

scientific study links?

Posted by hagaon - 17 Nov 2011 20:48

Does anyone know where I can read up on the 90 days to breaking addiction study? I think it would michazek me.

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Re: scientific study links?

Posted by gibbor120 - 17 Nov 2011 21:20

Don't rely on 90 days to do magical things for you. It's a great start, but thinking that if you can make 90 - your free, is a big mistake. Pehaps it's somewhat easier after 90. Most of us still go through some rough times and can't afford to feel that we've "made it".

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Re: scientific study links?

Posted by obormottel - 17 Nov 2011 22:40

I told the guys in my meeting that I was waiting for the 90-day benchmark for a magical lightbulb to go on in my head and make me right.

They all had a good laugh....

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Re: scientific study links?

Posted by 5770 - 18 Nov 2011 16:03

achieving over 90d was actually an excuse for me to celebrate ... you know how

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Re: scientific study links?

Posted by obormottel - 18 Nov 2011 17:27

I guess the point is, take it one day at a time, when you reach a benchmark (say, 90 days) celebrate a little, and then get back to taking it one day at a time.

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Re: scientific study links?

Posted by hagaon - 20 Nov 2011 20:39

Thanks for the nice words.

Does this mean there is no real significance to the 90 day benchmark, other than 90 days being clean? Just an arbitrary number (not too long, not too short) to aim for as a benchmark?

That's the sense I got from the replies. As in- Don't read too much into the 90 day benchmark.

But is there anything to read out of it?

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Re: scientific study links?

Posted by obormottel - 20 Nov 2011 23:41

Yes: if you don't act out for 90 days, there is a good chance you won't act out on Day 91, either, with G-d's Help.

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