Generated: 12 July, 2025, 16:34

Question for 90+ Day Folks
Posted by wantingtostop - 14 Sep 2011 07:02

To those who have gotten through the 90 days, I have a question:

What was/is the toughest time during the journey? I am currently at 21 days and it's getting tough, although B"H, I have not yet had a fall.

Please let me know how your 90 days played out, and what I may have to look forward to, in terms of milestone challenging times.

Thanks!

WTS

====

Re: Question for 90+ Day Folks Posted by jack - 14 Sep 2011 12:45

please read jack's story for my answer to you.i don't remember exactly, but i think around 60 days i felt a void - like i lost my best friend.in the first 40 days, i went absolutely out of my mind.then i calmed down.when i hit 90, i was in heaven! stay the course, and you will be rewarded.look at the END of the journey, not the pain you are in now.

====

Re: Question for 90+ Day Folks Posted by chaimhelp - 14 Sep 2011 14:42

Most people that go for ninety fall right afterwards and can't get up for a long time . Stop counting days. Instead count your blessings.

Posted by Gevura Shebyesod - 14 Sep 2011 14:59

Posted by ZemirosShabbos - 14 Sep 2011 15:31

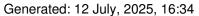
chaimlustaddict wrote on 14 Sep 2011 14:42:

Re: Question for 90+ Day Folks

Personally I'm only up to 60 so far.

Re: Question for 90+ Day Folks

Most? I doubt that. Probably most that make it to 90 keep going alot longer, even if some do eventually have a relapse. Let's hear from the "been there, done that, got the t-shirt" bunch.



====

Re: Question for 90+ Day Folks

Posted by alexeliezer - 14 Sep 2011 17:42

I never counted days. I just committed to my new, lust-free existence, one day at a time. I'm approaching 2-1/2 years.

The first few weeks were MURDER. Constantly fighting to give up my lust. The hardest things for me were not checking out women, and pushing out lustful thoughts. I pinched myself if I caught myself looking, and I davened over and over whenever the thoughts came.

After a while, I got into the habit of steering my eyes away from women, and developed a sort of radar that intercepted lustful thoughts and fantasies very early on.

One day, I realized the battle was easier. There were less intrusive thoughts. It was no longer torture to look away from the candy. I no longer felt like I was missing out on this "simcha." I felt lighter, freer. No longer a battle raging in my head. It's good to be well. I wish it for you soon. Keep shteiging!

====

Re: Question for 90+ Day Folks

Posted by kidushashem - 16 Sep 2011 09:07

It's gets harder for everyone at the point where they start losing focus. Naturally, you start feeling more confident when you reach a milestone. After some time, you feel you no longer need all the fences. You also feel great about all the time you have under your belt.

BEWARE OF THAT ATTITUDE.

I don't care if you've got 5 years under your belt. Live in the moment. Take it one day at a time. Keep your fences up. Don't get cocky with the YH.

GYE - Guard Your Eyes Generated: 12 July, 2025, 16:34

====
Re: Question for 90+ Day Folks Posted by alexeliezer - 16 Sep 2011 15:43
Very, very wise advise for all of us from Kiddushashem.
=======================================
Re: Question for 90+ Day Folks Posted by wantingtostop - 18 Sep 2011 07:02
Thank you all for the replies. The original materials I read point to some physiological change that takes place after 90 days. Have any of you experienced that?!
=======================================
Re: Question for 90+ Day Folks Posted by alexeliezer - 18 Sep 2011 12:55
Yes!
The constant pull isn't nearly as strong. But it's always crouching at the doorway, meaning a slip can still easily lead to a shortcut back to square one.
=======================================
Re: Question for 90+ Day Folks Posted by Yesod Tzadik - 18 Sep 2011 13:21
Thanks for this great thread.
Altough i am very early in my counting but its good to know whats coming and some good advise too.
====

Generated: 12 July, 2025, 16:34

Re: Question for 90+ Day Folks
Posted by kidushashem - 19 Sep 2011 17:33

Just confirming the 90 day magic.

It's a whole new level. You feel almost like the garbage never happened.

(The danger in that is obvious-you can get too confident).

You won't feel it when the clock strikes at midnight on day 91. But somewhere around there.