

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 Shlomo24 - 28 Mar 2016 05:11

I would like to add to what cordy said: My experience was that the way I "turned off" the urge

was by doing one thing. Letting go and letting god. B"h I haven't fought an urge in a long time. I just take a step back and let God do his work. If I fight then I will act out. Not necessarily because of losing, fighting itself just creates such an unrest inside me that I need to act out. My sobriety had been so pleasant and for me there is really no other way. I'd rather act out and not fight than be sober and fighting.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 31 Mar 2016 01:24

I had something I wanted to share, but I forgot what...

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 31 Mar 2016 01:30

I can give you ideas to refresh your mind

Maybe think about Cholent, where one ingredient has been liberally dispensed tonight

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Re: Doing the 90-Days (again), but this time...
Posted by peloni almoni - 31 Mar 2016 01:44

[m58yiw84niym wrote on 31 Mar 2016 01:24:](#)

I had something I wanted to share, but I forgot what...

you wanted to tell us that your memory was failing you

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Re: Doing the 90-Days (again), but this time...
Posted by peloni almoni - 31 Mar 2016 01:50

[peloni almoni wrote on 31 Mar 2016 01:44:](#)

[m58yiw84niym wrote on 31 Mar 2016 01:24:](#)

I had something I wanted to share, but I forgot what...

you wanted to tell us that your memory was failing you

... or perhaps what your screen name means ...

i have, on several occasions, played with the idea of collecting guesses on the forum and seeing if someone would get it at least partially right. i have some creative ideas. probably completely off though...

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Re: Doing the 90-Days (again), but this time...
Posted by peloni almoni - 31 Mar 2016 01:55

[markz wrote on 31 Mar 2016 01:30:](#)

I can give you ideas to refresh your mind

Maybe think about Cholent, where one ingredient has been liberally dispensed tonight

yes, mark has had so much beans tonight that for the next 8 hours, he is a bigger threat to the ozone layer than trump's private jet.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 31 Mar 2016 02:24

[peloni almoni wrote on 31 Mar 2016 01:50:](#)

... or perhaps what your screen name means ...

i have, on several occasions, played with the idea of collecting guesses on the forum and seeing if someone would get it at least partially right. i have some creative ideas. probably completely off though...

You wouldn't be the first, [many others have guessed as well](#). Thanks to Gevurah Shebyesod, I

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Re: Doing the 90-Days (again), but this time...
Posted by peloni almoni - 31 Mar 2016 02:42

... or perhaps what your screen name means ...

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~~actually remember my own screen name!~~
You wouldn't be the first, [many others have guessed as well](#). Thanks to Gevurah Shebyesod, I actually remember my own screen name! ;)am 58. why [am] i wait[ing] for any more?

am 58. why [am] i wait[ing] for, and i why am (what is my purpose)?

... come on, how close?

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

Posted by peloni almoni - 31 Mar 2016 02:46

[m58yiw84niym wrote on 31 Mar 2016 02:24:](#)

[peloni almoni wrote on 31 Mar 2016 01:50:](#)

... or perhaps what your screen name means ...

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

Posted by m58yiw84niym - 31 Mar 2016 02:51

[peloni almoni wrote on 31 Mar 2016 02:46:](#)

[m58yiw84niym wrote on 31 Mar 2016 02:24:](#)

[peloni almoni wrote on 31 Mar 2016 01:50:](#)

... or perhaps what your screen name means ...

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You wouldn't be the first, [many others have guessed as well.](#) Thanks to Gevurah Shebyesod, I

am 58. why [am] i wait[ing] for any more?

I'm sticking with what I've said in the past: my username stands for "Randomly Hit the Keyboard With My Fist", I'm just really bad at acronyms...

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Re: Doing the 90-Days (again), but this time...
Posted by cordnoy - 31 Mar 2016 04:04

[m58yiw84niym wrote on 31 Mar 2016 02:24:](#)

[peloni almoni wrote on 31 Mar 2016 01:50:](#)

... or perhaps what your screen name means ...

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chutzpah!

<https://guardyoureyes.com/forum/19-Introduce-Yourself/264599-New-to-the-forum-old-to-the-struggle#264957>

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 01 Apr 2016 02:01

[cordnoy wrote on 31 Mar 2016 04:04:](#)

[m58yiw84niym wrote on 31 Mar 2016 02:24:](#)

[peloni almoni wrote on 31 Mar 2016 01:50:](#)

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chutzpah!

<https://guardyoureyes.com/forum/19-Introduce-Yourself/264599-New-to-the-forum-old-to-the-struggle#264957>

My apologies, you do get credit as well. Mainly because [your peirush on Gevurah Shebyesod's reason](#) helped solidify the screen name.

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Re: Doing the 90-Days (again), but this time...
Posted by Gevura Shebyesod - 01 Apr 2016 02:08

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Re: Doing the 90-Days (again), but this time...
Posted by markz - 01 Apr 2016 02:14

85 what??

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