

On the way... Again

Posted by Hopefulposek - 26 Jul 2023 16:54

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Hi everyone,

I made it to 90 days once before and then had a fall shortly after. I have made several attempts since then but have not been successful. I'm hoping that starting this thread where I will post updates and insights throughout this journey will help me stay motivated and grounded. Any chizuk or advice in response to the updates my journey would help me on the way. Thanks everyone for being such a supportive community.

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Re: On the way... Again

Posted by Hopefulposek - 20 Sep 2023 18:25

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Update:

On day 48!!!!

Super exciting, planning a special dinner for day 50. B"H RH was nice, I noticed that I have to be a bit more careful on Shabbos and YT as the womenfolk tend to dress more fashionably during those days and it is a trigger for me even if they are tzinus.

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Re: On the way... Again

Posted by Hopefulposek - 16 Oct 2023 18:17

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OK it's been a while, Bein Hazmanim is always super busy and I didn't have time to check in over succos.

B"H made it past day 70! I'm really excited because I know there were many times that I thought there's no way I could make it this far and B"H I was wrong.

Bein Hazmanim was very hard though, I think it was mainly the lack of structure, I lost a lot of my daily activities which were helpful including the daily check in with a rebbi, posting on the forum, reading from a daily chizuk sefer, and excersizing.

Today was the first day totally back on schedule and it feels GREAT! I think it's a lesson to take to heart, we get very used to the routine we have and the safegaurds and strategies we have

set up that when they are taken away we are left very vulnerable. this is not to say that there is nothing to do, but rather that we must be aware of this and therefore act in response, setting up new barriers in the path of the soton and devising new strategies with which to do battle.

I, sadly, was not so aware these past few weeks and it led to a few close calls, many days wanting nothing more than to sleep... just to avoid the overwhelming desire that consumed me. There were a few very very very hard days.

Hopefully all who are reading this can gain some chizuk on a few points:

1) A lesson was learnt, are struggles can have a benefit to helping us find our weaknesses so that we can prepare properly for the future.

2) I made it through, though the days were very challenging, it is possible to survive challenging days. Using the tools found here or ones that you yourself have devised, along with tremendous help from Hashem, you can make it through a rainy day (and see the rainbow on the other end)

Chazak to all those who are continuing to fight this fight and wage war on the Yetzer Harah!

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Re: On the way... Again  
Posted by Hopefulposek - 23 Oct 2023 18:07

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I was really proud of myself the other day when I checked in and saw that I had made it to day 80, it seems like 90 isn't so far away anymore. I am trying to figure out what to do to celebrate when I hit 90 days and am definitely going to make it a big one.

Thanks to all who have had a hand in my journey and IY"H it will continue.

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Re: On the way... Again  
Posted by hopefulposek - 25 Oct 2023 18:09

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checking in: day 83

I feel like time is slowing down and speeding up at the same time during the "final stretch".

Last time after I hit 90 days I found that I lost a lot of the passion and fire in the fight because I wasn't working towards a tangible goal. Does anyone have any advice of how to keep the fire alive inside? as well as any other post-90 day tips, it would really be appreciated. Thanks

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Re: On the way... Again  
Posted by foolie - 25 Oct 2023 18:24

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If 90 days is your goalpost then good luck keeping any passion alive to keep going. I would suggest you move your goalpost to 180 days which is just another 90 day trip and keep working the 90 days just like you would any other 90 days or you can find something more concrete to fight for than just the almighty 90 days something that actually means something to you personally. But hey you do you

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Re: On the way... Again  
Posted by hopefulposek - 26 Oct 2023 18:22

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Thanks for the idea of moving it to 180. I'm going to try that, I am nervous about getting burnt out if I keep moving the target farther and farther it will seem that this struggle is endless, though it may be so, I think it will be detrimental to me if I am using a system which reinforces that idea. Can you share any idea's of concrete goals outside of just staying clean for longer?

Thanks

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Re: On the way... Again  
Posted by connected - 26 Oct 2023 19:45

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[hopefulposek wrote on 26 Oct 2023 18:22:](#)

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Thanks

You might have a point there. It can get dangerous if your primary (maybe subconscious) motivation is to get to an arbitrary amount of days (and then change that number as you near it).

I'd suggest finding a reason that speaks to you. It doesn't necessarily have to be something that will gain you recognition (like boasting a four-digit number of days), but something that helps you quietly today.

You might get to that big number, but that can't be the sole goal.

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Re: On the way... Again  
Posted by hopefulposek - 30 Oct 2023 18:15

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I think I can, I think I can

The little engine that could is slowly making it's way up the big big mountain. Everyone who looks at it thinks there's no way it will reach the top but day by day it moves closer and closer... until the summit is within view.

2 Days to 90!!

Literally if you would have asked me 2 months ago I would have said there is no way I'm going to make it, maybe I could get close, but never could I make it for so long. B"H thinks don't seem the same anymore, I'm almost nervous about how complacent I am about making it, viewing it as "in the bag". IY"H things should go smoothly.

One thing that's been bothering me is that I wish after hitting 90 I could make a huge party and invite all my friends to share in this astonishing milestone in avodas Hashem (maybe wear a huge golden medal also, and maybe a cape) but it's not exactly the normal thing and would probably be pretty awkward and people may feel uncomfortable shaking my hand.

Any ideas how to simulate the huge party that this is (in my humble opinion) deserving?

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Re: On the way... Again  
Posted by foolie - 30 Oct 2023 18:28

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Buy yourself something nice that you have had your eye on for awhile

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Re: On the way... Again  
Posted by chooseusername - 30 Oct 2023 18:30

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[hopefulposek wrote on 30 Oct 2023 18:15:](#)

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Re: On the way... Again  
Posted by hopefulposek - 30 Oct 2023 18:33

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There really isn't any thing that I've had my eye, except a new set of seforim which I'm using to motivate myself for a different program. I am planning on going on a "pulling all the stops" vacation, but right now finances are a bit tight so even though we do have the money for the vaca, I still feel a bit uncomfortable and I'm nervous about constantly checking the price tags which would kill the vibe a bit.

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Re: On the way... Again  
Posted by ainshumyeiush - 30 Oct 2023 18:44

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Post your address here. We'll show up. If you need a good cover story we can all say we met in Rikers...

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Re: On the way... Again  
Posted by foolie - 30 Oct 2023 18:49

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So get a different set of sefarim or buy a new baseball cap or suit, or hat, tie, cufflinks challah board, use your shnoodle man, find something nice and get it for yourself.

side note: your wife probably wouldn't mind driving a Ferrari after she kills you for buying it

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Re: On the way... Again  
Posted by adam2014 - 31 Oct 2023 10:22

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First of all... CONGRATS on making it 88 days.... No matter what happens, that is a great accomplishment. You may have also helped me in an unattended way..... When I read the line "people may feel uncomfortable shaking my hand".. I spit up my coffee all over my computer keyboard ... maybe I ruined it.. That would actually be a blessing if it did.. LOL

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