

A New Approach to the 90-Day Journey

Posted by BEHS - 29 Mar 2016 19:17

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I'm a baseball fan and a numbers guy. And the numbers we discuss in baseball are typically percentage-based: Batting average, OBP, slugging percentage,... The numbers that represent actual occurrences are typically noted only when they are outliers. Hank Aaron's homeruns, Ricky Henderson's stolen bases, (don't tell the MLB that I'm mentioning this next one) Pete Rose's hits,... These are monumental feats that seem superhuman. In that second category would also be Joe DiMaggio's hitting streak, Orel Hershisier's scoreless innings streak, and Cal Ripken Jr's consecutive games played. These are superhuman feats that we never expected to happen and will probably never happen again. (See where I'm going with this yet...?)

I know I have trouble with lust. I'm a proverbial red-blooded male. It's been a problem with me for longer than it hasn't been. For me to have a significant streak would require superhuman strength which I don't have. But that doesn't mean I can't try to hit for average. I can't keep beating myself up over losing my streak when I don't have the *koach* in me to maintain it. That's up to Someone Else to give me that superhuman power. If He chooses to, I'll be tremendously grateful, but if not, I'll do what I can to get on base and bring in a few runs.

It's with this mindset that I'm changing my approach to the 90-day challenge. While I do hope to one day reach that tremendous milestone that currently seems so far out of reach, I have to begin by focusing on my batting average. And while I'll continue to track my streak, it's better for me to focus on percentages to keep upbeat about my progress.

I plan on updating this thread daily to track my ongoing "batting average" and welcome all to call me out if I begin skipping days. I may also reset the count every 90 days to test myself and see if I can hit better in subsequent periods and to give myself a target to beat.

As always, I welcome input from the *olam* as to whether this is a good idea that may need tweaking or if I should scrap it altogether.

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 05 May 2016 15:11

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Thanks for the link abie. I didn't notice it there. And I've known how to type Hebrew for a while but I usually post from my phone or a different computer that doesn't have the capability. I'll try to do it more in the future as it is more "authentic" I guess.

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Re: A New Approach to the 90-Day Journey  
Posted by markz - 05 May 2016 15:25

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[BEHS wrote:](#)

Ok, lots to discuss here...

Abie,

- 1) I'm taking your advice and starting to put all of the posts into Word. We'll see where it all goes from there.
- 2) Don't worry about not having the Manhattan ??????. You're not missing anything.
- 3) I don't know yet if I'll keep an actual count, but I'll give myself a pat on the back for the just taking off the glasses. At this point, it's too hard to really determine if I did or didn't properly guard my eyes.
- 4) I'm going to keep the streak on for now as I really am looking at these as 2 different things. One is a streak of sobriety just like any other, and the "batting average" is to focus on my improvement in general. I'm not really sure what the downside of displaying the streak would be.

Markz,

Please send me a link (or post it below) to your new virtual read thread. And is there an online or downloadable copy of the SA white book that I can get?

And now onto today's portion of ?????? ??????...

Thanks Abie, btw Cordnoy is good for other things too, like his daily call in 2 hours

BEHS I just started the read yesterday

Here you go

[guardyoureyes.com/forum/11-Working-Through-the-GYE-Handbooks/286679-My-reMARKable-noteBOOK](http://guardyoureyes.com/forum/11-Working-Through-the-GYE-Handbooks/286679-My-reMARKable-noteBOOK)

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Re: A New Approach to the 90-Day Journey  
Posted by abie - 06 May 2016 04:27

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[markz wrote on 05 May 2016 15:25:](#)

Thanks Abie, btw Cordnoy is good for other things too, like his daily call in 2 hours

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Re: A New Approach to the 90-Day Journey  
Posted by cordnoy - 06 May 2016 04:31

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[abie wrote on 06 May 2016 04:27:](#)

[markz wrote on 05 May 2016 15:25:](#)

Thanks Abie, btw Cordnoy is good for other things too, like his daily call in 2 hours

"could you explain why resentment is a lie? "

Do you want an answer to that, or are you pointing out that you were on the call today?

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Re: A New Approach to the 90-Day Journey

Posted by abie - 06 May 2016 05:22

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the latter.

