

counting

Posted by Tosfos - 09 Oct 2013 22:42

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This may be completely obvious to everyone else here... but here 'goes... I really think that if I am feeling the need to mark each day (e.g. 34 yesterday! 35 today! 36 tomorrow!) then it's actually a sign that I'm not mentally in the right place. Of course, it's good to get chizzuk from counting (and it's important to recognize successes), but I don't think it's best for the counting to become the ikkar... because then I'm getting away from "what got me here", i.e. accepting that I have a lust problem and constantly being on guard... I mean, I want to have "beaten it" - but what's more important, thinking I have a victory that I probably don't have anyway, or continuing to acknowledge my achrayus to not lust, to stay sane in order to properly be ovoid Hashem? It's just another variation on our favorite theme - please, Hashem, let's just get it right today.

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Re: counting

Posted by MBJ - 09 Oct 2013 23:11

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You are absolutely right. For me counting is like a Taphsic. I would have to stop the count if I fall, so I don't fall. It is also a reminder of my progress, which helps keep me positive. But the count of what day you are on is not important at all. 90 days is a nice number, but I can guarantee you will not be cured simply by getting there.

The ikkar is living each day sober and clean of lust and acting out, whether it is day 1, 10, 100 or 1000. (Log scaling of course)

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