

MZL on the 90-day highway

Posted by mzl - 17 Jun 2018 19:53

Day 9.

I think I need to make myself at home in the 90-day topic.

Today I'm really upset because my wife is shopping all day again and I'm watching the kids.

I ate way too much, it's the only thing I could think about to do something nice for myself.
Pathetic, I guess.

Does G-d really deserve me living next to her and not even masturbate? The worst part is that I have annihilated most of my desires so the thought of masturbating is like watching paint dry.

I guess tomorrow will be better. It's already 3:53 pm.

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Re: MZL on the 90-day highway

Posted by mzl - 22 Aug 2018 03:10

Day 75

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Re: MZL on the 90-day highway

Posted by Realestatemogul - 22 Aug 2018 03:58

Wow! This is awesome! Rooting for you!

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Re: MZL on the 90-day highway
Posted by mzl - 24 Aug 2018 01:49

Day 77

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Re: MZL on the 90-day highway
Posted by mzl - 26 Aug 2018 04:25

Day 79

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Re: MZL on the 90-day highway
Posted by mzl - 27 Aug 2018 12:38

Day 80

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Re: MZL on the 90-day highway
Posted by mzl - 28 Aug 2018 00:28

Day 81

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Re: MZL on the 90-day highway
Posted by mzl - 28 Aug 2018 12:20

My karma hit -5. My advisor in college used to say that insults from certain people are a sign of distinction.

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Re: MZL on the 90-day highway
Posted by cordnoy - 28 Aug 2018 12:49

[mzl wrote on 19 Jun 2018 09:48:](#)

I practiced on my guitar more last night. Once again I was amazed at the level of distraction it provides, having to fingerpick in an exact order. Much like playing a fast paced video game, where every millisecond counts.

And for some reason it gives me a kind of inner peace.

Also, I remember my mother taking me to take guitar lessons when I was in junior high. I hated the lessons, but afterwards she would buy me candy and we'd drive home and she would ask me such things as "who do you love?" Like I do with my kids.

She used to tell me that knowing how to play a musical instrument might be good when I grow up. I feel like the ability to play is a present from her to comfort me now that she has passed on and I'm in jail with my wife raising kids. Which I did for her sake, I might add ...

Gotta practice, practice, practice ...

Il am impressed that you're on day 81; that's very nice and inspirational to others.

Still playin' the guitar?

How's it goin' with the wife? Any improvement?

Are there specific tools you are usin' to stay sober?

Godspeed to you!

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Re: MZL on the 90-day highway
Posted by mzl - 28 Aug 2018 13:48

[cordnoy wrote on 28 Aug 2018 12:49:](#)

[mzl wrote on 19 Jun 2018 09:48:](#)

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Godspeed to you!

Thanks.

Nope, I've been working on the house. I am going back to it eventually.

My wife has been very happy with me recently because a few weeks ago I decided that in order to be happy she needs to see doing chores, taking the kid to the bathroom, taking care of supper, while she contemplates how hard it would be to her. I can tell that she's grateful that I bail her out. I don't think we are an example for others to follow, but she's weird and I'm weird, so the right arrangement is a weird solution.

Yes there are a few tools that I use. The main tool is a behavior I use to make irresistible desires become resistible. Other tools I use to catch things like false hopes (I think you know what those are.) It's quite a list, but to me it seems short and unremarkable.

The forum I think provides the motivation to use the tools without interruption.

Godspeed.

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Re: MZL on the 90-day highway

Posted by Hashem Help Me - 28 Aug 2018 15:21

[mzl wrote on 28 Aug 2018 12:20:](#)

My karma hit -5. My advisor in college used to say that insults from certain people are a sign of distinction.

Dont pay any attention to karma. In an anonymous forum anyone can push the minus (or plus) sign with no accountability for his action. It means nothing. Everyone should appreciate that you take the time to read what others write and actually comment. That being said, if any of us pick up that other sane members of the forum take issue with what we write or how it is written, we should accomodate their concerns.

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Re: MZL on the 90-day highway

Posted by mzl - 28 Aug 2018 15:36

[Hashem Help Me wrote on 28 Aug 2018 15:21:](#)

[mzl wrote on 28 Aug 2018 12:20:](#)

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Agreed. As long as the concerns are expressed somewhere ...

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Re: MZL on the 90-day highway
Posted by Dov - 28 Aug 2018 16:15

[mzl wrote on 28 Aug 2018 12:20:](#)

My karma hit -5. My advisor in college used to say that insults from certain people are a sign of distinction.

I'm grateful that I don't need to assume negative things about others to console myself when they don't like me. I agree with your advisor that it may be a useful tool sometimes, but I'm just saying I'm glad I don't need to put anyone else down in order to see my own value.

Regarding your negative karma, I remember what Chaza"l taught us: "Honor chases those who don't need it... And runs from those who seek it." Wise words. So I feel that if you stop paying any attention to it, things will turn around quite favorably. And if you don't even look over your shoulder to see if it's following you, things will remain favorable...

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Re: MZL on the 90-day highway
Posted by mzl - 28 Aug 2018 16:42

[Dov wrote on 28 Aug 2018 16:15:](#)

[mzl wrote on 28 Aug 2018 12:20:](#)

My karma hit -5. My advisor in college used to say that insults from certain people are a sign of distinction.

I'm grateful that I don't need to assume negative things about others to console myself when they don't like me. I agree with your coach that it may be a useful tool sometimes, but I'm just saying I'm glad I don't need to put anyone else down in order to see my own value.

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I don't have a coach. It comes natural. And pretty much on target.

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Re: MZL on the 90-day highway
Posted by Dov - 28 Aug 2018 17:06

Woops, meant advisor. Corrected my mistake, thx man.

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