

Time and time again

Posted by moopsy - 24 Nov 2014 20:47

I have started and re-started the 90-day program for weeks now. I have not gotten past 8 days!
I'm getting very discouraged...

I don't know what to do...

I'm starting to believe that I cannot be free of this :-(

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Re: Time and time again

Posted by gibbor120 - 24 Nov 2014 21:24

what do you mean by the 90 day "program"? What is the program? How do you do it?

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Re: Time and time again

Posted by shomer bro - 24 Nov 2014 23:41

Dont despair! One of the best pieces of advice that i picked up from other gye users is that in this lifelong battle, you need to focus and only take it one day/ moment at a time. The past is done and can't be changed, other than of course doing teshuva, and there's no point in worrying about tomorrows battles. Of course you should plan ahead for how you will deal with future nisyonos, but dont focus on staying clean for the next 90 years, because that is an impossible feat. Focus on winning TODAY'S battles, because that is in your ability. KOMT!

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Re: Time and time again

Posted by moopsy - 25 Nov 2014 00:12

@Gibor120

You know, the one where you're clean for 90 days.

Unless your question was rhetorical in which case it didn't help...

So, perhaps you can elaborate.

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Re: Time and time again

Posted by gibbor120 - 25 Nov 2014 01:22

I was prodding a bit. You say that you were on the "90 day program". However, 90 days is not a program at all. It's just a number of clean days. What did you do for your sobriety during those days? If you are simply trying to hold out for 90 days in the hope that it will transform you.... well, many have found out the hard way, that it does not. It may be a good jump start, or motivation, or something, BUT, if that is it, just a goal of 90, from what I've seen, it doesn't help that much.

Take recovery "actions", and without counting you will surpass 90, and you may not even notice. Focusing on the number can be a distraction from working on recovery.

Make sense?

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Re: Time and time again

Posted by cordnoy - 25 Nov 2014 02:05

Welcome,

To echo what Gibbor was sayin'....90 days is not a tool...it is a streak of days.

Streaks begin and streaks end.

Ask cal jr.

ask lou g and others.

programs or tools are activities that we do to better ourselves...some for that moment, some for the future.

but it all depends on what the issue is.

b'hatzlachah.....for right now, and for the next moment.

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Re: Time and time again

Posted by Watson - 25 Nov 2014 03:33

[moopsy wrote:](#)

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Wow it's been weeks and you've already got to 8 days! Amazing! It took me many months of hard work to get 8 days clean, so you're doing better than me already.

Please don't be discouraged. It's hard. Then again, it wouldn't be worth as much if it wasn't hard.

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Re: Time and time again

Posted by ineedchizuk - 25 Nov 2014 03:59

Shalom aleichem, Moopsy!

Yup, there ain't no shortcuts, and it ain't easy.

I actually did the 90 days, and then at some point thereafter started slipping down (haven't really got on solid ground yet :-()

So my hard lesson was that yes, the 90 days did jumpstart the process for me personally somewhat. But once I became complacent and stopped seeing it as a struggle, one moment at a time, boom. I got knocked right back down.

So please don't think a gimmick will do the job. When the experienced chevra here speak of the 'program', they're usually referring to the some forms of 12 step program.

Take them seriously. Hard work pays off.

Wishing you much siyata dishmaya on your journey.

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Re: Time and time again

Posted by dms1234 - 25 Nov 2014 05:25

WELCOME!!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

Let's just concentrate on Today shall we? There is a lot of time in one day for us to concentrate our efforts. A whole 24 hours!

Have you heard the term: One day at a time?

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