

MZL on the 90-day highway  
Posted by mzl - 17 Jun 2018 19:53

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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 mikestruggling - 28 Aug 2018 19:36

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[mikestruggling wrote on 27 Aug 2018 11:02:](#)

[mzl wrote on 27 Aug 2018 09:52:](#)

[mikestruggling wrote on 27 Aug 2018 04:27:](#)me: yyou may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will iyh call my therapist today

you: So in that case you would look for distortions in your expectations of your mother. Why do you think she was being "unfair"? You might be right, or you might be a little off in your perception.

I think you are saying that you were taking it out on your wife. That's interesting.

me: wow! now I'm a little irritated at you. did you read the first post on this thread. I don't think any human being deserves to be treated the way I was treated. not even animals. my mother used to beat me for doing things she perceived as chutzpah. and I mean beat not just two slaps.

I suffer fr the fact that deep down,I think it was fair and I deserve it because I am worthless. now through therapy I'm allowing myself to feel the anger. Because I don't deserve it I'm not a shmatte. I'm a human being child of Hashem and I'm a good person.

I didn't say i was taking it out on my wife. I was projecting it at my wife. big difference. which was why I cleaned the room to take the actions of love so that I don't take it out on my wife.

please read what i wrote

you: Ok. So you should before I reply to someone I should read everything. But 99% of people's posts don't contain any information other than "I'm still here, still struggling." So now you know where I'm coming from.

At any rate I'll get out of your way because you sound angry and you are not really explaining

For the record I only lowered your karma once. However someone who can stick a knife into an open wound (arguably by mistake but highly negligent) and turn it, misread a post and turn a victory into a failure and still not apologize just make excuses and claim like the other person is at fault for being angry and *not explaining it (really?)* what do you expect?

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Re: MZL on the 90-day highway  
Posted by Dov - 28 Aug 2018 20:17

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[mzl wrote on 28 Aug 2018 17:52:](#)

[Dov wrote on 28 Aug 2018 17:06:](#)

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

I don't have an advisor either.

I didn't think this was such a big deal. I was just saying that sometimes your ideas are judged by people who are not qualified to evaluate them. I certainly don't think they are bad people in any way.

Hang on...reality check here. You wrote that your college advisor suggested that. Let's stick with the story line here, please. And nobody made 'a big deal' about anything, it was just an observation and possibly a little opportunity to learn something, that's all.

You wrote that your college advisor suggested that instead of feeling sad about criticism, one can just assume his or her detractors are low-quality people...so their criticism is actually flattery!

That's why I wrote what I did, above. Your advisor has a very good point...**but** here on GYE *you don't know* who anyone really is anyhow, and don't even know which parties are messing with your karma. So in this case I am suggesting that your advisor's advice just a 'sour grapes' consolation based on cynicism. Cynicism is dumb, and also a poor way to get through life, too.

?I don't think this is a big deal. I just took the time to spell it out a little more clearly now and if you find it useful, all the better. If not, it's again, no big deal.

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Re: MZL on the 90-day highway  
Posted by Dovid824 - 28 Aug 2018 20:19

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[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.

It just occurred to me that the icon that increases one's karma is the definitive symbol for a well-

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Re: MZL on the 90-day highway  
Posted by mzl - 28 Aug 2018 21:39

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known non-Jewish religion. Could that be the explanation?

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?I don't think this is a big deal. I just took the time to spell it out a little more clearly now and if you find it useful, all the better. If not, it's again, no big deal.

You are right. I didn't realize you were talking about my college advisor.

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Re: MZL on the 90-day highway  
Posted by mzl - 28 Aug 2018 21:46

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[mikestruggling wrote on 28 Aug 2018 19:36:](#)

[mikestruggling wrote on 27 Aug 2018 11:02:](#)

[mzl wrote on 27 Aug 2018 09:52:](#)

[mikestruggling wrote on 27 Aug 2018 04:27:](#)me: yyou may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will call my therapist today

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This is total news to me. I don't know why you think you scored a victory, and I don't know why you think I turned it into a failure. Unless you hold that you are worthwhile if and only if you are a tzadik.

I stopped holding that long ago because it's a self-defeating belief. It hurts more than it helps.

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Re: MZL on the 90-day highway  
Posted by mzl - 28 Aug 2018 22:07

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I don't think I can talk to people unless I'm willing to accept that they will have self defeating behaviors like viewing frum people as higher forms of being than non frum people. If I dismiss that belief system because I discount the value of my own journey out of it and think "it's no big deal" then I'm just going to appear callous or who knows what. My bipolar disorder strikes again.

This is why Dov schmoozes people at length in his posts, because he is normal and he can see that it is a big deal (whatever he's selling) and it takes a lot of selling.

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Re: MZL on the 90-day highway  
Posted by mzl - 29 Aug 2018 01:07

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Day 82

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Re: MZL on the 90-day highway  
Posted by mzl - 30 Aug 2018 01:08

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Day 83

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Re: MZL on the 90-day highway  
Posted by mzl - 31 Aug 2018 00:20

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Day 84

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Re: MZL on the 90-day highway  
Posted by mzl - 31 Aug 2018 00:21

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Now there are no karma buttons at all. Some sort of brain computer interface?

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Re: MZL on the 90-day highway  
Posted by mzl - 02 Sep 2018 01:42

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Day 86

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Re: MZL on the 90-day highway  
Posted by mzl - 04 Sep 2018 01:25

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Day 88

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Re: MZL on the 90-day highway  
Posted by Hashem Help Me - 04 Sep 2018 02:37

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[mzl wrote on 04 Sep 2018 01:25:](#)

Day 88

A pleasure to be following your journey. Bli ayin hora you will be greeting Rosh Hashana beautifully.

A piece of (unsolicited) advice. Realize that day 91 is not so different than day 89. Each day as we progress b'ezras Hashem we raise our ability to be bocher b'tov. However it is important to realize that every healthy adult male will face this challenge in some shape or form for the rest of his life. It is common that people who BH have made it to 90 and are excited, wake up on day 91 and wonder "Now what?" So be prepared and iyh you will continue one day at a time through the yomim tovim, day 100, chanuka, day 180 and further.

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Re: MZL on the 90-day highway  
Posted by Shivisi\_Hashem - 04 Sep 2018 04:12

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Oh, i remember those good days, when i used to post daily my status, its a great feeling to see growth, another day and another day, and then ooops, a fall, and dusting off, and start again.... and not getting depressed about a fall, since its only a fall and not an act..... that was my great days, i wish you loads and toons of success on your journey, and just watch out about speeding, its a 90 day highway, and not a 90 MPH speed limit.... hay, where is marks truck? Did anybody see it?..

chaver, continue with caution, some one is looking after you for a weak moment, just be ahead of him, and stronger, watch out not to slip, and i case of help, just reach out to me, my address is in my signature

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