

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 Markz - 21 Oct 2016 04:04

How's your week been brother

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Re: A New Approach to the 90-Day Journey

Posted by Watson - 07 Dec 2016 20:49

How are you BEHS, it's a been a while with no updates, that always worries me.

Please do a Yid a toiva and let us know where you're holding.

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Re: A New Approach to the 90-Day Journey

Posted by fulfillment1989 - 13 Dec 2016 03:21

Hi guys,

I've been following your forum for a couple of days. Although I am not an addict (that's what the professionals tell me) can I be part of and respond to this forum?

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Re: A New Approach to the 90-Day Journey

Posted by nefeshpashut - 21 Mar 2017 19:31

Coming up on a year in the program! Feeling great despite a small number of slips. Hashem has shown me much hesed. Many, many days of sobriety and kedushah this year. Would not have believed it could happen last March. Where can I find listed the day I joined GYE? Hope the chevrei are good.

Best,

Nefeshpashut

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Re: A New Approach to the 90-Day Journey

Posted by Markz - 21 Mar 2017 19:33

Awesome!!!!

check your profile page

guardyoureyes.com/forum/profile/my-profile

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