

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 cordnoy - 20 Oct 2015 18:38

[TalmidChaim wrote:](#)

idle time contributes to my addiction

My experience is that the addiction is there.

Idle time allows me to make use of it.

Once I learn how to live life, i can live godly - even in the idle time.

b'hatzlachah

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Re: My 90-Day Journey
Posted by Shlomo24 - 20 Oct 2015 19:00

[TalmidChaim wrote:](#)

This might be a "No Duh" post, so I apologize if the obviousness of it borders on obnoxious. I also don't want to downplay the pull of my addiction, or try to weasel out of the serious work that needs to be done to achieve sobriety. This is just something practical that I need to work on.

it's amazing how as an addict i can forget the most simple, basic things so quickly. no need to apologize. (even if it was "no duh" still no need to apologize, this is a non-judgemental environment)

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Re: My 90-Day Journey
Posted by TalmidChaim - 21 Oct 2015 00:06

Thanks for all the responses! Excellent insight, as usual. Keeping busy, for me, is far from a fix. But it is solving at least one problem, procrastination, and taking the edge off of another, lust addiction.

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Re: My 90-Day Journey
Posted by TalmidChaim - 08 Nov 2015 17:52

My discipline with staying active on the forums might be at an all-time low. I'm sorry!

I'm still religiously using other tools, like the 90 Day calendar, here on GYE. So I'm around, just lurking.

I'll make an effort (B"N) to keep up with the forums.

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Re: My 90-Day Journey
Posted by Shlomo24 - 09 Nov 2015 01:25

if doing what ur doing is working then why beat urself up abt not being active on the forums? the forums are a tool that can be helpful for some and not helpful for others

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Re: My 90-Day Journey
Posted by TalmidChaim - 19 Nov 2015 15:45

Thanks, Shlomo24. It never ceases to amaze me how genuinely nice, caring and thoughtful the

Things could be working a lot better, whatever improvement I've seen notwithstanding. I need to stay tuned in here more!

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