

My 90-Day Journey

Posted by TalmidChaim - 06 May 2014 16:45

Hey Everyone,

Thanks, already, for the outpouring of support and motivation! I'm five days into this haul, and still very motivated.

My first thoughts (read: anxieties) moving forward, however, are related to what happens when this initial dopamine rush of optimism fades, as rushes are wont to do. We all know, especially as men with addictive and obsessive personalities, that there's a biochemical fix associated with new and exciting things. The GYE journey, for me, now, is new and exciting. But what happens after ten days, twenty days, B"H...90 days? I'm beginning to see the wisdom in the old adage, one day at a time. But I'm also eager to benefit from the erudition of the veteran (and freshman) tzadikim here on GYE.

Thank you so much!

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Re: My 90-Day Journey

Posted by cordnoy - 26 Feb 2015 05:09

I was only able to do that in the reverse order.

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Re: My 90-Day Journey

Posted by TalmidChaim - 26 Feb 2015 12:13

Yeah, I'm beginning to see my signature quote as not quite in line with how I should be thinking about this.

Which quote from the Talmud would you use?
Okay, then...contest time

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Re: My 90-Day Journey
Posted by Bigmoish - 26 Feb 2015 14:55

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Re: My 90-Day Journey
Posted by TalmidChaim - 26 Feb 2015 20:20

Bigmoish, I like the quotes in your signature a lot! Maybe I should find some gems from the forums here too. Great ideas.

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Re: My 90-Day Journey
Posted by TalmidChaim - 01 Mar 2015 15:01

I'm four days clean, and have stemmed the tide of some pretty potent urges over the last week. So I'm feeling a little more confident, or put better, a little less uncertain about my ability to stay clean. But, I don't want to get too confident: one day at a time.

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Re: My 90-Day Journey
Posted by yiraishamaim - 01 Mar 2015 15:44

Thanks for sharing

KUTGW - you are a Steady Eddie

If you can do 4 days you can certainly pass the next moments nisayon

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Re: My 90-Day Journey

Posted by cordnoy - 01 Mar 2015 15:50

A conversation from the past.

I enjoyed.

Howbout you?

[TalmidChaim wrote:](#)

Okay. I fell on Wednesday, then Thursday again. It's a familiar pattern: a set-back, then dealing with the resultant pessimism. It relates, I'm sure, to my OCD, perfectionism, and penchant for polarized, absolutist thinking. I suffer from that "all or nothing" perception.

What's more, I feel that my abstinence leaves me with a wellspring of desire that has to be, for lack of a better word, *exorcised* from body (read: removed through self-gratification). In other words, my thinking is: "Well, I fell... Might as well just jettison all of this pent-up sexual frustration and...BINGE on lust!"

So today's mission: *stem the tide*. Don't let a two-day lapse become a three-day binge.

I realize that this destructive binge capitulation is a sort of a paradigm, a way of thinking, for addicts. And I also realize that it's a chronic misstep for me, one that's responsible for countless hours wasted on horrible self-gratification. If I characterize my addictive behavior in units of

time, I have a habit of turning a few hours of lust into days of dreadful self degradation (or, and I shutter to write this: neshama degradation).

So, that's my mission for today. With HaShem's help, and your support, I hope I could do it!

[cordnoy wrote:](#)

"Hope" is not a plan....it's a prayer of sorts, but not even that.

"Neshma degradation" is a topic that has been bantered around here many times. It is similar to the fear of Gehinnom, the seriousness of the aveirah, etc.

Many of us here know that.

We understand the "chomer ha-inyan."

Some can deliver a discourse on the BAD WORD REMOVEDah of the baal haterumos l'gabei peru urvu and the Rashba in the sugya of moch, or how the Pnei Yehoshua and the Dibros Moshe explain the sugya.

Where does that get us?

As Dov is want to say, "Back to the bathroom floor."

so, while it is true that we are degrading our neshamah (and I'm not one to say that with this nisayon, when we pass it, our neshamah is elevated to even loftier levels), that will not be the deterrent....to many of us at least.

b'hatzlachah

[TalmidChaim wrote:](#)

Thanks, Cordnoy. I understand some of what you're saying, and it certainly echoes a lot of the sentiments I've read in the daily emails as well, or at least, I think. But I am still confused about a lot of the thought I'm encountering here on the forums. A lot of it seems contradictory (probably just a function of everyone sharing their *own* advice).

