

90 Days or 90 Years?

Posted by Kedusha - 30 Nov 2009 21:11

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A huge motivator in making it to 90 days is to appreciate what the alternative is.

Suppose, I walked over with a sharp needle, and said that I wanted to stick it into your arm.

You would likely refuse. What would happen, though, if I explained that I was going to vaccinate you against the swine flu or some other serious disease. You would likely agree. But what changed? Either way, you'd be feeling the pain of a needle stick!

The obvious answer is that it depends on what the alternative is. If there's no gain in being stuck with a needle, then why go through with it? However, if the alternative is a painful (and possibly deadly) disease, then it's well worth it!

The key motivator to making it to 90 days is to realize the painful alternative. If we keep falling every week (or every month), we'll be struggling for the rest of our lives. On the other hand, if we make it to 90 days without any falls (preferably without even slipping), although the challenge will never go away completely, it will be so much easier afterwards. Isn't it better to struggle for the next 90 days than to struggle for the next 90 years?

Along the same lines, as I posted elsewhere today, the point of being clean for 90 days is not to give us a hard time, but to make things easier for us. Think of other things that we could live without, but that make our life so much easier. Air conditioning in the summer. A car. Indoor plumbing. Electricity. And then, add to our list staying clean for 90 days! If we look at it that way, the y"n will have a heck of a time getting us to give in!

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Re: 90 Days or 90 Years?

Posted by silentbattle - 01 Dec 2009 17:24

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I like that! That's a great way of looking at it!

I also want to mention another thing I really like - instead of running to the computer to check if

I've gotten any emails from people I shouldn't be talking to, I'm now going to see what the

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newest posts are here.

Re: 90 Days or 90 Years?

Posted by letakain - 02 Dec 2009 15:50

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i guess making my life easier is hard...

worth it but hard

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Re: 90 Days or 90 Years?

Posted by silentbattle - 02 Dec 2009 16:08

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It is difficult, no doubt about that. But we're doing it, together!

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Re: 90 Days or 90 Years?

Posted by jerusalemsexaddict - 02 Dec 2009 17:33

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This is one of the most depressing threads I've ever seen.

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Re: 90 Days or 90 Years?

Posted by Kedusha - 02 Dec 2009 18:17

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[Uri wrote on 02 Dec 2009 17:33:](#)

This is one of the most depressing threads I've ever seen.

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Re: 90 Days or 90 Years?  
Posted by letakain - 02 Dec 2009 18:35

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Actually, I find it uplifting!  
we like saying that what we're doing is hard and that we're proud of ourselves! ;D

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Re: 90 Days or 90 Years?  
Posted by Kedusha - 02 Dec 2009 20:19

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[letakain21 wrote on 02 Dec 2009 18:35:](#)

we like saying that what we're doing is hard and that we're proud of ourselves! ;D

uri, be quiet and go update the tehillim thread. We'll hang here

Thought I was saying that it's relatively easy - that is, 90 days compared to the alternative (90 years).

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Re: 90 Days or 90 Years?

Posted by letakain - 02 Dec 2009 20:27

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even 1 min is hard, kedusha.

one minute at a time.

just NOW

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