

Starting my journey to 90 days

Posted by aryehtahor - 25 Jan 2010 21:36

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I have officially begun my 90 day journey. It started on January 19th so I am now on day 6. 84 days until I make it to the Wall of Honor! Will update this thread with my experiences periodically.

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Re: Starting my journey to 90 days

Posted by Ineedhelp!! - 25 Jan 2010 21:38

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Great AT,

You will now become a regualr on the forum. This is key to success if you are not doing anything else. Speaking of which are you doing any meetings?

-Yiddle

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Re: Starting my journey to 90 days

Posted by aryehtahor - 25 Jan 2010 21:57

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By meetings, do you mean a Sex Anonymous meeting, like the ones that are not Jewish and held in churches? I'm hesitant to take that step for obvious reasons, plus I don't have a car so I doubt I can get to one. But I am interested in joining a phone meeting. I just can't do Duvid Chaim's at 12 EST. But there seem to be others. Any recommendations?

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Re: Starting my journey to 90 days

Posted by sci1977 - 25 Jan 2010 21:59

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aryehtahor welcome and good luck. We are all here to help!!! Just remember baby steps.

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Re: Starting my journey to 90 days  
Posted by Kollel Guy - 25 Jan 2010 22:39

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I'll be seein you on the accountability group thread, but my derashos will be mainly here.

A journey of a thousand miles begins with one step.

The distance one must travel, and the height one must reach, mirror each other.

The main growth occurs when it's really dark.

A fall can be dealt with. Insisting to stay on the floor - less so.

(The following is generally NOT the case, but specifically for this topic it is.) Far more important than recognizing your strengths and how to utilize them, is recognizing your weaknesses and how to avoid them.

H-shem really loves you. And you can't know how much, because if you did - it would defeat the purpose of your being here.

We love you very much.

We hope **you** will love you very much.

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Re: Starting my journey to 90 days  
Posted by aryehtahor - 25 Jan 2010 23:03

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I am coming into this feeling very confident, almost invincible, because this community is so new and I feel unbreakable with all the chizuk that can be found here. But this is also a little worrying. As sci1977 said, baby steps. I need to go slowly but surely, not a flash in the pan. So I guess the only way to find out how this journey will go is to live it day by day.

Incidentally, I am in the midst of planning a physical journey also. I have a vacation coming up and want to do a 5 day hike in the wilderness and am completely psyched for this. For me, being alone in nature is totally spiritually uplifting and this will be the first multi-day hike I've ever done. I wonder how many of the lessons from this journey will transfer to that one, and vice-versa. One foot in front of the other...

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Re: Starting my journey to 90 days  
Posted by aryehtahor - 25 Jan 2010 23:07

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Hehe, maybe someone should start a new board for GYE addicts to help them stop reading the  
Just kidding!

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Re: Starting my journey to 90 days  
Posted by Kollel Guy - 26 Jan 2010 06:44

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Incidentally, I am in the midst of planning a physical journey also. I have a vacation coming up and want to do a 5 day hike in the wilderness and am completely psyched for this. For me, being alone in nature is totally spiritually uplifting and this will be the first multi-day hike I've ever done.

Oh boy am I jealous of you. I seriously wish I could do that.

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Re: Starting my journey to 90 days  
Posted by Momo - 26 Jan 2010 13:43

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[aryehtahor wrote on 25 Jan 2010 21:57:](#)

By meetings, do you mean a Sex Anonymous meeting, like the ones that are not Jewish and held in churches? I'm hesitant to take that step for obvious reasons, plus I don't have a car so I doubt I can get to one. But I am interested in joining a phone meeting. I just can't do Duvid Chaim's at 12 EST. But there seem to be others. Any recommendations?

The SA meetings are endorsed by Rabbi A. Twersky, and they are not all held in churches. But, even if they are, you have a heter to go.

The 12 steps are not about religion, it's about building yourself from scratch.

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Re: Starting my journey to 90 days  
Posted by Ineedhelp!! - 26 Jan 2010 13:54

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[aryehtahor wrote on 25 Jan 2010 21:57:](#)

By meetings, do you mean a Sex Anonymous meeting, like the ones that are not Jewish and held in churches? I'm hesitant to take that step for obvious reasons,

Not obvious to me. Can you explain??

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Re: Starting my journey to 90 days

Posted by OneLife - 26 Jan 2010 14:23

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hi, aryetahor.

a little recomendation which i feel on myself:

as more as you be on that forum read and post and read as easy you gonna hit the 90.

you will see yourself starting to be addict to the forum ;D ;D and to nothing else .

BEHAZLACHA !!

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Re: Starting my journey to 90 days

Posted by aryehtahor - 26 Jan 2010 20:10

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Yiddle,

I take back what I said. It's not that there will be goyim at the SA meetings, or that they may be in churches. I just don't feel that I need to take that step yet. I want to do my best to get to the 90 days, being involved in the forum and reading the GYE pamphlets. If none of this works, I will probably seek out an SA group.

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Re: Starting my journey to 90 days

Posted by Ineedhelp!! - 26 Jan 2010 20:14

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[aryehtahor wrote on 26 Jan 2010 20:10:](#)

Yiddle,

I take back what I said. It's not that there will be goyim at the SA meetings, or that they may be in churches. I just don't feel that I need to take that step yet. I want to do my best to get to the 90 days, being involved in the forum and reading the GYE pamphlets. If none of this works, I will probably seek out an SA group.

Kol Tuv

-Yiddle

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Re: Starting my journey to 90 days  
Posted by aryehtahor - 26 Jan 2010 20:21

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Just an update on the journey.

So far so good, at least with being clean. I woke up late, had to rush through shacharis and was late to class. When I start a day like that, I usually feel stressed out for a while after since there is a general feeling of not being in control. When I get overwhelmed with life, I think about how tenuous our lives really are, and our sanity, and how miraculous it is that for most of us, most of the time, Hashem gives us things that we can handle. The world is so big that if we start letting

in a little more than usual of it into our consciousness, it is overwhelming, and if we block out too much, it is boring.

I have responsibilities and I'm pretty busy at the moment so I don't feel that I'm about to drop everything and look at p\*\*\*. The riskiest time is when I don't have to do anything and I'm bored, or at least I don't have anything I \*have\* to do at that moment. But right now, classes are in full force and I have a lot of work to do.

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Re: Starting my journey to 90 days  
Posted by sci1977 - 26 Jan 2010 20:45

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KUTGW!!!

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