

Why emphasize the streak

Posted by simpleJew66 - 13 Oct 2021 17:55

It seems it this group there is an emphasis on how long a streak you can keep. Don't misunderstand me. You are much better off without porn. I would even recommend this to a secular person. The problem with a streak is that there are people who go over a year clean and the moment they have a relapse they can feel like a failure. Look how far you have come! Nobody is perfect. If someone going from looking at the stuff every day to once a week, that should also be praiseworthy. Recongnize your improvements more than your slip ups

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Re: Why emphasize the streak

Posted by DavidT - 13 Oct 2021 19:32

Great point.

I always tell people that the 90 day tool is here to help you break a bad habit and help you recognize the truth that you CAN do it.

On the other hand it is in no way an indication of your true standing in the struggle and of course not any indication of your self worth.

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Re: Why emphasize the streak

Posted by Markz - 13 Oct 2021 23:22

[simpleJew66 wrote on 13 Oct 2021 17:55:](#)

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GYE makes more of a fuss about 90 days than long streaks and for good reason.

Going from looking at the stuff every day to once a week, generally (yeah my brush is broader than it should be...) means one hasn't yet found the key to sobriety i.e. being clean long term - although slip ups can occur.

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Re: Why emphasize the streak

Posted by Ish MiGrodno - 14 Oct 2021 00:01

The "streak phenomenon" is why I am here today.

I am way too macho to go home to the Grodno Bais Medrash and face my buddies and chavrusos - if my streak becomes broken. (BTW, I believe that GYE friends are "real" - so I feel that I must face y'all nightly and be honest!)

Very ?? ?????....but h_ _ _ - I am clean!

MiG2 cents

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Re: Why emphasize the streak

Posted by wilnevergiveup - 14 Oct 2021 05:12

[Markz wrote on 13 Oct 2021 23:22:](#)

[simpleJew66 wrote on 13 Oct 2021 17:55:](#)

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Then it should be a tool used by addictions counselors, and not a tool used to actually break free.

But yes, it can be used to indicate when something is working and when something isn't.

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Re: Why emphasize the streak

Posted by Shtarkandemotional - 02 Mar 2022 22:58

How about after 90 days the count is over! Lol.

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