

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 TalmidChaim - 27 Jul 2015 16:37

So for me, and I guess all of Klal Yisrael, the time between Tisha B'av and Rosh HaShana is introspection and growth time, to the max. But one of the best personal insights I've gained since starting this recovery thing about a year ago is that stilted grandiose declarations of intent, e.g., "Today is Rosh Chodesh, a great day for me to start my 90-Day clean streak, etc.," imbue the process with too much emotional energy, I think. I've really tried to avoid that kind of thinking, really, overthinking in general, and just do the work without the frills and fanfare.

I've been posting more on other people's threads than my own, which is not good, so I'll post more here (b'li neder). And talk more about successes and failures with everyone.

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Re: My 90-Day Journey

Posted by TalmidChaim - 27 Jul 2015 19:36

Thanks a lot, 9494! Yeah, it's hard to overstate just how wonderful the community here is!

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Re: My 90-Day Journey

Posted by cordnoy - 27 Jul 2015 20:30

Welcome back to your recovery growth.

Bhatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 27 Jul 2015 21:52

Thanks, Cordnoy!

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Re: My 90-Day Journey

Posted by cordnoy - 27 Jul 2015 22:00

[TalmidChaim wrote:](#)

Thanks, Cordnoy!

Pleasure.

What are friends for?

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Re: My 90-Day Journey

Posted by TalmidChaim - 29 Jul 2015 21:49

One of the things I'm focusing on now was mentioned in one of Cordnoy's insightful posts. He paraphrased the SA handbook, I think, which spoke about weathering the feeling of lust, in so many words. How it's okay to feel that way and NOT doing anything, something I'm realizing is really fundamental to my problem. It's a simple insight, which is why it's probably so frequently overlooked.

I act out to exorcise the feeling of desire, never letting the wave ebb. I guess I need to learn to surf (que song: Miser-Lou).

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Re: My 90-Day Journey

Posted by cordnoy - 29 Jul 2015 23:04

[TalmidChaim wrote:](#)

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I only know simple stuff....the deep insights I leave for the scholars on this site.

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Re: My 90-Day Journey

Posted by serenity - 29 Jul 2015 23:44

That's a very deep insight.

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Re: My 90-Day Journey

Posted by cordnoy - 29 Jul 2015 23:48

[serenity wrote:](#)

That's a very deep insight.

I don't even understand that.

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Re: My 90-Day Journey

Posted by TalmidChaim - 30 Jul 2015 01:06

I don't think we're supposed to understand that one.

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Re: My 90-Day Journey

Posted by stillgoing - 30 Jul 2015 01:49

Well I'm feeling kind of dumb. What are you talking about? Maybe cords can write "*I don't understand*" and get away with it, because he's brilliant, but I *really* don't understand so I have to pretend that I do! Maybe you can quote Cordnoys whole post that you were referring to, (as he himself is fond of doing).

What does it mean "*weathering the feeling of lust*", and why is it okay to NOT do anything? The part about "frequently overlooked" I think I *did* get. That's common by me, (anyone see my keys?)

TC

I act out to exorcise the feeling of desire, never letting the wave ebb. I guess I need to learn to surf

If I am understanding it correctly (probably not) and the wave is lust, why would surfing help? You'd want the wave to be gone altogether.

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Re: My 90-Day Journey
Posted by cordnoy - 30 Jul 2015 02:43

[stillgoing wrote:](#)

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1. I'm not brilliant at all.

2. I'm not sure what he quoted from me, and I certainly didn't understand the ebbin' and surfin' and Les Mesoire part of it.

3. What i did understand, and perhaps i wrote it someplace, is as follows: We get all caught up in the feelin'..."oh no, I'm lustin'," or, "I really wanna do this and this," and sometimes out fightin' it even gets us to desire more, all i was sayin' or all that i'm sayin' now is that it's ok: yes, you wanna, and yes you're in the mood to...., and life goes on. I'm not gettin' involved in this post what you should do about it. All i'm sayin' (for that's all i know) is that feelin' is ok....we are human; we lust, and "we" especially do, so keep on livin' life.

b'hatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 30 Jul 2015 15:41

Cordnoy,

That sums it up, basically. There's no use overthinking it, and that's the point I was attempting to make: The feeling of lust goes away, and sometimes needs to be waited out. Desire happens, and doesn't need to be removed (though asking HaShem to take away is a good idea).

The surf song, Miser-Lou, was an obscure reference, yeah. You'd probably recognize it, though, if you heard it.

(StillGoing,

My surfing metaphor I still think is apt though. We ask to have the desire taken away, but sometimes (for me, a lot of the times), it doesn't go away. What happens then? Surfing out the

wave means accepting the feeling. Simply put, it's okay to have the feeling; it won't hurt you.

I'm sorry I didn't put in a direct quote. I remember the post from a month or so ago, and it just recently resonated with me. I'm not sure how I could find it; Cordnoy is, thankfully, quite prolific.)

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Re: My 90-Day Journey
Posted by TalmidChaim - 02 Aug 2015 13:47

It was a hard Shabbat, mentally: idle time is my worst enemy. But I made it through, clean, B"H.

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