

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 cordnoy - 20 May 2015 13:29

[TalmidChaim wrote:](#)

I'm feeling good.

I'm feelin' good on a Wednesday

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Re: My 90-Day Journey

Posted by TalmidChaim - 20 May 2015 14:51

Wednesday morning, no less!

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Re: My 90-Day Journey

Posted by TalmidChaim - 26 May 2015 14:32

Just saying, "Hi!" Clean and going strong, B"H.

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Re: My 90-Day Journey

Posted by shlomo613 - 26 May 2015 17:07

Hi TC, How was Shavu'os? What you gonna do to keep the good streak going longer than in the past?

Shlomo

PS Sorry if that is hard. I've told you in the past that I think you need some tough straight talking - so I give it. I'm risking my own scalp here.. 'cos I'm sure others will lynch me for being nasty.

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Re: My 90-Day Journey

Posted by stillgoing - 30 Jun 2015 23:14

Hi TC. we miss you. Whats doing?

SG

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Re: My 90-Day Journey

Posted by serenity - 01 Jul 2015 01:14

Been quiet around here, come on back!

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Re: My 90-Day Journey

Posted by unanumun - 01 Jul 2015 15:13

I sense some

i s o l a t i o n ! ! !

The incredible hulk has turned into the invisible man.

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Re: My 90-Day Journey

Posted by TalmidChaim - 02 Jul 2015 17:52

Hey Una,

Haha. I've been around, commenting on other threads a lot. I was under the weather these past three days.

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Re: My 90-Day Journey

Posted by unanumun - 02 Jul 2015 20:56

Glad to see you are feeling better.

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Re: My 90-Day Journey

Posted by TalmidChaim - 02 Jul 2015 21:41

Thanks! Not a 100%, but enough to catch up with some of the stuff here.

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Re: My 90-Day Journey

Posted by serenity - 02 Jul 2015 22:08

Hey brother!

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Re: My 90-Day Journey

Posted by yiraishamaim - 03 Jul 2015 04:09

You sure you ok man?

You look a little green?

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Re: My 90-Day Journey

Posted by TalmidChaim - 06 Jul 2015 01:12

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Re: My 90-Day Journey

Posted by TalmidChaim - 06 Jul 2015 01:12

Hey Serenity!

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