

90 Days .25 Cents at a Time

Posted by r3byid - 05 Oct 2016 00:59

Welcome the log of my journey to 90+ days.

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Re: 90 Days .25 Cents at a Time

Posted by Markz - 05 Oct 2016 01:09

Welcome to you brother

As gibbor said, the 90 day thing is like cream cheese on a bagel. Having a program and working on it is the bagel

So after 90 your cream cheese bill is gonna be \$22.50

What type of bagel would you like

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Re: 90 Days .25 Cents at a Time

Posted by trysohard - 05 Oct 2016 02:43

Welcome! we'll come along for the ride. Keep on posting (and paying- unless you found)

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 05 Oct 2016 03:39

How This Works:

The system I have devised and will be is the following:

Every "clean" day I put 25 cents in a jar.

At a monetary intervals scaling by 150% I will reward my self with a "treat" (generally food and also scaling).

If I fall I will give that current amount of money to ???? and start over (rules are the same as 90 Day Challenge).

This thread is to document **MY** challenge. Everyday ??? ??? I will post a sentence or two. Please be respectful. I'm not trying to solicit advice. I will try to answer questions.

Lastly this is only for one year.

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Re: 90 Days .25 Cents at a Time
Posted by r3byid - 05 Oct 2016 03:47

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I started on ?"?. I hope this thread will be archived and used to help others. Bag of chips a \$2.50.

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Re: 90 Days .25 Cents at a Time
Posted by Singularity - 05 Oct 2016 11:53

It's a nice sentiment but you must be VERY gevuradik. I act out on overeating as well. So when I feel down, I binge. Then these little "rewards" are really useless because I know I can just get whatever I want, whenever.

Though bingeing on food is better than lust. At least on the Torah scorecard. However it would drill down to the same root problem and therefore substituting one bingeing for another will not actually help the disease.

Sorry for bringing up my issue. Though when you said your reward is usually a food thing, maybe you have the same problem I do... who knows.

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**Re: 90 Days .25 Cents at a Time
Posted by doingtshuva - 05 Oct 2016 15:28**

[r3byid wrote on 05 Oct 2016 03:39:](#)

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I have read about a person who use to put away \$1 every time he managed to over come his urge, he ended up buying a big silver Menora with the money.

In the past, I also use to treat myself if I reached a goal I have set.

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 06 Oct 2016 03:58

[Singularity wrote on 05 Oct 2016 11:53:](#)

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That is a good point you bring up. When you set up rewards you need to be clever. "?"? I don't have snacking tendencies.

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 06 Oct 2016 04:14

Today was ??? ??????. These less structured days are dangerous. The ??? ??? came and tried to trip me a few times. I made sure to stick around friends. Also I printed out the 90 challenge chart and added the rewards.

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Re: 90 Days .25 Cents at a Time

Posted by doingtshuva - 06 Oct 2016 10:46

Even though we only work one day at a time.

just have in mind that on your current chart the 90th day falls on zos chanukha.

I hope for your best, and I'm waiting for the punchkis.

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 07 Oct 2016 04:49

Going strong. I read a book to relax today.

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Re: 90 Days .25 Cents at a Time

Posted by TzedekChaim - 07 Oct 2016 16:36

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 07 Oct 2016 21:20

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When I felt like I had to open the browser, I went straight to the GYE Forums. ??? ???.

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Re: 90 Days .25 Cents at a Time
Posted by r3byid - 09 Oct 2016 03:12

There were some points on Shabbos afternoon when I was going to slip. However, B"H Hashem gave me the ??? to persevere, and I came out victorious. Also, I heard an amazing story by ?????? ??????, today.

In The Main Synagogue of Lublin, where R' Meir Shapiro was the Chief Rabbi, the person who was taking the ??? out of the ??? for ???, slipped and lost his footing. As he was falling, instead of breaking his fall with his hands, he reached out and grabbed the falling ???, landing on his back with a thud, but still hugging the ????. Later that night, R' Meir Shapiro cried out in his ????, "Hashem, look. Even when a Jew slips (referring back to earlier that night) he doesn't abandon your ????, rather he embraces it.".

The ??? Hashem on this forum are the ones who when they slip they don't abandon the ???. They don't ignore their ????? and pretend that they're ???. Instead they embrace the morals of the ???, and they come here to work together to attach themselves to and live by those morals.

May we all be ??? to become real ??? ?????.

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Re: 90 Days .25 Cents at a Time
Posted by doingtshuva - 09 Oct 2016 05:38

liked the mushel

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