

This is my first try at 90 days

Posted by benAvram66 - 01 Mar 2016 14:57

Hi, everyone,

This is my first try at attempting to get 90 days clean....I am a little nervous, and even scared that I won't be able to do it...I have relapsed so much that I wonder if I will ever be able to get even a few days. How has anyone dealt with this kind of thinking...? Or, what worked for you when you were first starting out on this 90 day journey?

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Re: This is my first try at 90 days

Posted by realsimcha - 02 Mar 2016 06:19

[benAvram66 wrote on 02 Mar 2016 04:50:](#)

Thank you...I think this is the first time I don't feel so alone. It is a terrible thing to not be able to talk to anyone about this problem...Oy, I even have the most difficult time even bringing it up to my therapist or my really kind doctor. The shame is so crippling, the need to ask for help...up until now, was nearly impossible due to the stigma or shame that is associated with this type of

This was the biggest thing for me. Just knowing that there are people out there has given me more strength over the past few weeks than I have had in the longest time. So lets keep marching forward together!

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Re: This is my first try at 90 days

Posted by markz - 02 Mar 2016 11:40

[benAvram66 wrote:](#)

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I mentioned it to my ~~mild~~ Asperger (not Jewish) Therapist, and she was like "my boyfriend does porn... Men do that..."

thing. Thank you for letting me know that I am not alone...it means so much.

It's something any normal person - man or lady - knows that many men do. And a good therapist may be able to help you...

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Re: This is my first try at 90 days
Posted by markz - 02 Mar 2016 11:42

[cordnoy wrote:](#)

All I'm sayin' is that this is recurrin'.

Someone joins gye.

Announces he's startin' 90.

We bash him for thinkin' ahead.

I think we/I should allow them some slack.

There are times when the 90 is overdone, but in general, it is a good mile marker, not destination.

B'hatzlachah to all.

You're right in general

in this instance however Gevura and myself were answering a question, which our friend appreciated

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Re: This is my first try at 90 days
Posted by cordnoy - 02 Mar 2016 12:36

[markz wrote on 02 Mar 2016 11:42:](#)

[cordnoy wrote:](#)

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Maskim.

Thanks

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Re: This is my first try at 90 days

Posted by Anonbrother613 - 02 Mar 2016 14:52

Hi,

I remember learning somewhere that the Yetzer Hara seems really strong and scary, but when we defeat we realise just how weak it was. My best advice.....when the Yetzer Hara comes knocking once.....don't try to run away....just beat him...only once.....seriously, just this one time.

Beat him just to show him that you can do it. Just one time. Once!

Once you do that, you'll realise just how pathetic he is, and the next few times are easier.

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Re: This is my first try at 90 days

Posted by markz - 02 Mar 2016 14:57

...until he rears his head again?

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Re: This is my first try at 90 days

Posted by Anonbrother613 - 02 Mar 2016 15:15

Oh, you're right. He will.

But you'll be infinitely stronger in the knowledge that you beat him once.

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Re: This is my first try at 90 days

Posted by markz - 02 Mar 2016 15:24

Stronger in the knowledge, but weaker than him - that's my experience - the weakling I am...

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