

Journey x Destination

Posted by thegrave - 20 Jan 2025 20:37

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Welcome! This page is were I'm going to be checking in to give myself some responsibility for the initial start of my 90 day journey and beyond. Feel free to comment and dish out advice "I'm all ears." looking forward to achieving 90 days with everyone!

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Re: Journey x Destination

Posted by thegrave - 26 Jan 2025 15:30

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so, I have a dilemma last night I had a dream and not the Martin Luther type, The thing is that it was extremely vivid and I actually thought I M'ed. my question is do I reset my count or not?

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Re: Journey x Destination

Posted by eerie - 26 Jan 2025 18:02

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Of course not

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Re: Journey x Destination

Posted by thegrave - 27 Jan 2025 03:39

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[eerie wrote on 26 Jan 2025 18:02:](#)

Of course not

Awsome that's good to hear on that note: DAY 14!

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Re: Journey x Destination

Posted by lamaazavtuni - 27 Jan 2025 04:11

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@the grave you sound like a rockstar. Please call me so I could curse you out also and give you some existential dread(was that the right word) lol you sound like the type of yid I wanna fabraing with maybe a zemer from yonah cash. Hatslcha keep us posted.

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Re: Journey x Destination

Posted by thegrave - 27 Jan 2025 05:12

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[lamaazavtuni wrote on 27 Jan 2025 04:11:](#)

@the grave you sound like a rockstar. Please call me so I could curse you out also and give you some existential dread(was that the right word) lol you sound like the type of yid I wanna fabraing with maybe a zemer from yonah cash. Hatslcha keep us posted.

lol! you're too funny, I'll farbrang anytime! thx for the complements.

see ya!

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Re: Journey x Destination

Posted by thegrave - 29 Jan 2025 22:57

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So here I am day 16, I've been feeling like crud for the past two days (some emotional turbulence.) I think some people call it "flat-line" where you feel like trash b/c you're not feeding the monster if you get my drift. whatever it is, I feel the ground shaking it may just be a matter of time I'll try to keep busy, surf some waves whatever. dang, I don't want to start the count again. I guess this is what separates the men from the boys, right? Heh,

I should be fine...

see ya on the flippiddy flop.

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Re: Journey x Destination

Posted by iwantlife - 29 Jan 2025 23:36

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Hey thegrave! Pardon the gallows humor, but "it may just be a matter of time" sounds like a death wish to me. You're likely experiencing withdrawal-like symptoms; your body is mad that it's not being served its usual dish of comfort food. I can assure you, it's most definitely **not** just a matter of time. Hang in there, I promise it'll get easier! Easy maybe not, but definitely easier. We've got your back friend!

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Re: Journey x Destination

Posted by thegrave - 31 Jan 2025 07:01

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Day 18: I just read @Pickamonkier's thread and I'm speechless.

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Re: Journey x Destination

Posted by lamaazavtuni - 03 Feb 2025 05:27

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Hey know I'm few days since your feeling flat. Your describing my feeling thanks for putting it out there. Feel flat but remember it's easiest to roll on a flat surface!!!

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Re: Journey x Destination

Posted by yosefms - 03 Feb 2025 09:04

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For what it's worth, my understanding of this is when we resolve "Never again" your brain releases tons of adrenaline and that's why the beginning of the journey is euphoric for many people. In psychology it's known as uninformed optimism. In other words, I've got this I've won the system etc... Then after a few weeks this wears off and you enter what is known as the "valley of despair" you feel its too hard and your climbing up Mount Kilimanjaro sdrawkcab, oops sorry I meant to write backwards. However, there is good news because as you climb you start

to reach the third stage known as "informed optimism" meaning that despite the fact you know it's hard, you've learnt how to manage the urges when they come, the euphoria is no longer there but the knowledge and skills you've learnt in how to deal with urges, stress, boredom etc.. are there and you will be matzliach with Siyata D'shamaya. All of this psychological mumbo jumbo can be explained through the lens of Torah too, PM me if you like.

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Re: Journey x Destination

Posted by thegrave - 03 Feb 2025 18:44

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[lamaazavtuni wrote on 03 Feb 2025 05:27:](#)

Hey know I'm few days since your feeling flat. Your describing my feeling thanks for putting it out there. Feel flat but remember it's easiest to roll on a flat surface!!!

Hey I'm glad you got chizuk!

fair point keep rollin'!

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Re: Journey x Destination

Posted by thegrave - 03 Feb 2025 18:52

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[yosefms wrote on 03 Feb 2025 09:04:](#)

For what it's worth, my understanding of this is when we resolve "Never again" your brain releases tons of adrenaline and that's why the beginning of the journey is euphoric for many people. In psychology it's known as uninformed optimism. In other words, I've got this I've won the system etc... Then after a few weeks this wears off and you enter what is known as the "valley of despair" you feel it's too hard and your climbing up Mount Kilimanjaro sdrawkcab, oops sorry I meant to write backwards. However, there is good news because as you climb you start to reach the third stage known as "informed optimism" meaning that despite the fact you know it's hard, you've learnt how to manage the urges when they come, the euphoria is no longer there but the knowledge and skills you've learnt in how to deal with urges, stress, boredom etc.. are there and you will be matzliach with Siyata D'shamaya. All of this psychological mumbo jumbo can be explained through the lens of Torah too, PM me if you like.

Had to search up what Mount Kilimanjaro sdawkcab was, anyway officially a bucket list place to visit. I definitely found your "article" very informative and will keep it in mind. I feel psychology and Torah goes hand in hand, but feel free if you want to explain it to others.

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Re: Journey x Destination

Posted by thegrave - 04 Feb 2025 21:35

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Day 22 all's been going well just giving an update

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Re: Journey x Destination

Posted by thegrave - 05 Feb 2025 20:05

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I just clocked in day 23 which means I'm a week away from 30 days! the last time I made it this far was 6 months ago (not officially on GYE.)

looking back at my journal the first 30 days were the hardest, after that the momentum sort of

so i'm going to try something different and that is to start working on a long term plan after 30 days instead of 90 and put this whole count thing in the back seat. because at the end of the day I feel quitting has to come from an authentic place and the only thing holding me back right now is a number.

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