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Re: A New Approach to the 90-Day Journey

Posted by abie - 06 May 2016 05:23

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Re: A New Approach to the 90-Day Journey

Posted by cordnoy - 06 May 2016 05:34

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[abie wrote on 06 May 2016 05:23:](#)

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Thanks

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 06 May 2016 08:05

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36/38 = .947 Had a fall tonight. Started by watching a PG-13 movie while cooking for ??? and doing the dishes. Led to other things. Even though I should be more careful, I don't really rely

on ratings for determining what movies I'll watch. But even so, why do they feel some of this stuff is appropriate for a 13 year old? We really live in a severely messed up society. (Not that this is an excuse for my falling. That's on me regardless of movie ratings.)

The "???" explains that our physical nature causes us to be lethargic. One who wants to serve "???" properly must fight very hard against his natural tendencies. And if one wants to change his nature so that he can become a true "????", that takes even more work. If one gives in to his naturally lazy tendencies and doesn't work on himself, he welcomes destruction into his life. This person may not be bringing it upon himself actively, but it will certainly come.

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Re: A New Approach to the 90-Day Journey  
Posted by abie - 06 May 2016 08:30

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Re: A New Approach to the 90-Day Journey  
Posted by abie - 06 May 2016 08:32

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Whoops, I guess you posted while I was waiting.

Now I know what the holdup was..

I guess in the future if you don't post fast enough we'll have to send the patrol after you.

(Though I may take a hiatus beginning next week for the new zman)

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BEHS, what's the holdup? It's getting late, I can't wait all night for you  
Re: A New Approach to the 90-Day Journey  
Posted by Workingguy - 06 May 2016 13:19

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[BEHS wrote on 06 May 2016 08:05:](#)

36/38 = .947 Had a fall tonight. Started by watching a PG-13 movie while cooking for ??? and doing the dishes. Led to other things. Even though I should be more careful, I don't really rely on ratings for determining what movies I'll watch. But even so, why do they feel some of this stuff is appropriate for a 13 year old? We really live in a severely messed up society. (Not that this is an excuse for my falling. That's on me regardless of movie ratings.)

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BEHS,

just st a question. Are you sure that it's a good idea to be posting the batting average? It was a cute sports analogy to start with, but a)you can go down to .400 which is an amazing batting average but not great in regard to acting out, and b) it might take your focus away from actually focusing on the issue.

What do you think?

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 06 May 2016 13:59

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Abie,I didn't realize I have such devoted fans that they can't even go to sleep without reading my updates. This must be what the Beatles felt like!! I'll certainly use that as a motivator going forward. Please try to chime in occasionally even during the zman. It really gives my chizuk.

Working guy,

I know you and I haven't seen eye to eye on this approach since pretty much the beginning.

Just to be clear, I'm in no way comparing my percentage to actual baseball numbers. And even if I was, I'd be using OBP or OPS as they are much more indicative of a player's value than batting average, as anyone who has read Moneyball surely knows.

I don't know about the rest of you, but I've received the following message many times from GYE (after every fall), "Remember, the Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall. Once he gets you down, he OWNS you." That is what I'm trying to combat by looking at how well I have been doing in the long term regardless about what happened only yesterday.

I'm curious as to what others think. Please chime in no matter which side of the coin you fall out on.

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Re: A New Approach to the 90-Day Journey  
Posted by markz - 06 May 2016 14:06

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Brother I have what to say about your count, but not now

I think you will greatly benefit joining me in my "Book"ed TravelsBEHS I just started the read yesterday Here you go  
[guardyoureyes.com/forum/11-Working-Through-the-GYE-Handbooks/286679-My-reMARKable-noteBOOK](http://guardyoureyes.com/forum/11-Working-Through-the-GYE-Handbooks/286679-My-reMARKable-noteBOOK)

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Re: A New Approach to the 90-Day Journey  
Posted by inastruggle - 06 May 2016 16:16

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My two cents about the issue.



Looking at cumulative days (similar to batting average) is good for chizzuk. Looking at the streak is good for reality. 90% sounds great but it means you fall every week and a half. Not good.

I only look at cumulative days if I'm feeling down. Otherwise it's my current streak.

That said, I don't look at either much. It's only a tool not anything more.

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