

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 - 27 Apr 2015 11:45

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Hey Guys,

Still clean, but also, very busy (one of the advantages of not having idle time). But as they say in baseball, a win is a win, and a clean day is a clean day. B"H.

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Re: My 90-Day Journey

Posted by cordnoy - 27 Apr 2015 13:49

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And although they say in my town, "Wait till next year"; baby, This is next year!

Go Cubs!

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Re: My 90-Day Journey

Posted by TalmidChaim - 28 Apr 2015 11:53

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Cordnoy, I'd make fun of my Mets too, but they're doing too well. What's a self-hating baseball fan to do when his team performs?

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Re: My 90-Day Journey

Posted by Bigmoish - 28 Apr 2015 19:34

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That's too easy when you're talking about the Mets. Just sulk about the inevitable August/September collapse now!

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Re: My 90-Day Journey

Posted by TalmidChaim - 29 Apr 2015 11:14

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I know, Moish. But there are seasons where we don't even have the potential.

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Re: My 90-Day Journey

Posted by TalmidChaim - 29 Apr 2015 21:45

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Still clean, and still studying. B"H

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Re: My 90-Day Journey

Posted by Palti-Yossef - 30 Apr 2015 12:08

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[TalmidChaim wrote:](#)

Still clean, and still studying. B"H

This is a big 'hizuk for me. Thank you !!

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Re: My 90-Day Journey

Posted by TalmidChaim - 30 Apr 2015 14:15

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Thanks, Pati! I assume you mean the clean part ;-). And you getting chizuk from this, gives me chizuk as well.

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Re: My 90-Day Journey

Posted by TalmidChaim - 03 May 2015 03:11

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Still clean; still studying. I'll be done this week and back with more of presence here.

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Re: My 90-Day Journey

Posted by Palti-Yossef - 03 May 2015 08:00

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[TalmidChaim wrote:](#)

Thanks, Pati! I assume you mean the clean part ;-).

I was talking about the clean part AND the still studying. I am also in an exam period and this is a big problem for me when I have to stay all the day on my desk to work. So the 'hizuk was from

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Re: My 90-Day Journey

Posted by TalmidChaim - 03 May 2015 11:27

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Okay, got it. Stress plus isolation is bad for us, yeah. Are you almost done?  
both

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Re: My 90-Day Journey

Posted by Palti-Yossef - 03 May 2015 11:53

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Thank you for asking !

I end in 3 weeks but (I hope) the hardest part is done because holidays end tomorrow !

"Stress+isolation" totally that !

Happy you'll be done in a week B"H, stay strong !

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Re: My 90-Day Journey

Posted by TalmidChaim - 04 May 2015 14:23

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The schoolwork stress is very high now, really trying to focus. Stress really is THE thing that sets me off.

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Re: My 90-Day Journey

Posted by serenity - 05 May 2015 01:12

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Don't fight stress, accept it and surrender it. Hatzlacha!

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