

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!

=====

Re: My 90-Day Journey

Posted by TalmidChaim - 30 Mar 2015 11:57

Thanks, everyone! Inspired and inspiring advice, as usual. 9494, that's a really good idea, and definitely represents something new that I need to start doing.

And I'm still clean, B"H.

=====

Re: My 90-Day Journey

Posted by TalmidChaim - 07 Apr 2015 01:14

I didn't get a chance to say to everyone, Chag Kasher V'Sameach!

=====
=====

Re: My 90-Day Journey

Posted by TalmidChaim - 12 Apr 2015 17:23

Okay, counting the Omer, and counting the clean days. Let's go!

=====
=====

Re: My 90-Day Journey

Posted by cordnoy - 12 Apr 2015 18:01

[TalmidChaim wrote:](#)

Okay, counting the Omer, and counting the clean days. Let's go!

If only I would have known.....I would have reset the count from second day Pesach.

=====
=====

Re: My 90-Day Journey

Posted by TalmidChaim - 12 Apr 2015 20:07

I'm not THAT obsessive-compulsive. Wait, am I? No, I'm not.

=====
=====

Re: My 90-Day Journey

Posted by Bigmoish - 17 Apr 2015 13:53

Your silence has concerned us, TC.

What's going on? What's bugging you?

Forget it all for a bit and jump back on the wagon.

We understand that it's not always so easy.

(We are an understanding chevra, in general.)

You never need to be ashamed to share your feelings here. We've all been down that road.

=====

Re: My 90-Day Journey

Posted by shlomo613 - 17 Apr 2015 17:13

Hi TC,

It seems that whenever you disappear it ain't so great..

I'm gonna be real mean and maybe speak out of turn: I question your determination to let go of lust. Is lust still your friend?

Is your main 'sober talking' done after the acting out phase?

In my experience, the yetzer hara lets us have that with pleasure, cos he knows that as soon as he wants he's got u again.

Shlomo

=====

Re: My 90-Day Journey

Posted by yiraishamaim - 17 Apr 2015 17:29

Hi TalmidChaim

Your accumulating days GFY

Been missing you. Really glad to see you back

There is a lot of talk about attitude which is great. How about any new approaches that may help keep you on the clean path?

you know - stuff like talking to a sponsor/ or someone before a fall.

understanding what triggers you and being able to sidestep it before it becomes an issue.

=====

Re: My 90-Day Journey

Posted by TalmidChaim - 19 Apr 2015 02:04

Hey Guys,

Sorry about being MIA. I was really busy with school work, and procrastinating, as usual, and found myself stressing and not doing much else. I appreciate everyone's concern.

I agree with what everyone said. I need to take things to another level and be sure that my strategy is enough to stave off the temptations that creep in after being sober for a while.

Also, I've noticed -- and I think that this mainly accounts for my more frequent absences here -- that I, maybe due to my addictive personality, get into things in a big way, e.g., posting on the forums, and then gradually tire of them. Of course, that could spell "fall" for me, if most of my chizuk is coming from here. But I need to find a healthy balance of using all of these recovery tools and living everyday life. Has anyone found that taking GYE, or 12 steps, etc., to extremes, has made them fizzle out on the idea later on?

=====

Re: My 90-Day Journey

Posted by TalmidChaim - 23 Apr 2015 14:01

Just checking in. I am feeling optimistic and focused, and working it. I'm very, very busy with school too, so stress levels are very high. This, of course, makes me more susceptible to temptation.

=====

=====

Re: My 90-Day Journey

Posted by unanumun - 23 Apr 2015 17:30

Good to see you around. Don't be a stranger.

=====

=====

Re: My 90-Day Journey

Posted by TalmidChaim - 23 Apr 2015 18:11

Thanks, Una. I'm going to try to post at least once a day (B"N) until things get less busy with work. Then I'll go back to my GYE addiction ;-)

=====

=====

Re: My 90-Day Journey

Posted by dd - 26 Apr 2015 05:54

Hey Talmid how are things going?

=====

=====

Re: My 90-Day Journey

Posted by Palti-Yossef - 26 Apr 2015 11:47

Yes TC,

even if I've never post there I follow your progression and now I'm waiting, like everyone here, for news from you very soon !

We are with you !

=====

=====