

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 m58yiw84niym - 07 Jan 2016 17:35

Hey everybody! Thanks for the kind words of support.

I'm back on track, and have been sober since that fall. I've just been pretty busy since then (and a bit under the weather), so haven't had a chance to post here.

The real thing I'm tryin to work on is this:

[cordnoy wrote:](#)

We definitely need to pick ourselves up and get back on the train, but for today, what step forward can we take?

Clearly, what I did until now was limited in its' effectiveness. I'm just not really sure what additional steps I could do now to fortify myself, and hopefully prevent any future missteps.

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

Posted by abe2710 - 07 Jan 2016 20:04

dear m58

im so relived to hear from you and that you have managed bounce back. the fact that you were able to go for so long without a fall is a sure sign that you are on the road to recovery. Hashem should help you achieve full recovery.

look around on the GYE handbook or from one of the articles on the site for ideas that you can do or perspectives that perhaps need changing. i personally found a atricle by Rabbi Twerski about lust to be extremely helpful.

much Hatzlocha

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

Posted by heiligeryid - 08 Jan 2016 16:39

can you please tell us which article?

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

Posted by abe2710 - 09 Jan 2016 18:01

the article is

guardyoureyes.com/articles/rabbi-twierski/item/shekker-hachein

until i read it i thought to myself that if only my wife was more beautiful then i would not lust all the girls in the street. after i read this and a similar account of someone who was married to a stunning women but still had lust issues i realised that lust is a ATTITUDE and will not go away until i change my attitude not my wife!

gut voch to all!

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

Posted by BenTorah.BaalHabayis - 11 Jan 2016 07:02

[abe2710 wrote:](#)

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gut voch to all!

Thanks Abe for the link to the article. Coincidentally (or should I say B'hashgachah?) I was just having this exact conversation with my wife tonight on our car ride home. You see, I was opening up to my wife a little bit about my renewed focus on Shmiras Einayim and machshava. She told me she was feeling that the reason why I was working on this so much must be because she was failing to satisfy me as a wife with the she dresses and our intimate life. This was said because in truth this is something we've been struggling with for a while. My wife never wanted to wear a long beautiful shaitel, and she actually is much more the hat type etc. For me this has been very difficult as I was kind of measuring her up in contrast to the women I saw on the street. But with everything I've been learning here I came to realize that the issue is not with her but with me. If I can control my lusting I won't have a need to compare how she dresses. She dresses beautifully in her own way.

I explained this to my wife last night and she was very grateful to hear it from me. And I'm happy to see Rabbi Twerski offer the same perspective.

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Posted by cordnoy - 11 Jan 2016 09:02

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This is beautiful.

Keep it up.

B'hatzlachah

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Re: Doing the 90-Days (again), but this time...
Posted by Josephsbrother - 12 Jan 2016 04:36

[BenTorah.BaalHabayis wrote:](#)

[abe2710 wrote:](#)

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Each of our wives are beautiful in their own way, we just need to see through our Creators eye, One is more willing to reveal, then I am sometimes ready to find out. Our Creator allow our seed to enter them, now apart of us is link to them, let us treasure our journey with them, she is now because of union the most important helpmeet of B"H. She has received a part of us individually, she has some of our best, but she also has a DNA link to our worst. Let us treasure our helpmeet, humble, call often in much positive prayer for the center of our life to be blessed.

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Re: Doing the 90-Days (again), but this time...
Posted by Josephsbrother - 12 Jan 2016 05:41

Great article.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 14 Jan 2016 05:46

Still sober (thank God), still working hard.

Still trying to set up more fences, to ensure that when the next wave comes in, I'm prepared to handle it. Yes, I'm aware of the One Day At A Time mantra, but I don't think that means I can't plan ahead either. I just hope I can come up with an effective solution to help in the future.

Anyone looking for a partner?

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

Posted by eny - 19 Jan 2016 01:43

What does having a partner mean for you?

My sponsor is great, but also working with a partner would be even better.

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

Posted by m58yiw84niym - 19 Jan 2016 05:10

23 days clean and going strong. Still reading the White Book, almost done (about 80% through). Interesting stuff, although I liked the GYE Handbook more (granted, I don't think I'm experienced enough to really have a valid opinion on this).

[eny wrote:](#)

What does having a partner mean for you?

My sponsor is great, but also working with a partner would be even better.

I guess the main point of a partner (in my mind) is to have someone in the same situation as you, who is also working on growing and improving, who can give you encouragement when you're in a particularly tough situation, and who you can help (and by extension, make yourself stronger) when they're in a tough spot.

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 31 Jan 2016 03:56

Wow, it's been way too long since I stopped by here. My thread almost fell off the first page of the forums!

I'm still clean (Baruch Hashem!!!), just haven't gotten around to posting here (my cynical side is saying that's somewhat of a good thing, since if Chas Veshalom I had a fall, I'd probably have been motivated to comment quicker...).

Recently finished reading through the White Book for the first time, can't say I've full internalized all the lessons (hey, it's only my first time through it), but will definitely go through it again. First I think I'm going to reread the GYE book, though. It's been a while since I finished it, and I remember it was really good.

Well, thank you everyone for listening. Good night and KOT!!!

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Re: Doing the 90-Days (again), but this time...
Posted by m58yiw84niym - 18 Feb 2016 21:40

I have a problem...

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Re: Doing the 90-Days (again), but this time...
Posted by Bigmoish - 18 Feb 2016 22:03

Shvigger?

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