

White Knuckling?

Posted by moish u.k. - 15 Jan 2014 20:44

Excuse me gentleman for being so skeptical, but is this the solution? Can anyone say that being on the 90 day chart is what helped them long term?

Different strokes for different folks, but my experience has always been that white knuckling ended up making things worse.

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Re: White Knuckling?

Posted by Tosfos - 15 Jan 2014 21:01

[moish u.k. wrote:](#)

Excuse me gentleman for being so skeptical, but is this the solution? Can anyone say that being on the 90 day chart is what helped them long term?

Different strokes for different folks, but my experience has always been that white knuckling ended up making things worse.

No problem being skeptical... it's how we learn things...

But in response to your question, I would say, who said that we are white knuckling? The 90-day chart is a way to tangibly track our progress, but if someone tries to get to 90 days without a sound underlying foundation of changes in how they think and conduct themselves, then it would (IMHO) be little more than "holding one's breath", as I've read from more experienced posters here. It would almost be like a soccer (football) player using gazing up at the scoreboard every other minute as his primary way to push and prepare himself to play in the big match, without putting in sufficient physical practice and strategical preparation for playing against his opponent beforehand.

I hope this makes sense and is helpful.

May Hashem bless you with hatzlacha rabba.

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Re: White Knuckling?

Posted by yehoshua - 16 Jan 2014 12:30

However you would still need
someone to keep score on the chart.

There you go, you can't do it alone!!!

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Re: White Knuckling?

Posted by skeptical - 17 Jan 2014 08:09

I have been on the record as being "against" counting, but for some people it does work to help
Well in deep meditation holding breath for 90 days is child's play
them gain traction. Eventually, these people will stop actively counting and just live life.

Even AA has chips they reward their members for 24 hours, 30 days, 3 months, 6 months, 1
year, etc. being sober.

And by the way, let's keep this straight: **I'm** skeptical!

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Re: White Knuckling?

Posted by yehoshua - 17 Jan 2014 13:07

Every second counts and we really need to celebrate each day, maybe the counting is a way of
celebrating, a reminder that we should admit to Hashem and to ourselves, it is good to be alive,

it is good to be sober, just today.

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