

Why try

Posted by rocky21 - 29 Aug 2024 16:57

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My Moravian for now is to get to 90 days (my longest streak ever is 4 years)I'm thinking what's the point to get to 90 cause I could just fall just like I have in the past after 6 months or more so why??? And how do I keep up even after a long time

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Re: Why try

Posted by thompson - 29 Aug 2024 17:20

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[rocky21 wrote on 29 Aug 2024 16:57:](#)

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Great question.

This is how I understand it in my current incarnation.

Every moment off the juice is a win. If I lose my streak every six months, time and again, I can feel demoralized by it, or I can look back at the end of the year and say, "This year, I only fell twice. That's definitely an improvement over falling twice every day (where I used to be)."

Speaking for myself, when I feel disheartened after losing a streak, it's because I've allowed myself to be convinced that "This time I've got it. I'm never doing that again." Of course, that mindset is a shtus. No amount of days behind me can ever tell what the next minute will bring.

All ninety days does, is it gives you a goal, and on GYE, it gives you a feeling of accomplishment. But, ultimately, it's just a collection of ninety singular days.

One day at a time.

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Re: Why try

Posted by rocky21 - 29 Aug 2024 20:15

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I guess what scares me is how fragile it really is how like on one second everything you believe in just doesn't matter when the urge comes at you full force

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Re: Why try

Posted by thompson - 29 Aug 2024 20:56

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[rocky21 wrote on 29 Aug 2024 20:15:](#)

I guess what scares me is how fragile it really is how like on one second everything you believe in just doesn't matter when the urge comes at you full force

This sounds an awful lot like that "life" thing I hear people talk about.

One moment, this guy has all the riches in the world, and then 2008 happens, and he's homeless.

One moment, he's alive and well, and the next, he's dead, never to be interacted with again.

One moment, there's a flourishing town, and the next thing you know, there's an earthquake, and everything's gone.

I guess that's another reason why it's good to take it one moment at a time. It's less overwhelming.

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