

My journey

Posted by Jonstewart - 27 Jul 2016 19:01

Hi everyone! I've tried the 90 day journey before, and succeeded (or failed) to varying degrees each time but never made it to 90. So I've created this post to document my journey and perhaps help others along the way (no pun intended). I'll update this every day (except shabbos and yom tov) bli neder.

All the best

=====

=====

Re: My journey

Posted by proudchabadnick - 28 Jul 2016 02:09

We're rooting for you man! Just make sure to post jokes as well if you want to live up to your name:smirk:.

=====

=====

Re: My journey

Posted by Aryeh821 - 28 Jul 2016 03:28

Welcome

you're new to the site?

do you have any idea what you'll do different this time around?

hatzlacha on your journey

=====

=====

Re: My journey

Posted by gibbor120 - 28 Jul 2016 17:10

Welcome! The 90 day journey is just a start. Take a look at the handbook and see what else you can do.

=====

Re: My journey

Posted by Jonstewart - 28 Jul 2016 23:26

the name was totally arbitrary, not sure myself why I picked it.

=====

Re: My journey

Posted by Jonstewart - 28 Jul 2016 23:32

I'm trying to focus on the first 3 steps, (just read about them). Starting to realize I can't do it without Hashems help. More practically, I have a taphsic fence in place. I'm also writing this log which will hopefully afford me with a certain level of accountability:)

=====

Re: My journey

Posted by Jonstewart - 28 Jul 2016 23:34

Thnx! I actually read through it yesterday.
Hehe don't hold your breath

=====

Re: My journey

Posted by Jonstewart - 28 Jul 2016 23:43

Day 2: B"H had a good day. Not much to say for now. But I'll say this: I feel much happier since giving the fight over to Hashem. When I was going at it alone,(Kochi v'otzem yadi) I was always tense and high strung like someone in middle of fight (which I was).

=====

=====

Re: My journey

Posted by proudchabadnick - 28 Jul 2016 23:45

Dov's Desperados phone conferences are a great way to get involved in the 12 Steps and it's application. It's also very good in helping you decide if you're an addict or not guardyoureyes.com/component/zoo/item/dov-s.

Humor is an integral part of the 12.Steps and Sa culture!

=====

=====

Re: My journey

Posted by Markz - 29 Jul 2016 01:32

[Jonstewart wrote:](#)

Hi everyone! I've tried the 90 day journey before, and succeeded (or failed) to varying degrees each time but never made it to 90. So I've created this post to document my journey and perhaps help others along the way (no pun intended). I'll update this every day (except shabbos and yom tov) bli neder.

All the best

Welcome!!

KOT!!!

=====
=====

Re: My journey

Posted by Jonstewart - 29 Jul 2016 21:22

Day 3: BH good day today. Here's something I'm finding helpful to keep in mind: We always overestimate our ability to decide and underestimate the effect of our environment. Good Shabbos!

=====
=====

Re: My journey

Posted by inastruggle - 29 Jul 2016 22:10

Welcome,

Posting daily is a great tool.

I'd like to add another part to your statement there. Don't underestimate our ability to choose the right thing even in an adverse environment (and of course our ability to sometimes choose our environment).

KOT!

=====
=====

Re: My journey

Posted by Jonstewart - 31 Jul 2016 03:31

Day 4: BH good day today. After modeh ani each morning I daven to Hashem, "let me be clean just for today". It's going well BH, but it's scary to think how things can change. Truly, "Ain lanu

al mi l'hishain el al avinu shebashamayim". It is so in every detail of our lives, but only as a result of this addiction have I started to realize this undisputable truth.

=====

=====

Re: My journey

Posted by proudchabadnick - 31 Jul 2016 03:43

That's fantastic!!

I think you will continue to appreciate more things in your life as you deal with this. Only people who are forced to, will become more spiritual people and start really acknowledging that there is a God. We need it. Others like it.

Keep it up!

=====

=====

Re: My journey

Posted by Jonstewart - 01 Aug 2016 01:08

Day 5: Good day today B"H. Great vort in today's chizuk email by Dov. "Lo saaleh bmaalos al mizbichi asher lo sigaleh ervascha alav". I almost forgot to read it today. I must enter it into my schedule. Side note: I've noticed I'm enjoying being around people more.

=====

=====