

How does the 90 days work?

Posted by TryTryAgain - 28 Oct 2013 05:02

Right now I'm trying to stop my addiction because I want to and I know that it is the right thing to do. However, There is a little part of me, which I'm assuming is the addiction, that is telling me that I need this bad and I don't really want to stop. I think I will get to beyond 90 days, but since I enjoy the bad things, what will make me not want to look at them anymore? Staying clean will break the addiction, but how do I know the addiction won't stay away?

I never had any other real addictions so I'm not understanding how this works. Any info will be greatly appreciated

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Re: How does the 90 days work?

Posted by ploni.almoni@gmx.com - 28 Oct 2013 05:22

As far as I know staying clean for 90 days in a row helps only in one respect. It's intended to address the "conditioning" part of addiction, where you seek out your drug automatically, not because you really need it. Somebody correct me if I am wrong.

Staying clean for 90 days may not remove your desires, but think of all that time staying clean: all those days that you don't feel terrible about acting out your addiction, and you have good feelings instead.

Hashem doesn't want you to have no desires. He put them there. So by feeling the urges you are doing your part in this world.

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Re: How does the 90 days work?

Posted by MBJ - 28 Oct 2013 13:01

Ploni is right. 90 days will not stop/cure your addiction. You may very well get through 90 days and come out a dry lust drunk ready to take a drink again as soon as 90 days are up.

90 days is for breaking the habits, thought patterns and preconceived notions that you have. After years of acting on our lust, we are like Pavlov's dogs, salivating at the sound of the bell. If you go 90 days clean, you will **weaken** those automatic responses where you reach for lust as your medicine. Weaken, not remove. If you make it through 90 days you will have learned to stay away from triggers that pull you back in. Most importantly, you will learn that your penis will not fall off, or your head will not explode if you don't masturbate, and that we actually have a choice to act out or not.

Being clean will not break your addiction, and it will not take your urges away. BUT it is a very power starting place. I got through my first 90 days and only then was I able to take positive steps toward sobering up from my addiction. Before that I didn't have the clarity or wherewithal to even know where to start.

Good luck, and remember one day at a time.

Eli

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Re: How does the 90 days work?

Posted by nitzotzeloki - 28 Oct 2013 13:59

the 'big book' of alcoholics anonymous describes addiction as a three part disease. physical, mental and spiritual. in my experience, and i am GREAT at relapse, the 90 day thing only helps for the physical part. dealing with the mental and spiritual parts is constant.

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Re: How does the 90 days work?

Posted by gibbor120 - 29 Oct 2013 00:24

90 days is not magic. Some have found it helpful, some have found it to be counter-productive. See what works for you.

If you are an addict, 90 days will not make your addiction disappear. There are lots of tools to help. Stick around and see which ones work for you.

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