

We're gonna do this!

Posted by iwant2begood - 27 Dec 2015 21:32

I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished someday that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu Itaher mesiemen osoi

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Re: We're gonna do this!

Posted by Josephsbrother - 13 Jan 2016 02:50

Every step taken delivers 2 Ozs of blood to the heart by the veins. 2,4,6,8, 10,12, 14, 16 Ozs only with 8 steps.

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Re: We're gonna do this!

Posted by iwant2begood - 13 Jan 2016 22:04

Wow that's amazing! Imagine what running for 1/2 hr. Does!

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Re: We're gonna do this!

Posted by iwant2begood - 13 Jan 2016 22:08

Hi guys today is day 28 a full 4 weeks that I'm bh clean! Wow can't believe it ! That's a third of my journey!! lyh I'm gonna take this further. I joined Doves desperadoes call today bh it went gr8. I'm just praying to hashem to help me cont. to stay sober! Good luck were gonna do this!!

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Re: We're gonna do this!

Posted by Shlomo24 - 13 Jan 2016 23:07

[iwant2begood wrote:](#)

Hi guys today is day 28 a full 4 weeks that I'm bh clean! Wow can't believe it ! That's a third of my journey!!

I apologize in advance for this: You think you are going to die in 56 days?

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Re: We're gonna do this!

Posted by markz - 13 Jan 2016 23:14

[Shlomo24 wrote:](#)

[iwant2begood wrote:](#)

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I apologize in advance for this: You think you are going to die in 56 days?

Good you apologized, else you'd be dead before 56 days ;-)

Oooooooooops I forgot

Warning: Spoiler!

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Re: We're gonna do this!

Posted by stillgoing - 13 Jan 2016 23:28

[iwant2begood wrote:](#)

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Uh, I know Shlomo24 just commented on this, but is the journey really only for 90 days? What happens after? I never got there yet, but people who have, have said that they need to keep on working on themselves in a passive sort of way in order to keep it up. It doesn't end at 90, (I
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Re: We're gonna do this!

Posted by markz - 13 Jan 2016 23:37

It is my belief that it is not a competition who can get the fastest to 90 days and join the forum called wall of honor

If that's the reason of your chart, then I will tell you right now that there's nothing to forward to over there :-(, its empty

90 days is a challenge for any of us. The only way many of us can get there is by doing a lot of work changing our mindset / lifestyle etc.

90 days is the calibration key to open our eyes to tools of sobriety. Once we have attained those tools we can succeed for hundreds of days after, and if necessary we will tweak our tools as the days progress
hope not anyways..

Hatzlacha

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Re: We're gonna do this!

Posted by Josephsbrother - 14 Jan 2016 02:21

[markz wrote:](#)

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Hatzlacha

When I find a good tool I choose to use it again and again, take the subject of pounding a nail in Board, what tool do you use most of l time.

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Re: We're gonna do this!

Posted by Shlomo24 - 14 Jan 2016 18:08

90 days is a cool number to shoot for and it may have some habit breaking implications if you aren't an addict. Nothing more nothing less.

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Re: We're gonna do this!

Posted by iwant2begood - 14 Jan 2016 18:32

We'll said that's what I meant! I didn't mean that it's over after 90 days because I have done 90 days a few times in the past . This a struggle for life. Good luck

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Re: We're gonna do this!

Posted by iwant2begood - 16 Jan 2016 23:51

Hi guys gut Vuch! Today was day 30 bh it went by easy . Hope you guys have an awesome week!

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Re: We're gonna do this!

Posted by markz - 17 Jan 2016 00:21

Anyone that makes it to 90 days deserves a lot more than a gold coin, and even 30 days is tremendous

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[Shlomo24 wrote:](#)

90 days is a cool number to shoot for and it may have some habit breaking implications if you aren't an addict. Nothing more nothing less.

Shlomo, an addict usually cannot make it to 90 days, or even to 9 days...

I repeat - for many of us it's not a tool, but rather a mile marker - and I promise you bli neder that most addicts will have amassed a "truck"load of tools when they pass 90th day, so don't make light of the tunnel

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Re: We're gonna do this!

Posted by Shlomo24 - 17 Jan 2016 00:56

[markz wrote:](#)

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There's a saying in SA that just like yesterday's shower doesn't help for today neither does yesterday's sobriety. While it is true that an addict must be doing something right if he reached 90 days but it is in no way a concrete foundation for sobriety. I know many, many addicts who fell after 90 days. So I don't like making a big deal about 90 days. Heck, probability says I will lose my sobriety at some point.

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Re: We're gonna do this!

Posted by Josephsbrother - 17 Jan 2016 01:00

[markz wrote:](#)

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[Shlomo24 wrote:](#)

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There was once a father who brought a hammer and a nail for his son, to teach a great lesson for life. Son, pound the nail in the board, "Yes, dad." "Son, now remove the nail." " Yes dad." "Son, now remove the hole." Dad, I can not remove the hole." "Son many things we do may affect the rest of our lives." DAD, "Yet son there are things that can remove some of the consequences, here is some putty to fill the hole."

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