

Of Mice and Men- the weedle to 90

Posted by mickeymousemaster - 23 Feb 2016 22:14

Too tired to write a long biography. But I am going to be clean for ninety days. Here we go...

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Re: Of Mice and Men- the weedle to 90

Posted by markz - 23 Feb 2016 22:35

you want me to hide the cheese for 90 days?

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Re: Of Mice and Men- the weedle to 90

Posted by markz - 23 Feb 2016 23:03



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Re: Of Mice and Men- the weedle to 90

Posted by markz - 23 Feb 2016 23:22

Ok now some clarification

Dont touch that cheese it may be OULD

How is a mouse gonna make it to 90 days?

Death?

We have stats [HERE](#) to show that that doesn't work. sorry :-)

Sheer determination?

Were you never determined before gye?

I have not see anyone get sober without a plan, myself included

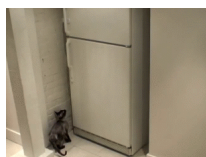
Another thing missing is clarifying and writing your true struggle

Go to your computer, grab mr mouse by its tail and pen the tale

From some recent post it sounded like you may have met other women, it's not clear...

No one knows you, so feel free to write as you wish, the more the better - for yourself!

The cat is busy doing exercisin', so take your time...



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Re: Of Mice and Men- the weedle to 90
Posted by doingtshuva - 23 Feb 2016 23:46

[markz wrote on 23 Feb 2016 22:35:](#)

you want me to hide the cheese for 90 days?

I'll rather smile and cheeeee:)eeese for 90 days

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Re: Of Mice and Men- the weedle to 90

Posted by BenTorah.BaalHabayis - 24 Feb 2016 02:51

While I agree that a plan important, for myself I know that just committing to to the 90 day chart went a long way in jumpstarting my recovery.

Hatzlacha!

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Re: Of Mice and Men- the weedle to 90

Posted by Bigmoish - 24 Feb 2016 20:57

Keep it up, MMM.

Stick around, don't leave us once you get to 90.

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Re: Of Mice and Men- the weedle to 90

Posted by cordnoy - 25 Feb 2016 00:17

"O.K—O.K. I'll tell ya again. I ain't got nothing to do. Might jus' as well spen' all my time tellin' you things and then you forget 'em, and I tell you again."

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Re: Of Mice and Men- the weedle to 90

Posted by Watson - 25 Feb 2016 08:48

I always find it odd when people say they want to do 90 days. It implies that they intend to act out on day 91.

Do people believe that once we get to 90 days Hashem removes lust from us and we tread the world like angels?

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Re: Of Mice and Men- the weedle to 90
Posted by doingtshuva - 25 Feb 2016 10:55

[Watson wrote on 25 Feb 2016 08:48:](#)

I always find it odd when people say they want to do 90 days. It implies that they intend to act out on day 91.

Do people believe that once we get to 90 days Hashem removes lust from us and we tread the world like angels?

90 days is a good goal or motivation, but when we reach 90 whats our next goal.

What should now motivate me? I'm more scared now after reaching 90.

Therefore for me working one day at a time and just counting on the side what works the best.

I dont need numbers, I need the now and the present. Not the past and not the future.

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Re: Of Mice and Men- the weedle to 90

Posted by cordnoy - 25 Feb 2016 12:46

[Watson wrote on 25 Feb 2016 08:48:](#)

I always find it odd when people say they want to do 90 days. It implies that they intend to act out on day 91.

Do people believe that once we get to 90 days Hashem removes lust from us and we tread the world like angels?

Doc, please.

It is bein' used as a motivator.

For many, it proves to be a lifesafer, for they never turnaround afterwards.

For others, it is a springboard to stronger recovery.

For others, it is simply a goal, one they dream about; for them, one day might be a preferable alternative.

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Re: Of Mice and Men- the weedle to 90

Posted by Watson - 25 Feb 2016 18:41

I don't see the motivation in committing yourself to something that is not under your control. 90 days takes about 3 months to pass, you can't make it go any quicker, no matter how motivated you are to get there. So the focus has to be on how to not act out no matter what, whatever day it is. The 90 day mindset is a red herring IMO, as demonstrated in this thread.

It hasn't escaped me that both of you have something in your signature to the effect of 'one day

at a time'.

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Re: Of Mice and Men- the weedle to 90
Posted by cordnoy - 25 Feb 2016 19:07

[Watson wrote on 25 Feb 2016 18:41:](#)

I don't see the motivation in committing yourself to something that is not under your control. 90 days takes about 3 months to pass, you can't make it go any quicker, no matter how motivated you are to get there. So the focus has to be on how to not act out no matter what, whatever day it is. The 90 day mindset is a red herring IMO, as demonstrated in this thread.

It hasn't escaped me that both of you have something in your signature to the effect of 'one day at a time'.

How to not act out no matter what.....and that can be a streak of ninety days; for some, it doesn't work.

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Re: Of Mice and Men- the weedle to 90
Posted by Watson - 25 Feb 2016 19:13

Why not go for a streak of 120 years? Cos it's too long? So is 90 days. I can only stay sober one temptation at a time, irrespective of how many days I've been clean.

I think the 90 day mindset is based of the fallacy that something changes with 90 days sobriety. I can tell you from experience that sobriety alone changes nothing.

Things don't change - we do. We must change or relapse is inevitable.

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Re: Of Mice and Men- the weedle to 90

Posted by markz - 25 Feb 2016 20:02

Doc I don't know what you've been drinking, but it's a little strong...

What struck me was "I'm gonna do 90 days" and our sages say *tafasta meruba lo tafasta*, so for someone like me it's not a commitment of anything, and no one else in my short term memory. But hey you never know...

How about I book an apt with you doc for a visit to this thread in 88 days for a celebration, just take a back seat in my truck (there's good schoirah here!!), and if there's nothin doing in 88 day we can pull out all the medical journals and take another overdose

deal?

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