

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 Markz - 08 May 2018 13:03

My friend has my App Store password

What about you?

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Re: The most Geshmock 90-Day journey...of my life
Posted by Hashem Help Me - 08 May 2018 13:44

Excellent and healthy attitude!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 08 May 2018 15:48

[Markz wrote on 08 May 2018 13:03:](#)

My friend has my App Store password

What about you?

I had one for a few weeks and of course needed new apps during that time, so it was frustrating. I got rid of it. I'll see if re-downloading the app becomes an issue for me and then reassess.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 09 May 2018 12:03

3 weeks!!!!

Last night was very hard to not have the app on my phone but I didn't do anything - no slip!
Awesome feeling when I woke up.

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Re: The most Geshmock 90-Day journey...of my life

Posted by Hashem Help Me - 09 May 2018 12:51

Mazel tov! Keep it up.

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 10 May 2018 12:00

I made it!!

22 days, first goal reached. Great feeling. Hope to keep going.

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Re: The most Geshmock 90-Day journey...of my life

Posted by Gevura Shebyesod - 10 May 2018 15:43

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 13 May 2018 23:20

Sorry I've been MIA, it's been a busy weekend. The first few days I haven't posted here during this streak, but here I am, 25 days and going strong! BH!

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Re: The most Geshmock 90-Day journey...of my life

Posted by HockShmockGeshmock - 14 May 2018 14:38

Slipped but made it to 26 days!

I was reading this morning about self mastery and the importance of recognizing small wins in the pursuit, an idea that is common here. Well, to think 26 times in a row now I've been confronted with a decision and said no it's quite remarkable!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 15 May 2018 01:49

Slipped, I'm downloading the app that has led to slips again. Such a psycholological game because I have other apps that have led to much worse stuff but I'm not even tempted to look at them, just want the stuff that's "not so bad" because I've convinced myself that looking at it doesn't break the streak.

Thankfully I caught myself. But, a short while afterwards I found myself thinking "why not just do the whole thing? It feels so good and yeah you'd break the streak but look how far I made it this time, I deserve it. I'll start a new streak after." Man oh man what dangerous thoughts. Ugh. Hope to see you all on the right side of the path tomorrow.

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Re: The most Geshmock 90-Day journey...of my life
Posted by Ihavestrength - 15 May 2018 03:17

[HockShmockGeshmock wrote on 15 May 2018 01:49:](#)

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Ye, don't think reason ever won that debate.

I find that debating that point is like arguing with a child. It will only make him want whatever he wants more. G-d bless!

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 15 May 2018 11:01

Things continued after that pause to come to GYE, but thankfully, didn't escalate. It was a frustrating night.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 16 May 2018 02:46

Well, that's bad. Tonight looked at a next "level" of stuff and while it wasn't full out the worst, and I didn't act on it, I don't see how I can say I'm still on a clean streak. Part of this has been a game- can I get to 90 days? Wondering perhaps if that 3 month thing is actually some sort of magic trick that makes it easier. Man all the excuses to keep going tonight came up. Ugh, not a good feeling. Another thing I noticed during this stretch was that I wasn't feeling particularly better about myself than I normally am, and that was a bit of a letdown. I knew that I was earning much schar for the battle and accomplishments I made, but my internal feelings of happiness during the day didn't specifically change. My hope is that I don't come to a full fall, my hope is that if I ever do, I don't let it spiral and give up until another 4 years down the road I come back here saying now I'm ready. Rather, I hope I'd pick myself back up. Wishing everyone here continued success.

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Re: The most Geshmock 90-Day journey...of my life
Posted by HockShmockGeshmock - 16 May 2018 03:47

I lost. I appreciate having a place like this to vent my feelings. May Hashem grant me success tomorrow is all I can ask for.

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