

GYE - Guard Your Eyes

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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 yiraishamaim - 05 May 2015 09:45

Also, think of all the experience you've had where you thought that it eas too much and you got it done.

You did it then and you will do it again.

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Re: My 90-Day Journey

Posted by TalmidChaim - 05 May 2015 13:51

Thanks for all the chizuk and advice, guys! I'm still stressed, but hanging in there. It makes me feel better knowing I have such caring friends here.

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Re: My 90-Day Journey
Posted by TalmidChaim - 06 May 2015 21:05

Hey Guys,

Just saying I'm here!

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Re: My 90-Day Journey
Posted by Palti-Yossef - 07 May 2015 06:40

[TalmidChaim wrote:](#)

Hey Guys,

Just saying I'm here!

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Re: My 90-Day Journey
Posted by Pidaini - 08 May 2015 12:08

You're better than me!!

I didn't even make it that far the past two days!

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Re: My 90-Day Journey
Posted by TalmidChaim - 08 May 2015 14:20

Haha, far, far less than better than you. Everyone here is a tzadik, and that's the way I like it.

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Re: My 90-Day Journey
Posted by TalmidChaim - 11 May 2015 13:38

I'm done with most of my work and a lot less stressed out. I want to start reading more of the Big Book now and working on do a lot of the tangible self work that the program requires.

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Re: My 90-Day Journey
Posted by serenity - 11 May 2015 19:17

Glad to hear!

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Re: My 90-Day Journey
Posted by TalmidChaim - 12 May 2015 11:40

Thanks, Serenity. There's a very pristine, unopened Big Book hiding in my desk drawer. A lot of good it's doing me there.

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Re: My 90-Day Journey
Posted by cordnoy - 12 May 2015 12:08

its better than some of the stuff I had/have hidden in the drawers.

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Re: My 90-Day Journey
Posted by shlomo613 - 12 May 2015 21:03

TC how are you?

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Re: My 90-Day Journey
Posted by TalmidChaim - 13 May 2015 15:54

Doing well. Cordnoy's comment for the win, as usual. HAHA.

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Re: My 90-Day Journey
Posted by TalmidChaim - 18 May 2015 03:35

I succeeded in weathering some tough temptation, so I'm feeling good. There's a lot to be said about just mentally giving in to the fact that you want to act out, admitting it yourself and letting go of the need to fight it.

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Re: My 90-Day Journey
Posted by serenity - 18 May 2015 03:50

Thank you so much for that.

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