

90 days. Sounds impossible. Here we go!

Posted by thatguyoverthere - 26 Aug 2013 14:29

Ah Lord G-D! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee: /Jeremiah 32:17

I will force myself to update here every day. Today is day 2. I am sober. Once I reach 30 days I will qualify to join an accountability group without having an internet filter. I wrote an introduction on who I am and my struggle in the introduce yourself forum.

guardyoureyes.com/forum/19-Introduce-Yourself/217145-Time-to-say-hi---I-need-to-get-free%21%21

Thanks, GYE for existing. I must break free. It's impossible for me, but with haShem everything is possible. As you know, the above passage says "lo yipale mimcha kol davar" (I am Israeli I write my Hebrew as I say it, not the ashkenazi way, sorry). Which could also be "there is no miracle to great for thee". There is no pele that he cant do.

I really need that Pele in my life. I need a miracle. Help me.

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Re: 90 days. Sounds impossible. Here we go!

Posted by inastruggle - 09 Sep 2013 03:04

B"h, great to hear. KUTGW.

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Re: 90 days. Sounds impossible. Here we go!

Posted by thatguyoverthere - 10 Sep 2013 14:24

Struggle-day. Still going strong. Will not let myself slip.

The accountability thing on my phone is a great help. If I do anything my wife will get an unpleasant email on Friday and there is no way I can avoid it. It's not a solution but a good tool. Keeps me away from it more easily. I am at 16 days now and just got a sponsor and joined a group (group 11).

Can anyone tell me how the group works? Where do I see the group count, and when does the count start? Who takes the lead? Only me and one more have written on the forum. Should I send out an email to the others?

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Re: 90 days. Sounds impossible. Here we go!
Posted by tryingtoshteig - 10 Sep 2013 17:12

[thatguyoverthere wrote:](#)

Can anyone tell me how the group works? Where do I see the group count, and when does the count start? Who takes the lead? Only me and one more have written on the forum. Should I send out an email to the others?

It seems to me (and anyone can feel free to correct me if they have had a different experience) that the accountability groups do not add a whole lot over the regular forum, unless you are all in touch by email or phone. As far as I know, there is no group count that is kept track of automatically like there is for the 90 day personal chart. So you all just keep in touch either on your group's thread (which nobody seems to really do long term, because the threads are public and I have not seen them really take off, and it is really no different than the rest of the forum because **everyone** can see what's going on and put in their 2 cents) or be in touch through email or phone (which maybe some groups do, mine never did). The bottom line is, other than setting up a designated thread for you and distributing the other group members' email addresses, the groups do not have any other built in features, so it is up to the members of the group to take the initiative to keep up the contact and all the accountability, chizuk, etc.

Anybody out there have a different experience with accountability groups?

(I am not trying to bash them, just explaining how they work)

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Re: 90 days. Sounds impossible. Here we go!
Posted by cordnoy - 10 Sep 2013 17:47

we have a group email; it helps somewhat...more personal

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Re: 90 days. Sounds impossible. Here we go!
Posted by smiley1900 - 12 Sep 2013 12:48

[Lizhensk wrote:](#)

Just one comment id like to make. Alot of people on here will agree with me that if you only focus on the 90 day count without any concrete methods of keeping clean, you will sort of be "Holding your breath" (as Dov would say... sheesh, im quoting him a lot) and not really healing the inside. I know because it happened to me.

So what are your plans?

I thought the 90 day concept was not so much about healing than about breaking the pattern (which I guess is part of the healing process...).

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Re: 90 days. Sounds impossible. Here we go!
Posted by thatguyoverthere - 23 Nov 2013 21:20

I DID IT!!!!

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Hi, sounds like your on your way and i wish you the best!!!

Re: 90 days. Sounds impossible. Here we go!
Posted by ddm11219 - 24 Nov 2013 19:29

WOW

thanks for reporting

just went down to my shul a gave lechayim for my chevra there, they asked me whats the simche today, i told them i good friend of mine had a Hatzluche in 1 of his issues, some1 answered nice to hear, let hashem help we should have hatzluche in our issues, well well said

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