

This is my first try at 90 days

Posted by benAvram66 - 01 Mar 2016 14:57

Hi, everyone,

This is my first try at attempting to get 90 days clean....I am a little nervous, and even scared that I won't be able to do it...I have relapsed so much that I wonder if I will ever be able to get even a few days. How has anyone dealt with this kind of thinking...? Or, what worked for you when you were first starting out on this 90 day journey?

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Re: This is my first try at 90 days

Posted by Gevura Shebyesod - 01 Mar 2016 15:03

Welcome!

Sometimes looking ahead that far can be too daunting and discouraging. Just deal with today.

Hatzlacha!

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Re: This is my first try at 90 days

Posted by markz - 01 Mar 2016 15:04

Welcome!!

I don't think about 90 days (I just kept it to show that it can be done although I'm BH by 210+). Thinking too far can often cause us to stumble on things that are under our nose

Whats under my nose? My watch

Check the GPS solutions and only think about the next 90 minutes. Let me know how it goes my friend

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Re: This is my first try at 90 days
Posted by cordnoy - 01 Mar 2016 15:19

Mark, gevurah,

When you first started, did you think of the 90? I'm askin' that to myself as well.

B'hatzlachah to all.

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Re: This is my first try at 90 days
Posted by markz - 01 Mar 2016 15:32

Yes I did

i had a small plan before joining gye - the good night calendar (in my signature), and my ride began

If there's no plan in place when beginning the 90 day chart, it's still it's worth in gold, and I can explain why on this thread in a few days

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Re: This is my first try at 90 days
Posted by Gevura Shebyesod - 01 Mar 2016 15:35

I did, but I still had to deal with each challenge as it presented itself in that moment and not get hung up on "can I keep this up for so long". The 90 is a good motivator as a milestone to look forward to celebrate, but it's not all or nothing.

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Re: This is my first try at 90 days
Posted by Shlomo24 - 01 Mar 2016 16:30

Welcome! If motivation is what you need then the 90-day challenge may help you. I personally never thought that I would ever make 90 days so I never signed up for the chart. I have learnt to take it one day at a time and b"h I am sober for more than 6 months.

Hatzlacha Raba.

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Re: This is my first try at 90 days
Posted by DaveKo - 01 Mar 2016 17:10

Having people like in gye community is priceless. You really see how important it is to quit with gye. You get information, do not feel alone. It really helps.

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Re: This is my first try at 90 days
Posted by cordnoy - 01 Mar 2016 17:42

All I'm sayin' is that this is recurrin'.

Someone joins gye.

Announces he's startin' 90.

We bash him for thinkin' ahead.

I think we/I should allow them some slack.

There are times when the 90 is overdone, but in general, it is a good mile marker, not destination.

B'hatzlachah to all.

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Re: This is my first try at 90 days
Posted by realsimcha - 01 Mar 2016 18:30

Its really a tough thing to balance. The main thing cords, which you have said before, is that we should share what works or us not what we think others should do. We are not professionals [and if some of us are - that is not our role here]. We post. We share. Others get chizuk from connecting with our journey. We get chizuk from the journey of others.

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Re: This is my first try at 90 days
Posted by Watson - 01 Mar 2016 19:45

[cordnoy wrote on 01 Mar 2016 15:19:](#)

When you first started, did you think of the 90? I'm askin' that to myself as well.

Nu? What's your answer R' Cordnoy?

Personally when I started I counted in hours, sometimes minutes. I remember it being a real simcha by me the first time I got to 100 hours clean - I really didn't think I could.

The first time I went from kabolos shabbos to the next kabolos shabbos without acting out was oyoyoy gevaldig. I don't remember how long it took to get that, maybe a year or so. I had no

But it doesn't have to be that way. People who come here first are very lucky.

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Re: This is my first try at 90 days
Posted by cordnoy - 01 Mar 2016 20:05

Yes Doc.
contact with recovering people back then, and I wouldn't have listened to their advice if I had
I was into the countin'.

I went thru my old thread and saw the amount of days constantly showcased, and I was proud of the accomplishments.

Now, it has little meanin'.

In this paragraph, I was gonna comment on two different counts.....but I deleted it.

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Re: This is my first try at 90 days
Posted by benAvram66 - 02 Mar 2016 04:41

Thanks...I struggle a lot with that all or nothing thinking...I think, if I fail, then why try if I can't get it right. I know, I know, this is crazy...my problem is that, I am sad that I keep letting Hashem down...I want so bad to get this right. I feel I have disappointed Hashem way too many times. He has down so much for me, and all I seem to give Him back is this horrible behavior. That is why I seem to want this to go right....I don't want to keep failing.

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Re: This is my first try at 90 days

Posted by benAvram66 - 02 Mar 2016 04:46

Thank you for reminding me that really all I have is just this moment...this next minute, this next hour.

My relapses in the past have always have come over me in a matter of seconds...it seems. Sometimes, right out of the blue...Those cravings were so strong that before I even knew it...I was out of control...in just a matter of seconds. Did it ever feel like you were being pushed right in front of a speeding train and were unable to save yourself? That is how fast it has always felt for me. Does that make any sense?

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Re: This is my first try at 90 days

Posted by benAvram66 - 02 Mar 2016 04:50

Thank you...I think this is the first time I don't feel so alone. It is a terrible thing to not be able to talk to anyone about this problem...Oy, I even have the most difficult time even bringing it up to my therapist or my really kind doctor. The shame is so crippling, the need to ask for help...up until now, was nearly impossible due to the stigma or shame that is associated with this type of

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