

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

Posted by m58yiw84niym - 01 Oct 2015 05:06

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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 markz - 01 Apr 2016 02:22

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Who?

Im goin outa my mind and it's after my good nite unfiltered device calendar time, so I can't check on my computer if you're saying 85 day - which don't show on my iPhone

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 08 Apr 2016 03:27

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[Gevura Shebyesod wrote on 01 Apr 2016 02:19:](#)

Oh and when's your 59th anniversary?

Come on man, right when I was remembering the entire name, you had to go throw in a wrench

As an aside, anyone else not a fan of these new oversized-emoji smilies?

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 12 Apr 2016 04:22

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29 is a cool number, I think I'm going to leave it there for now...

Something I really need to work on is keeping the momentum going while I'm still clean. It's not that rare for me to start something (i.e. post on the forum every day), then slowly start tapering off when things start going good. Next thing I know, a week or two later I'm snowballing downhill and if I'm lucky (by the grace of God), I can catch myself before I fall.

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and confuse me again...

Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 12 Apr 2016 22:20

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Well, this seemed to have a good run in the past, so lets do this again:

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 14 Apr 2016 01:29

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Was reading the GYE book today, and saw a piece that I really liked:

The pain we feel when not looking is not really our pain at all. It is the pain of the Yetzer Hara in his "death throes". He is screaming that we are hitting him hard. So we can actually enjoy the pain! We are feeling the pain of our enemy as he gets weaker!

Figured I'd share it here (this counts as my requirement of logging on today, even if I don't  
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Re: Doing the 90-Days (again), but this time...  
Posted by markz - 14 Apr 2016 01:36

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Isn't there a difference between pain and discomfort?

If we feel pained when not looking, is that a good sign? idk

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Re: Doing the 90-Days (again), but this time...  
Posted by eny - 14 Apr 2016 03:19

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the pain of delayed gratification is good - short term pain, long term good; lusting involved short term pleasure and creates long term pain.

the pain of working out, of struggling with a difficult sugya, of cleaning for Pesach can bring joy

the pain of not looking can bring on joy a moment later when thinking of the nachas Hashem has from it - I heard recently the importance of appreciating the siyata dishmaya every time you accomplish something spiritually - as opposed to thinking about what a great tzaddik I am

(just woke up, hope this is coherent)

B'hatzlacha Rabbah

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Re: Doing the 90-Days (again), but this time...  
Posted by m58yiw84niym - 30 May 2016 04:22

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Re: Doing the 90-Days (again), but this time...  
Posted by markz - 30 May 2016 04:33

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Is that the new "GuardYourEyes" mascot?

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