

My 90-Day Journey

Posted by TalmidChaim - 06 May 2014 16:45

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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 - 13 Mar 2015 14:25

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[Shmeichel wrote:](#)

correct!

today is my rotten lemon

Haha!

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Re: My 90-Day Journey

Posted by TalmidChaim - 13 Mar 2015 14:26

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This might go without saying, but wow is it easy to stay focused, determined and full of optimism shortly after you act out. But as the days wear on, and the temptation builds, it just gets harder and harder.

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Re: My 90-Day Journey  
Posted by cordnoy - 13 Mar 2015 16:21

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[TalmidChaim wrote:](#)

This might go without saying, but wow is it easy to stay focused, determined and full of optimism shortly after you act out. But as the days wear on, and the temptation builds, it just gets harder and harder.

So stay connected.

The group was just askin' about you.

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Re: My 90-Day Journey  
Posted by TalmidChaim - 15 Mar 2015 09:58

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Glad to be a part of it, Cordnoy. I'll come by again.

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Re: My 90-Day Journey  
Posted by cordnoy - 15 Mar 2015 14:43

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lookin' forward....

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Re: My 90-Day Journey

Posted by TalmidChaim - 16 Mar 2015 14:33

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Working on another clean day. I'm going to use the 90-day count, but obsess less about it. I could see it distracting me from some fundamental recovery precepts.

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Re: My 90-Day Journey

Posted by TalmidChaim - 23 Mar 2015 01:42

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I'm at seven days, working on Day 8. I'm reading more about addiction and really taking the "homework" (i.e., self work) aspect of recovery a lot, a lot more seriously now. I'm reading the SA White Book and ordered The Light of Ephraim to kind of get some inspiration. Mostly, I'm really trying to actualize this whole "Letting go and letting G-d" mentality. It's definitely a revelation.

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Re: My 90-Day Journey

Posted by serenity - 23 Mar 2015 03:23

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Sounds good, keep it up!

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Re: My 90-Day Journey

Posted by shlomo613 - 23 Mar 2015 20:49

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Hi talmid chayim,

I'm new to using this sites stuff so not sure you got it, or anyway just to let you know that I private messaged you so check your messages. Please don't bite me!

Shlomo

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Re: My 90-Day Journey

Posted by TalmidChaim - 24 Mar 2015 13:31

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Haha. Why would I be annoyed? I'll check it now. Thanks for writing!

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Re: My 90-Day Journey

Posted by TalmidChaim - 27 Mar 2015 13:33

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I had a fall after 11 days yesterday. That was my second longest streak so far, so I was doing something right. Obviously, though, I was doing some things incorrectly too.

When a temptation appeared, I really tried to admit to myself and HaShem that I wanted to act out. I then asked HaShem to take the desire away. Believe it or not, this was the first time I explicitly said this in the face of desire. It worked a few times, but maybe my sincerity just wasn't there when I gave in to temptation. I don't know.

But I'm committed to staying clean now and looking forward to letting HaShem see me through past 11 days, past 30 days, past 90 days, and on and on, and on and on.

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Re: My 90-Day Journey

Posted by serenity - 27 Mar 2015 14:46

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We only have today! You sound well. Thanks for your honesty.

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Re: My 90-Day Journey

Posted by Gevura Shebyesod - 27 Mar 2015 15:16

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Sorry to hear of your fall.

But look at the progress you're making. you're on the right path, it's a process and it takes time and effort. And yeah i know what you mean about wondering about my sincerity i do that all the time. it's like this little voice in my head keeps asking "Do you really mean that?". But we have to just say it anyway and then make the right choice for right now. Actions and positive self-reinforcement will lead to genuine feelings in time.

KOMT!!

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Re: My 90-Day Journey

Posted by SamJoe - 27 Mar 2015 17:33

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BTW I would like to mention that my biggest fear NOW would be to have a fall, it would be really hard to accept but now that I see your honesty I feel more comfortable with the idea, thanks alot!

Hatzlacha!

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