

can stop my wild brain??

Posted by optimisim - 28 Sep 2016 03:39

maybe im crazy. definitely impulsive enough to make a jump to a 90 day challenge . but with my history of messing up soo many times is it possible to do this??

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Re: can stop my wild brain??

Posted by Markz - 28 Sep 2016 03:48

Welcome - yeah it is possible

Its possible that your post was very vague

Its possible to interpret "messing up" in many ways

Its possible you may be an 'addict' like many of us

It is possible in that case you may want to call one of the successful guys on the "[Free Lust Trucking](#)" page

Its possible that may be your only post, as others have done - what I call "Kamakazi Posters"

It is possible you're not Japanese

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Re: can stop my wild brain??

Posted by trysohard - 28 Sep 2016 04:27

Welcome!

Like Markz said, i'm not sure what you mean, but even if you're crazy, you can succeed.

Starting with the 90 days is good, but there's a lot more here for you!

If you're serious about it, keep on posting and the chevra will keep looking out for you!

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Re: can stop my wild brain??

Posted by Shlomo24 - 28 Sep 2016 04:56

Hey, I;m one of the craziest people I know and many of my friends are just as nuts as me.
Besides Mark, he's a different level of crazy. Welcome!

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Re: can stop my wild brain??

Posted by trysohard - 28 Sep 2016 05:15

[Shlomo24 wrote on 28 Sep 2016 04:56:](#)

Hey, I;m one of the craziest people I know and many of my friends are just as nuts as me.
Besides Mark, he's a different level of crazy. Welcome!

Hey! You're making us jealous of Mark!

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Re: can stop my wild brain??

Posted by Markz - 28 Sep 2016 11:13

[optomisim wrote:](#)

i want to stop peroid join a 90 day group but i really like movies

[Here's](#) a prayer before watching

And no I'm not craz, just plain Nutz

Love Markz

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Re: can stop my wild brain??

Posted by gibbor120 - 30 Sep 2016 18:30

90 days isn't a method of recovery. It doesn't stand on it's own. It's like cream cheese without a bagel. Put some effort into recovery (the bagel) and then the 90 day challenge may help motivate you get through some tough times. That's how I see it at least. Work on recovery, and the 90 days will happen by itself. Focus on the 90 days, and you are likely to be dissapointed.

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Re: can stop my wild brain??

Posted by beststrong - 02 Oct 2016 09:48

Hey there, ever since I was 12 never thought I'd go a week without I was a totally addicted my mind was controlled but hey, I'm at 64 and counting bh!!!! Don't despair it might take a couple of try's but u CAN do it!!!!!!

Bhatzlacha

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