

A New Approach to the 90-Day Journey

Posted by BEHS - 29 Mar 2016 19:17

I'm a baseball fan and a numbers guy. And the numbers we discuss in baseball are typically percentage-based: Batting average, OBP, slugging percentage,... The numbers that represent actual occurrences are typically noted only when they are outliers. Hank Aaron's homeruns, Ricky Henderson's stolen bases, (don't tell the MLB that I'm mentioning this next one) Pete Rose's hits,... These are monumental feats that seem superhuman. In that second category would also be Joe DiMaggio's hitting streak, Orel Hershisier's scoreless innings streak, and Cal Ripken Jr's consecutive games played. These are superhuman feats that we never expected to happen and will probably never happen again. (See where I'm going with this yet...?)

I know I have trouble with lust. I'm a proverbial red-blooded male. It's been a problem with me for longer than it hasn't been. For me to have a significant streak would require superhuman strength which I don't have. But that doesn't mean I can't try to hit for average. I can't keep beating myself up over losing my streak when I don't have the *koach* in me to maintain it. That's up to Someone Else to give me that superhuman power. If He chooses to, I'll be tremendously grateful, but if not, I'll do what I can to get on base and bring in a few runs.

It's with this mindset that I'm changing my approach to the 90-day challenge. While I do hope to one day reach that tremendous milestone that currently seems so far out of reach, I have to begin by focusing on my batting average. And while I'll continue to track my streak, it's better for me to focus on percentages to keep upbeat about my progress.

I plan on updating this thread daily to track my ongoing "batting average" and welcome all to call me out if I begin skipping days. I may also reset the count every 90 days to test myself and see if I can hit better in subsequent periods and to give myself a target to beat.

As always, I welcome input from the *olam* as to whether this is a good idea that may need tweaking or if I should scrap it altogether.

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 06 May 2016 20:21

Abie, I updated my signature so that it has my Google voice anonymous number. Feel free to call me anytime and especially if I'm late to posting. It's not always because I'm struggling at the moment, but it always might be.

Markz, I'm looking forward to hearing your thoughts. I'll definitely be looking at your need thread.

Inastruggle, the point for me of focusing on the cumulative is primarily because I would constantly get down after every fall. It was never a fall, it was always 3-4 days of falling, if not more. Just like you pointed out, at this point in my journey, it's all for chizuk.

Working guy, acharon acharon chaviv. It seemed at the beginning of this thread that you were more for the traditional 90 day count. I understand I'm doing something different and it's because that wasn't working for me. I welcome critique and constructive criticism because I'm hoping to get better, not just run a Mesillas Yesharim blog. Keep the comments coming. My parade is still bright and sunny, even though Manhattan has been pretty overcast lately. But it doesn't bother me, it just means women on the street are more covered, if only slightly so.

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Re: A New Approach to the 90-Day Journey
Posted by inastruggle - 06 May 2016 20:54

If you're consistently unable to stay clean for long then you're probably missing something.

What would that be?

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 08 May 2016 06:09

$38/40 = .950$

Abie, the ?????? ????? is coming soon. Just getting to it now as I've been busy with some post-??? chores.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 08 May 2016 07:41

An example that the ????"? brings of the troubles faced by a lazy person is explained in ????. His field is overgrown with thorns and covered with thistles. His punishment, as expressed in ????, is that he will be bitten by a snake. Explains the ????"?, this is because a snake's bite spreads and kills you slowly. You don't feel it immediately. So too with laziness, you slowly deteriorate and get dragged down into the physicality of ????. ???.

Oftentimes, people know what they are supposed to be doing in their ?????? '?', and even so, they don't do it solely because they are lazy. They take little breaks here and there, using any excuse they can, and in the meantime nothing gets done. [Definitely a problem that I am more than familiar with.] And they are always able to justify their excuses, thinking that they are reasonable. In reality, they are never logical and they stem purely from laziness. The real problem, however, is that they will never see this for what it truly is, and they always shrug off criticism from those that try to guide them down the correct path.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 09 May 2016 04:52

$39/40 = .951$

Since we are so subjective when it comes to our laziness, and we so easily justify our lack of ??????, the ????"? points out that any leniency we take in our lives must be examined from all sides. The general rule is that we take the easy way due to laziness, so in this regard we are guilty until proven innocent. If the lenient position holds up to intense scrutiny, go with it. But we always must be aware of the fact that our natural tendency is to be lazy, and we must always fight against it.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 10 May 2016 02:01

First of all, I had a typo yesterday. It should have been $39/41 = .951$

Today is $40/42 = .952$

The "???" opens up the 7th ??? detailing two components to alacrity: before one begins an action, and after one has already begun the action. The first component means that when one is presented with a "???" or when you think of doing one, you must start it immediately. You must grab the first opportunity to get involved. Every moment that you delay your involvement creates another possibility of a hindrance preventing you from going through with and fulfilling the "???".

