

Doing the 90-Days (again), but this time...

Posted by m58yiw84niym - 01 Oct 2015 05:06

I'M GOING TO MAKE IT!!!! YARRRGH!!!!!!

. It was a tough week,
I fell 3 times recently (the last one was particularly discouraging given the circumstances), and this coming after a particularly good streak through Yom Kippur.

But as they say, that's in the past. I wish it wasn't (boy, how I wish it wasn't), but it's there, and nothing I can do can change that. However, I'm pushing forward and starting anew, going strong with the program with a renewed and enthusiastic determination. In the decade or so that I've been fighting this, this is the most determined I've ever been, so it's now or... (don't want to say never, so I'll just leave it at "it's now").

Sorry about that, really needed to vent my frustration about this struggle

So here's the plan: (Side note: Just wrote that line, and stared blankly at the screen for several minutes trying to figure out if I actually had a plan. Still not sure if I do, but here goes) Starting today, I'm reading through the GYE Handbook. Hope to be done with it by the end of Isru Chag, and implementing the necessary tools from it. I'll also be posting in this thread almost daily), and keeping everyone updated. Also looking into getting a partner/sponsor.

So here goes: Starting off on Day 1.

P.S. Does anyone else agree with me that we need more varieties of "Topic Icon" smilies? I'm or . Ok, now that that's out of the way, time to hit submit!

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Re: Doing the 90-Days (again), but this time...

Posted by Yesod - 06 Mar 2016 14:57

That's great to hear, changes ranging from good to amazing? And very busy? Wow!

Keep it up!

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Re: Doing the 90-Days (again), but this time...
Posted by Shlomo24 - 06 Mar 2016 17:42

Keep going. We love you.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 07 Mar 2016 03:19

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 07 Mar 2016 03:26

To help you broaden your alphabet here's

(-: T H E S M I L E Y I N D E X :-)

The increasing number of computers and electrical communications

requires new standards. We now bring you one of the most important necessities; THE SMILEY

:-) the normal smiling face, appended to a sentence or an article

means 'this is a joke' or 'this is supposed to make you laugh'

:| no expression face, 'that comment doesn't phase me'

:(Sad or angry face ("unsmiley"), 'that comment makes me sad [mad]'

:-} Fiendish grin

;-) used after a (slightly) sarchastic comment

or

A wink

or

smiling face gets his lights punched out (could be pirate smiling

face??), submitter is a practical joker who played one too many and got

beat up

:| no expression face gets his lights punched out, says nothing but still

gets beat up

;-(sad face gets his lights punched out, sad or mad and got beat up, or

'that makes me so mad that if I ever see you I'll punch your lights out'

|-(Smiley sent late at night

:> Same as #1 except person who submitted it has problems with their lips

:-{) Same as #1 except submitter has mustache

:-} normal smiling face with pretty lips, same as #1 except person that submitted it is wearing lipstick or some other lip appearance improving device

:-\ popeye smiling face, for people who look like popeye

;-\ popeye gets his lights punched out

~/~ Stirring up trouble. (I have to admit I don't really understand this one)

:-] biting sarcasm smiling face, used when sarcasm is intended, since we cannot inflect our voice over the net

:-[biting criticism smiling face, ditto for criticism

:*) drunk smiling face, for those of us who like get intoxicated before or
while reading netnews

:) smiling face needs a nose job, no explanation necessary

:>) submitter has a big nose

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 09 Mar 2016 02:18

I missed yesterday (on this topic), but I was in the chatroom a bit, so that sort of counts instead.
Still clean (Thank God).

As an aside, In the past 2 weeks I've gotten more Karma points than I have in the 6 months
before, without writing much more than emojis. I think I'm on to something...

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 09 Mar 2016 03:01

Still clean? Great to hear my friend

Where's the decency?

I gave you the complete unadulterated list of smileys and you didn't use one??

I guess other in a flatline mood, Keep on Trucking / Posting my friend

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Re: Doing the 90-Days (again), but this time...
Posted by Josephsbrother - 09 Mar 2016 05:36

:>, A mini smile for all your next miles.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 09 Mar 2016 22:34

I was feeling a little sad/depressed for absolutely no reason at all today (except maybe withdrawal...) and my mind started wandering to places it shouldn't. I was able to dispel the thought pretty easily with (hopefully) no further negative effects, but I would've much preferred if it wouldn't have wandered to begin with.

Life would be so much simpler without a mind...

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Re: Doing the 90-Days (again), but this time...
Posted by cordnoy - 09 Mar 2016 23:36

It would be simpler without a as well.

We gotta run with that which is given to us.

B'hatzlachah

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 10 Mar 2016 01:39

[cordnoy wrote on 09 Mar 2016 23:36:](#)

It would be simpler without a as well.

We gotta run with that which is given to us.

B'hatzlachah

I don't really see how life would be simpler without a nose, but if you really think... waaaait a

Mr. Cordnoy, I'm fairly certainty I've said this here before, but I feel like I must repeat myself. Your contributions here are always top notch, almost always eliciting at the least a chuckle (if not an uproarious laugh) while often being deep and profound at the same time. Thank you again for contributing!

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 10 Mar 2016 19:25

It was a tough night last night (so bad, I'm even checking in during the day). While I didn't fall, I got way too scarily close.

I know what caused it though. It's a website that has quite a bit of legitimate material on it, yet I somehow always end up on the bad side of it... Frankly, I should've blocked this website a long time ago (it was responsible in the past four both falls and almost-falls). I guess I just kept hoping it wouldn't be too triggering, but I guess I was wrong.

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Re: Doing the 90-Days (again), but this time...
Posted by Josephsbrother - 11 Mar 2016 05:38

It was a tough night last night (so bad, I'm even checking in during the day). While I didn't fall, I got way too scarily close.

I know what caused it though. It's a website that has quite a bit of legitimate material on it, yet I somehow always end up on the bad side of it... Frankly, I should've blocked this website a long time ago (it was responsible in the past four both falls and almost-falls). I guess I just kept hoping it wouldn't be too triggering, but I guess I was wrong. I like coming on line, first opportunity, and being so busy surviving, gather just the best ray of light I can catch, feed on it, back to the grind, but when the battle is extreme, I wrestle with the One only, He does not let go of me, till I see it not my work to conquer, that is already sure, if we stay in the relationship.

Praying for you, please do the same for me, have the best day of victory.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 13 Mar 2016 14:39

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 13 Mar 2016 14:59

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