

My 90-Day Journey

Posted by TalmidChaim - 06 May 2014 16:45

Hey Everyone,

Thanks, already, for the outpouring of support and motivation! I'm five days into this haul, and still very motivated.

My first thoughts (read: anxieties) moving forward, however, are related to what happens when this initial dopamine rush of optimism fades, as rushes are wont to do. We all know, especially as men with addictive and obsessive personalities, that there's a biochemical fix associated with new and exciting things. The GYE journey, for me, now, is new and exciting. But what happens after ten days, twenty days, B"H...90 days? I'm beginning to see the wisdom in the old adage, one day at a time. But I'm also eager to benefit from the erudition of the veteran (and freshman) tzadikim here on GYE.

Thank you so much!

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Re: My 90-Day Journey

Posted by TalmidChaim - 25 Jul 2014 21:15

Thank you so much, guys! It certainly is a double blessing. It's also a blessing to be part of such a supportive, loving brotherhood. I couldn't do this without you (and HaShem, of course)!

And Unanumun, I'd be honored if our sons became friends! Who knows? We might very well be neighbors!

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Re: My 90-Day Journey

Posted by TalmidChaim - 25 Jul 2014 21:17

[gibbor120 wrote:](#)

MAZAL TOV! KUTGW!

[TalmidChaim wrote:](#)

this whole concept of *letting go*...is still kind of hard to grasp

No pun intended?

Avoiding puns on this site, both intentional and unintentional, is proving quite challenging!

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Re: My 90-Day Journey

Posted by ineedchizuk - 27 Jul 2014 01:42

Mazal tov, Talmid!

Inspiring.

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Re: My 90-Day Journey

Posted by unanumun - 28 Jul 2014 01:46

Saw your name on the 90 day chart.

Seems like your in your longest streak.

Hatzlocho and brocho veiter

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Re: My 90-Day Journey

Posted by shivisi - 28 Jul 2014 16:43

[TalmidChaim wrote:](#)

Avoiding puns on this site, both intentional and unintentional, is proving quite challenging!

Shivi'm punim LaTorah

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Re: My 90-Day Journey

Posted by TalmidChaim - 08 Feb 2015 18:51

0% Tolerance/100% Self Forgiveness.

Just checking in... I'm sorry I've been away from the forums for so long. I'm still working on my struggle, and optimistic, despite my various falls.

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Re: My 90-Day Journey

Posted by cordnoy - 08 Feb 2015 21:51

Welcome back,

We used to be in contact.

b'hatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 08 Feb 2015 22:23

I kept up faithfully with the 90 days chart; I've just been absent from the forums. I feel like my priorities were the opposite of what they should have been. But here I am!

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Re: My 90-Day Journey

Posted by Shmeichel - 08 Feb 2015 23:23

nice to see you trucking along

give us some advice

what has helped you in your journey?

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Re: My 90-Day Journey

Posted by TalmidChaim - 09 Feb 2015 01:05

Thanks, Shmeichel!

I haven't exactly racked up the clean days to justify giving any advice except, stay tied to this site (or your support group, or your sponsor, etc.), as much as possible. I failed a lot during this last hiatus, at times, everyday. But I updated my chart assiduously, without fail. At times -- and this might not necessarily be a good thing -- my fail-and-update-the-chart pattern became a rote, mindless habit, something I did as a matter of routine. But I'm back here updating my status, reading the emails, browsing the forums. And obviously, that's a very good thing.

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Re: My 90-Day Journey

Posted by Gevura Shebyesod - 09 Feb 2015 01:34

Welcome back!

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Re: My 90-Day Journey

Posted by cordnoy - 09 Feb 2015 02:42

what happened to the emails?

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Re: My 90-Day Journey

Posted by TalmidChaim - 09 Feb 2015 22:18

Hey Cordnoy,

The emails go to a separate account, and in my half-committed mind-set, I avoided going to that account all together. I'm going to do my best not to make that mistake again, and stay on top of them.

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Re: My 90-Day Journey

Posted by cordnoy - 10 Feb 2015 15:19

I was talkin' about mine with you.

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