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 12 May 2016 02:44

$41/44 = .932$

There is a famous "???" that interprets the "???" of guarding "???" as applying also to "?????". Just as we don't allow ??? to become ???, so too we can't allow the "?????" to sit around. They will go stale as well. There is a "???" that the "???" quotes which seems to imply that there is even ??? for being the first to act when your intentions are "????", even if the action itself may be inappropriate.

The "???" points out that "?????" is something that goes completely against our physical nature. It requires tremendous effort to attain, and thus it is rewarded handsomely in "???? ???".

The second component to "?????" is that we must complete the "???" that we have started as efficiently as possible. [Definitely another area in which I have trouble. It's very easy to get excited about starting a new project, but to see it through to the end is often difficult.] Here's

a [link](#) to a great ????? from R' Akiva Tatz on ??? about this concept as well.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 13 May 2016 04:48

41/45 = .911

If we are excited to do '?????', we will act quickly in order to fulfill His desires. ?????? comes from that inward excitement and it also breeds further excitement. If we serve enthusiastically, it further intensifies our desire to serve. And if we serve lethargically, it brings down our enthusiasm and extinguishes the inner fire for '????? ?.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 15 May 2016 06:00

43/47 = .915

The main goal of our '?????', says the ????", is to make our hearts and desires subservient to Him. But changing our inner desires is very difficult. It's much easier for us to access our outer actions. Luckily, our actions can influence our feelings, and if we use our ?????? to serve '?' through actions, it can lead to our inner servitude as well.

'??? ?

The ????"? explains that one acquires ?????? in the same ways as he acquires ??????. They are mirrors of each other. ?????? is the ??? ??? and ?????? is the ??? ???. The main focus should be one's obligation to fulfill ?????? and this will inspire him to serve ???"?. One of the ways to increase the desire to serve is to focus on all of the good that ????"? does for us. Realizing what we receive will show us what we owe Him. However, since we can't actually give to Him, at the very least we can fulfill his ?????? and do what He requests from us.

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Re: A New Approach to the 90-Day Journey

Posted by Workingguy - 16 May 2016 03:30

BEHS,

Just asking, not antagonizing- when you're average drops is that all you're mentioning about a fall? Or do you plan on sharing and analyzing a little?

not pushing one way or the other (yet); just curious.

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 16 May 2016 05:39

Hey WG,

It's interesting that you mention that. I was beginning to feel like this is becoming more of a *Mesillas Yesharim* blog than anything else. Truth be told, I've never been very comfortable talking about myself or being the center of attention. I've always been someone who's comfortable fading into the background of a situation. I'm generally more comfortable discussing ideas and concepts than how they apply to me personally.

I've felt this all the more so with *shmiras ainayim* issues. I've always felt that everyone has their individual *nisyonos* and you deal with them privately without airing out your dirty laundry for all to see. I guess that's very much against the 12-steps and SA methodology, huh? I've been on a weekly call with my mini-GYE group (shout-out to group 174) and I'm typically pretty quite there as well. I tend to listen and try to gain *chizuk* that way.

Anyone else have a similar hang-up that they had to get over in the beginning? I'm curious if it's typical for people with this issue to try to stay out of the spotlight.

All of that being said, tonight I had another fall. It's been a rough week or so. A lot of stress at work and home due to some decisions that my wife and I are trying to nail down. Hopefully those will all be made by the middle of this week and I can try to chill out. The problem is that they depend largely on other people as well, so I'm not 100% in control of the final say.

43/48 = .896

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Re: A New Approach to the 90-Day Journey
Posted by Workingguy - 16 May 2016 14:33

BEHS,

I appreciate your honesty and understand what you're saying. Just to share a thought that my therapist had mentioned- people who are modest and don't like to be the center of attention are often people with a lot of self sacrifice who don't necessarily focus enough on their own needs. They may focus on other people, give other people attanetion, let others share, and not be comfortable being the center themselves.

As a result, there's a bit of a hole that they believe is not supposed to be filled. But, when faced with a pleasure as strong as acting out, their insides are crying out "You NEED this, you DESERVE this" and paradoxically, people who take care of their own needs and put themselves first sometimes may have enough regular pleasure and enjoyment that they don't need counterfeit ones.

Let me know what you think.

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Re: A New Approach to the 90-Day Journey
Posted by Watson - 16 May 2016 17:47

[BEHS wrote on 16 May 2016 05:39:](#)

Anyone else have a similar hang-up that they had to get over in the beginning?

Yes. Everyone.

I still find it hard to share at most meetings. I only do it cos I know I need to do it for myself.

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 17 May 2016 03:46

WG, that idea from your therapist definitely resonates with me.

Watson, just to clarify my question, I'm more curious about regular day life. Of course sharing at meetings is hard. Not that I know from experience, but I imagine everyone would have trouble standing in front of a room and airing out their dirty laundry for all to hear. I'm curious if it's common for people like us to always try to fade into the background in any situation, similarly to what WG's therapist pointed out.

Today was better than yesterday and I'm going to try to head to bed earlier than usual to end it on a positive note.

44/49 = .898

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