I'm new to the recovery world, and have a tremendous amount to learn, but from what I understand, the underlying theme is that we have to essentially wrest the inclination to control and fight this thing from our psyches. That is, we have to accept that it's not within our power, as addicts, to rein in our problem; that only through giving ourselves entirely to HaShem, and effacing our egos, will we be able to live cleanly.

Of course, raising fences and taking action is a prerequisite for success here on our end of the battlefield, but in terms of how we envision the outcome of this war, why is *hope* bad?

In my posts here, I'm purposefully avoiding language that implies control, micro-management and a general sense that I can beat this thing on my own. At least, that's the vibe I'm getting from a lot of the people who've worked the SA program.

I might be over-thinking things, or maybe even missing some fundamental points entirely, but there's a lot of ambiguity in terms of how to approach recovery.

As for the whole hashkafah of focusing on hurting our souls, I agree that it, alone, has been unsuccessful. So, in your opinion, even reminding myself about that is counter-productive?

Thanks again for helping out this perplexed freshman!

[cordnoy wrote:](#)

You write so eloquently and clear and concise.

I am a freshman as well.

I am merely voicin' my opinion; it holds no more weight than anyone else's....probably much less.

I am the anti hope fellow on this site, and people have caught on. It is not a bad thing to hope. My stress is that action is required. Hopin' that things will be different, for we hope that it will, will not get us anywhere.

Your second paragraph is an excellent one. It should be required reading for SA members and groups (which I am a proud member of). I, however, have not gotten there yet. Yes, I know that I cannot recover on my own. I know that I will be addicted to lust for the rest of my life. I know that if I allow those thoughts to fester in me, I will eventually get a hold of my ultimate lust desire, and therefore I know that I cannot fall into that trap. All fantasies (with wife included) are shut out. There is no place for them inside of this lust-festered brain and organ of mine.

Did I give myself entirely to Hashem? I don't think so.

Did I efface my ego? Perhaps...partly...maybe.

Am I livin' cleanly? Yes...for right now....and frankly my dear, that is all that counts.

b'hatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 01 Mar 2015 16:09

Wow, Cordnoy! That was me? Haha.

I'm not sure if my understanding of things has improved all that much, but I think I get your point (probably, maybe). I'm finding that a lot of the understanding of this process is gained only through doing, and failing, and getting up again. I'm definitely over-thinking the "Letting go, and letting G-d," part. It's going to be one of those paradoxes that could only be partly fathomed, if at all. I'll just have to accept the reality of being a walking paradox.

I'm also finding that the key to some of this, at least for me, is managing my enthusiasm. I know that sounds depressive, but it's meant more in terms of just mellowing out with things a little. I used to get myself into such an emotionally charged state when I got past the 3-day hurdle, that I think I made myself more susceptible to temptation. Does anyone know what I mean? When I don't calibrate my emotional state down a little, I just wind up stepping in it again, and again.

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Re: My 90-Day Journey

Posted by TalmidChaim - 02 Mar 2015 00:52

Glad to see a real tzadik like yourself, 9494, shares my struggle. It's weird to think that being so full of optimism and positivity could bring us down, but it definitely has been a pattern with my recovery. "Cheer down," maybe? (That's an obscure George Harrison song I think.)

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Re: My 90-Day Journey

Posted by wants2succeed - 02 Mar 2015 02:38

Very interesting! A lot of times when I get excited, I forget my "reserve" and some of my personality comes out and then I feel "cool" that my real personality came out and no one

) I know

that triggers for me are situations where I feel "cool" cause then I just desperately want it more and if I dont get it then I feel empty and that makes me want to go to p***.

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Re: My 90-Day Journey

Posted by TalmidChaim - 02 Mar 2015 02:55

I think we all have different things that make us vulnerable, and they're as varied as our personalities are different. But there are definitely commonalities between them all, maybe the heightened emotional state.

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Re: My 90-Day Journey

Posted by TalmidChaim - 04 Mar 2015 16:54

Checking in/checking up... I'm trying hard to stay focused and clean, despite some recent falls. Also -- and, yes, this is me procrastinating -- I'm planning on joining one of the phone conferences.

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Re: My 90-Day Journey

Posted by cordnoy - 04 Mar 2015 17:02

[TalmidChaim wrote:](#)

Checking in/checking up... I'm trying hard to stay focused and clean, despite some recent falls. Also -- and, yes, this is me procrastinating -- I'm planning on joining one of the phone conferences.

Tomorrow, tomorrow, I love ya' tomorrow!

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Re: My 90-Day Journey

Posted by TalmidChaim - 04 Mar 2015 19:36

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Tomorrow is definitely my mistress