

The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 24 Jul 2011 21:59

Hello all.

My name is ... ya right. As I said in my intro thread, I'm 21 and been suffering since I was 12, with no more than a 1 month break while I was in Israel (at least not that I remember). I'm currently 6 days in and strong! (I think, and I'll get to that.) Whew, beginning aren't easy. I find it very easy to wake up each day and say, "Today is just one day." I find it easy to ask Hashem when I Daven to help me just for today. But, the fact of the matter is, when I'm 'in the moment,' I totally forget all that, and I don't know how to get hold of myself then. Thinking of this wonderful community definitely helps, thinking about the small \$ Neder I took on for Tammuz helps, but

It's really scary to see people on the chart who have already had their 90 days and have slipped and are starting over. Not to Chas V'Shalom put them down, but it scares me because I think that once I hit 90, iy"H, I'll be good to go, but obviously it's a lifelong journey.

I said I'd get back to why I only think I'm 6 days in...but I want to know if this is the more graphic thread, or are we supposed to keep it clean on this thread? I'm still obviously a Newbie, so if someone can let me know the boundaries of this thread, please do!

Anyway, the new site preview looks cool and I CAN'T WAIT for the new live chatroom to open up!!

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I've been slipping, and I'm only 6 days in

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 01 May 2018 21:01

[Hashem Help Me wrote on 01 May 2018 11:25:](#)

Super attitude chaver! You are one focused fellow. Keep on posting. Do you have a support system? Anyone you speak to about this? It helped me when i would be in a crunch...

I don't have anything/anyone but that is a smart idea.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 01 May 2018 23:01

So maybe look around the forum and see who you think can be helpful to you and send them a PM (private message)

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 02 May 2018 11:02

It's a slippery slope... thankfully will have people around for the next 4 nights. Made it to 14. 2 weeks. Not in as high of spirits as I'd have liked because of the recent slips, but the original goal was till my birthday next week, so I can still get there strong! Still... standing here at 2 weeks!

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 02 May 2018 11:17

At two weeks or so, withdrawal may set in, so expect some possible edginess, irritability, and urges. It is temporary. but that may explain your lack of high spirits.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 04 May 2018 04:29

Well, yesterday had another "slip" although I get more and more unsure of what I'm calling a slip vs. a fall. I decided 1 more slip like this, and I'd say I fell. In the meanwhile parts of my journey are still 100% in play, which is great, and we're so close now to reaching my first goal, next Thursday. 1 week away.

Thanks for sharing Hashem Help Me, although I think part of the low spirits was because of the slips. Anyway, good night!

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Re: The most Geshmock 90-Day journey...of my life
Posted by Markz - 04 May 2018 05:02

[HockShmockGeshmock wrote on 04 May 2018 04:29:](#)

Well, yesterday had another "slip" although I get more and more unsure of what I'm calling a slip vs. a fall. I decided 1 more slip like this, and I'd say I fell. In the meanwhile parts of my journey are still 100% in play, which is great, and we're so close now to reaching my first goal, next Thursday. 1 week away.

Thanks for sharing Hashem Help Me, although I think part of the low spirits was because of the slips. Anyway, good night!

Could be I have more bottles open than you do... let's not compete!

But often slips and falls are actually because of the low spirits!

You need something a little stronger - like Reb KOT would offer his wood-ford truckers ;-)

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 04 May 2018 11:27

Last night was normal - 16 days! BH!

Thanks for the encouragement Markz. Good Shabbos!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 06 May 2018 01:30

Friday was clean - 17 days! Never figured out the chart properly bc it says I'm at 18 days but

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 06 May 2018 13:33

BH another clean night, 18!

~~April 18 was my first clean day, so that's only 17 days, either way... I can count myself~~

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Re: The most Geshmock 90-Day journey...of my life
Posted by Gevura Shebyesod - 06 May 2018 23:19

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 07 May 2018 11:56

Had a slip but made it to 19. Going to try hard to avoid slips the next few nights as I am so close to my first goal.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 07 May 2018 12:57

what was the slip and whats the plan for next time?

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 08 May 2018 00:07

[Hashem Help Me wrote on 07 May 2018 12:57:](#)

what was the slip and whats the plan for next time?

Started looking at things that were not appropriate. Not as bad as something that I would consider a fall, but still inappropriate. I was actually tempted to look now, but seeing your message and how you care about a stranger has given me the strength to fight the urge. Thank you friend.

I plan to leave my phone outside the room tonight. Going to try to set up my old alarm clock so I don't use that as an excuse why I need the phone in my room.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 08 May 2018 04:20

Great idea to leave the phone out of the bedroom (and maybe bathroom too). Quite a few people have started using non internet phones in general so as not to have the nisayon constantly at their fingertips. They keep a tablet or laptop (filtered of course) for necessary internet usage.

Thank you for your kind words. Everyone on GYE cares very much. We will do almost anything to help relieve fellow yidden from the pain and anguish we all experienced ourselves. You are not a stranger. You are part of the family.

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