

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 - 22 May 2014 22:21

Thanks!

There's definitely way too much to comment on right now; I have to read through everything you wrote carefully. Sufficed to say that I'm still clean, and everything you guys mentioned rings true.

Just to clarify: I consider myself powerless over this thing, and I'm pretty squarely in Step 1. The whole biochemical thing is not an excuse, and not something that I think can be *beaten*. I know this might differ from the thinking of a lot guys here, but I do not differentiate between science and Torah; it's all from HaShem. Seeing my issue in terms of the biochemistry at play does not

preclude that HaShem controls everything and exists as the Master of Creation.

That debate -- if it is one at all -- is off topic here. But what matters is that I come off as powerless and accepting in the language of my posts (and everyday conversation), which apparently, I am not doing. So apologies and thank you! I definitely realize that I'm powerless over my addiction, that, in fact, it is a full-blown addiction and not just a, well, *hobby*, and that only through HaShem can I stay clean.

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Re: My 90-Day Journey

Posted by TalmidChaim - 24 May 2014 00:32

I'm still clean going into Shabbos today. A lot of hectic preparation today, and not home alone... So no isolation, and no idle time. That combination definitely works, but like others have said, the root of the problem still needs to be addressed.

As for all of the helpful comments yesterday, I can only say that all of you are 100% right, and make very valid points. Just meditating on everyone's advice, even if I'm not capable of understanding it yet, is proving to be a very effective exercise in and of itself. So, again, thank you!

Gut Shabbos!

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Re: My 90-Day Journey

Posted by TalmidChaim - 25 May 2014 14:51

I'm still clean. Being busy and having guests definitely helped, but I'm also riding a little sobriety high at the moment. That's a nice feeling.

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Re: My 90-Day Journey

Posted by Pidaini - 25 May 2014 17:06

Enjoy it, but be careful because I find that the moment that "high" feeling gets just a little "lower" I find myself desiring a lot.

We have to remember that sobriety is about not acting out, not about great feelings!!

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Re: My 90-Day Journey

Posted by Machshovo Tova - 25 May 2014 17:20

[Pidaini wrote:](#)

Enjoy it, but be careful because I find that the moment that "high" feeling gets just a little "lower" I find myself desiring a lot.

We have to remember that sobriety is about not acting out, not about great feelings!!

Yeah, like a disgruntled Shana Rishona-nik once told me: "You get married and you're riding on a cloud. But then you fall down flat on your face."

So I guess the trick in all cases is to keep a proper balance as we walk the tightrope.

Hatzlacha

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Re: My 90-Day Journey

Posted by cordnoy - 25 May 2014 17:48

[Pidaini wrote:](#)

We have to remember that sobriety is about not acting out, not about great feelings!!

A telling sentence.

Sobriety is about "not actin' out."

That might be even if one is strugglin' wit it, but nevertheless, it's still sobriety.

Important note to remember in recovery.

b'hatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 25 May 2014 19:31

Good points, all of them! Measured enthusiasm, and keeping everything in check. I will be reminding myself of that, definitely, going forward. As usual, thanks!

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Re: My 90-Day Journey

Posted by dms1234 - 25 May 2014 23:47

I agree with everyone BUT there must be a disclaimer. Just Becuase you are on a high today doesn't mean you have to be worried or scared about a low tomorrow. So be carful with being careful.

In fact don't even worry or fret. (There should be a concern that there is potential for you to act out but this shouldn't make you worry)

Just live life and be happy!

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Re: My 90-Day Journey

Posted by TalmidChaim - 26 May 2014 07:21

Thanks DMS. Still happy, and still clean B"H.

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Re: My 90-Day Journey

Posted by TalmidChaim - 26 May 2014 17:29

Still clean, and approaching 7 days -- my modest but ever so allusive clean-streak "best". I'm learning, as others have told me, that grandiose goals are a poor substitute for just living day by day, or at times, minute by minute. And I've been doing that.

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Re: My 90-Day Journey

Posted by cordnoy - 26 May 2014 18:24

Great

Thanks for the constant updates.

We are watchin' and are elated with your progress.

It seems that you have the right mindset.

Keep it up!

b'hatzlachah

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Re: My 90-Day Journey

Posted by TalmidChaim - 26 May 2014 20:41

Thanks for *reading* my constant updates. Like I said, you guys are all pure inspiration! I know I

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Re: My 90-Day Journey

Posted by Pidaini - 26 May 2014 22:03

Keep up the great work!!!

and please do keep up the updates!!!!

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Re: My 90-Day Journey

Posted by TalmidChaim - 27 May 2014 16:46

can't do it without you and HaShem.
Tuesday morning, and still clean. This day in the streak is where I traditionally have some problems holding it together. Seven days is my current streak, and I've been falling shy of that goal, lately, by a day or two. So I'm going to stay especially on guard today, and really beseech HaShem to help me through.

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