

## The 90 Day Chart

Posted by Markz - 18 Oct 2015 18:32

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Guys Here's the Current "[Welcome to the 90 Day Chart Letter](#)"

I'd like to propose a new Letter

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Hi markz,

**Congratulations** on beginning your journey to freedom. You have been added to the [90 Day Journey chart](#). (Note: If you have less than one day clean, you won't see your name on the chart yet).

May the date Aug 13, 2015 (28 Av, 5775) be a date you will remember your whole life as the day you began to seriously work to break on breaking free. After 90 days clean you will earn your place on the "[Wall of Honor](#)"

### **How does the chart work?**

The chart will not prevent falls and slips

- If you are a struggler and put good controls in place you have a good chance of success.
- If you are an addict or undetermined, you will learn very quickly usually within 30 days, that you will need to upgrade your sobriety tools to make it to 90 days. The chart is a great tool to encourage the addict to deal with his unmanageable life

"Today is day 1 - What are you gonna do to be sober today?"

### **For Strugglers**

Many have reached 90 days with the chart (and before the chart), but fallen again later (or before). This is because their challenge is only

### **For Sexaholics**

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive

when encountering lust situations, and at those behaviors. It very rare for addicts to reach 90 times the chart often doesn't restrain. We highly days with the chart alone. Yes, we all want to recommend you also consider putting up a filter pass 90 days, and the chart can help, but the to prevent challenging situations, and also see primary tools to arrive there is not via the 90 our Blue level tools shown on the [homepage](#) day chart. We recommend you begin with the Orange level tools shown on the [homepage](#).

(To determine your addiction, you can take the 'Addict or Not Test' [HERE](#) - see more below)

[Download](#) your own PERSONAL "90 Day chart" as well on this page to print out!

We can also find the idea of 90 in Chazal. Thirty days is 90 Shmoneh Esreis! Chazal knew that it takes 90 times of doing something (e.g. "v'sen tal u'matar") to get the mind used to it.

The Hebrew letter "Tzadi" – which symbolizes someone who is morally pure, also equals 90 in Gematria!

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This is my newly edited letter I think new Charters should receive.

Why is this important?

My main issue is not to diagnose character types, but that I'm sure many try and fail the Chart, and then say 'who needs gye'?

Yes, it's true that GYE has the [Initial Evaluation](#) page - But all new charters should be advised about this when beginnin'.

Please read the complete recent discussion about 90-days [HERE](#)

Here's more about Addicts and Non addicts [HERE](#) and [HERE](#).

And Yes we should have debate about the definition of Addicts too and get that down on 1 page  
- I know others would like it too.

The links I put were just for sample purposes

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Re: The 90 Day (Chart) Debate  
Posted by serenity - 20 Oct 2015 01:41

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Pls provide a link or forward the email to me. Ty.

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Re: The 90 Day (Chart) Debate  
Posted by serenity - 20 Oct 2015 02:38

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Thank you for forwarding the email. I read the opinion of David J. Ley about 6 months ago and it infuriated me and still does, The man is an imbecile.

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Re: The 90 Day (Chart) Debate  
Posted by Shlomo24 - 20 Oct 2015 18:36

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I read the title and about three sentences. I didn't need to read more. You know why? because it doesn't make one mashehu of a difference whether some hoydy toydy group of shrinks say "you're not an addict, sexual addiction is impossible". i still have to work my program to get sober and the program still works for me. the sex addiction debate is water under the bridge. for all intents and purposes there are what i call "strugglers" and "addicts", an addict generally needs a much different kind of help for his/her problem while something like taphshic might work for a struggler.

(the email was from the breaking free GYE daily emails)

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Re: The 90 Day (Chart) Debate  
Posted by cordnoy - 20 Oct 2015 18:40

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[Shlomo24 wrote:](#)

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(the email was from the breaking free GYE daily emails)

I told my therapist similarly today.

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Re: The 90 Day (Chart) Debate  
Posted by Shlomo24 - 20 Oct 2015 18:48

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[cordnoy wrote:](#)

[Shlomo24 wrote:](#)

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Re: The 90 Day (Chart) Debate  
Posted by markz - 20 Oct 2015 18:55

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[cordnoy wrote:](#)

[Shlomo24 wrote:](#)

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i had an inkling that we would have similar opinions

I told my therapist similarly today.

Shlomo I had same idea too...

Cordnoy when you meet your therapist - I wonder who coaches who more, does she also listen in to all your calls?

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Re: The 90 Day (Chart) Debate

Posted by markz - 20 Oct 2015 23:18

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Posted in todays email

Sayings

YOU CAN ARGUE REASONS NOT TO WORK THE TWELVE STEPS FAR FASTER THAN I  
CAN NAME REASONS TO WORK THEM. SO, WHO IS WINNING THIS CONTEST, REALLY?

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Anyone needing a copy you can subscribe, it's free, or email me [markzgve@gmail.com](mailto:markzgve@gmail.com)

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Re: The 90 Day Chart

Posted by Markz - 06 Jan 2019 13:04

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[cordnoy wrote on 28 Jun 1970 23:42:](#)

[lomed wrote:](#)

I also have two streaks of sobriety, which the first was 690 with a one night relapse, and then currently 716 days one day at a time.

From a baseball hittin' streak, yes, it was broken in the middle. Relevant to God, yourself and others, it is 1406 (and perhaps more). It is one of the stupid things about this 90 day countin'. If

one gets stuck in an elevator for an hour with an object of his desire (I do apologize to all the folk for callin' you objects) and nature takes over, why in the world is he regarded as a zero? Makes no sense to me. Yes, rules are rules, but if it would be up to me, I would think that the numbers highlighted should be the accumulative days clean, and I probably said this once or twice before.

Gotta run, the elevator beeped for my floor. Goin' up (I hope).

There's a difference between relapse and a fall.

Someone that is in active recovery at 90 days+ and has a momentary fall could continue his Clean streak count, whereas relapse should hit the restart button.

That's my humble pie experience.

What's yours?

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Re: The 90 Day Chart

Posted by Markz - 06 Jan 2019 13:24

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[cordnoy wrote on 03 Jan 2019 21:42:](#)

[lomed wrote:](#)

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Re: The 90 Day Chart

Posted by cordnoy - 06 Jan 2019 21:34

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Depends what "relapse" means.

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Re: The 90 Day Chart

Posted by brlife101 - 07 Jan 2019 13:59

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In concept what is different from a momentary fall and a relapse for the "clean count"?

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Re: The 90 Day Chart

Posted by Markz - 09 Jan 2019 17:38

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By relapse I mean unlike a one time fall, but a nice long binge, even with some sporadic good days.

Again I'm talking my experience.

I had a nice streak of 650 days from Aug 2015-2017. Then relapsed and got up and down and up and down until recently, so now my accumulated days is 1225, how amazing!

What I'm seeking is long term success, and the beginning of that new journey will be my sobriety date (and a random fall c'v won't shut down the highway).

Maybe I'm on the path already? Possibly, as I wrote at end of 'my story' thank Gd.

Hope I answered your q'

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