot only falling 4 times a year which is a lot better than what most of us probably average. Thing is this doesn't happen bc most ppl when they fall they fall a bunch of times (see: what the heck syndrome) and doesn't balance out

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Re: Challenge Accepted!!!

Posted by DavidT - 13 May 2021 21:12

[Lou wrote on 13 May 2021 20:10:](#)

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Lou

Lou, this is an amazing post and a true eye opener.

The fact is that we don't want to act out but there are underlying factors that cause us to fall. As long as we don't address those underlying factors, we'll never be able to really STOP. As Albert Einstein said, "The definition of insanity is doing the same thing over and over and expecting different results".

The reason that the 12 step program has worked for so many people (I'm not pushing the program now, just using it as an illustration) is that it digs into the core of the person and addresses so many personal defects and as there is a 12 step saying "the person that drank yesterday will drink again, but I'm not that person any more".

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Re: Challenge Accepted!!!

Posted by wilnevergiveup - 13 May 2021 21:49

[EvedHashem1836 wrote on 13 May 2021 21:12:](#)

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a pretty good spot only falling 4 times a year which is a lot better than what most of us probably average. Thing is this doesn't happen bc most ppl when they fall they fall a bunch of times (see: what the heck syndrome) and doesn't balance out

It's not just math, if we don't change ourselves but push through 90 days, we are certainly going to fail soon after and it won't be that easy to get back up. It's not just the "what the heck" thing, rather it's because the tension and desire builds and builds until it bursts. Unless we do something to prevent a buildup we eventually break in a way that makes a big mess. There are guys here who go months or longer before they can get back into it. It's vital to work on the core issues and not just rely on getting from 90 to 90.

It's like someone wise once told me, if you can go from 90 to 90 with one fall every 90 than you aren't in such a bad place, the thing is it's never just one fall and it's never simple to get back up again right after a fall. I don't want to point out anyone specific but just take a look around at the guys who reached 90 and have fallen over the past few months. How many were just able to climb back onto their horses? Everyone is going through their specific challenges, but that's just it, we have to work through our challenges.

So, I am all for @Lou's approach to all this, it's really sensible and hopefully you can figure out what works and get on that road soon.

All the best,

Wilnevergiveup

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Re: Challenge Accepted!!!

Posted by Lou - 14 May 2021 01:23

This is my opinion and only applies to me. Others may be very different than me and everyone should do what works for them.

Hatzlocha to all

Lou

I want to reiterate this and make sure not to take away at all from this wonderful initiative.

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Re: Challenge Accepted!!!

Posted by k9 - 14 May 2021 03:44

[Lou wrote on 13 May 2021 20:10:](#)

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Hatzlocha to all

Lou

A big advantage I find to a day count is to update my count daily. This ensures that every day at least once I'm contemplating my journey/recovery and helps me to be mindful about it.

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Re: Challenge Accepted!!!

Posted by wilnevergiveup - 14 May 2021 04:07

[Lou wrote on 14 May 2021 01:23:](#)

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Hatzlocha to all

Lou

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For sure! I think we all agree that this 90 day challenge is just a push to get us over the hump, but would accomplish very little if we don't change in the process.

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Re: Challenge Accepted!!!

Posted by Hakolhevel - 14 May 2021 04:20

[wilnevergiveup wrote on 14 May 2021 04:07:](#)

[Lou wrote on 14 May 2021 01:23:](#)

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For sure! I think we all agree that this 90 day challenge is just a pus to get us over the hump, but would accomplish very little if we don't change in the process.

+1

It would be what we call a dry drunk

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Re: Challenge Accepted!!!

Posted by Hashem Help Me - 14 May 2021 11:11

[Lou wrote on 13 May 2021 20:10:](#)

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Lou

The 90 day challenge can be compared to psychiatric medication. Often an individual suffering from self induced or environmentally caused anxiety/depression will be put temporarily on medication. Even though the fellow is not clinically ill, his therapist may feel that in order for therapy to "reach him", medicine is needed to remove the edge and calm down the matzav. Similarly, it is obvious that for an individual to really "break free", he needs to rewire his brain regarding sexuality. This is a process involving education, mentoring, and brutal honesty. It is tough to get started especially if one is wallowing in the mud of yi'ush due to constant falls. The 90 days is that "pill" that puts a guy at ease to the degree that he starts to believe he has a chance and is now open to the "brain rewiring process". With a somewhat restored confidence, one has the emotional ability to get to work.

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Re: Challenge Accepted!!!

Posted by Snowflake - 14 May 2021 13:15

I've been over 90 days quite a few times (as many members here I'm sure) and it definitely helps. It's certainly not a magic pill, which afterwards the urges are gone. But there really is some serious rewiring. I like HHM's mashal. It's almost like an intensive treatment, which may not be viable for the long term, but coupled with a long term plan, could be just the thing.

Usually, people with lower streaks (like me right now), can't get past a week or two. Sometimes it's a daily thing and you can't break free. The 90 day process can help break the vicious cycle of acting out, feeling dirty and repulsive, acting out again, promising never to do it again, act out,

etc. To reach 90 days you also can't just "white knuckle" or go "dry drunk". Unless you implement serious strategies, you'll never make it. So it forces you to make a plan.

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Re: Challenge Accepted!!!

Posted by EvedHashem1836 - 16 May 2021 02:56

For anyone whose been following my journey you know recently ive been in a bit of a tough spot

for anyone who hasn't been following my journey ill tell you a little secret: ive been in a tough spot

So to combat that I'm updating the terms of my commitment here: I will pay the 150 (or whatever were at now) if I intentionally look at images as well, regardless of zera

Regarding my streak I'm keeping it just zera related for my own purposes - I personally find it more motivating to have a longer streak (even if i don't let out zera but I reset my streak to 0 will be more tempting to act out bc i don't have a "long streak")

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