

90 Days .25 Cents at a Time

Posted by r3byid - 05 Oct 2016 00:59

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Welcome the log of my journey to 90+ days.

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 10 Oct 2016 04:10

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**I'm sorry guys, but I can't really think of any thing. Today was a pretty ordinary day. If only everyday could be this easy. I also set the GYE forums as my homepage.**

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Re: 90 Days .25 Cents at a Time

Posted by r3byid - 11 Oct 2016 04:54

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**Today was also one of those days you just breeze through, B"H.**

**I'd like to speak about ?????? for a minute, in particular incremental ones. We know the secret behind ?????? is they power to gradually inspire change. One of my ?????? this year is: to "do" the 90 day challenge and keep a daily log. That's all. I didn't make a ?????? not to derive any pleasure from looking at any women, other than the one I will marry, ?????? ?????? ???????. Although that is what the ?????? mandates. So what am I doing then. It seems if on the day right before ??? ?????? I am telling Hashem that I'm not willing to stop doing ???????. just the ones that make me feel depressed. Therefore, even when I make a commitment to work on these ???????. it just happens to be what Hashem wants. Right. The other example of this is, one who commits not to speak ?????? ??? for one hour a day. Is he not saying that he is allowed to speak ?????? ??? for the other 23 hours. I'm not a ??? ?????? (in the classical sense of the word), but I can just imagine how difficult it must be. Its imperative for these precious neshamas to take things on slowly, but once you relize there is a G-D and those religious guys are right how could you still eat non-kosher, not put on teffilin, not keep Shabbos, and all the other 613 Mitzvot right away?**

**This was bothering me for the past week, but just yesterday I think I found a solution. If one properly frames things, the truth is that the real me doesn't ever want to look at**

these things (or do any ????? for that matter). However, the ??? ??? comes and tricks us, right? Once we realize that our commitment is just to try to fight harder against the ??? ???, I understand things much easier. You see I always fight my ??? ??? on any ?????, but on these I'm going to fight even harder.

I heard the following in the name of someone, but unfortunately forgot who, my apologies. "Teshuva means to return, right? So doing teshuva can't mean to become perfect. For, since I was never perfect, I can't return to that. So what does teshuva mean? It means to return to the time when you put up a good fight against the ??? ???."

I still remember the first time I viewed inappropriate material. My body was quivering. And now? Nothing. It seems as if I have signed a peace treaty with my ??? ???.

This is how I understand teshuva. Ripping up that peace treaty, and going back to fighting the good fight.

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Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 13 Oct 2016 03:51

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**Day 9 >**

Yom Kippur was very exhausting both physically and mentally, still a little tired. Just earned that first bag of chips.

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Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 14 Oct 2016 04:22

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First day of ??? ??????. That just means I will need to be extra vigilant.

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Re: 90 Days .25 Cents at a Time  
Posted by Markz - 14 Oct 2016 04:29

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**Great going!**

**KEEP ON TRUCKING**

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**Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 14 Oct 2016 21:37**

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**I'm still trucking.**

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**Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 16 Oct 2016 04:14**

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**Just some rhetoric, "Sukkahs don't have Wi-Fi."**

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**Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 16 Oct 2016 21:01**

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**Just checking in. ?? ???**

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**Re: 90 Days .25 Cents at a Time**

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**Posted by r3byid - 19 Oct 2016 02:27**

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Unfortunately I fell on the first day of ?????. So now we have a new header. The black is the day of the year (since this is kind of a personal diary). The red is the day in the streak.

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**Re: 90 Days .25 Cents at a Time**

**Posted by r3byid - 19 Oct 2016 02:41**

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I was thinking of keeping the 7-day badge to remind me that: ?) I can grow. ?) I did grow.

What do you think?

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**Re: 90 Days .25 Cents at a Time**

**Posted by Markz - 19 Oct 2016 03:22**

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**Brother - GYE is a great move you took**

You're asking a "90 day chart" question.

So we need to find someone that has succeeded getting sober without any other changes to their life other than counting 90 days. And it's virtually impossible to find him - I haven't encountered him yet :-(

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**Re: 90 Days .25 Cents at a Time**

**Posted by trysohard - 19 Oct 2016 07:48**

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[Markz wrote on 19 Oct 2016 03:22:](#)

**Youre asking a "90 day chart" question.**

**So we need to find someone that has succeeded getting sober without any other changes to their life other than counting 90 days. And it's virtually impossible to find him - I haven't encountered him yet :-)**

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**Re: 90 Days .25 Cents at a Time  
Posted by r3byid - 19 Oct 2016 22:32**

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[Markz wrote on 19 Oct 2016 03:22:](#)

**I used to think I was him until I found out I wasn't  
Brother - GYE is a great move you took**

**Youre asking a "90 day chart" question.**

**So we need to find someone that has succeeded getting sober without any other changes to their life other than counting 90 days. And it's virtually impossible to find him - I haven't encountered him yet :-)**

**I'm sorry. I don't exactly understand the 2 highlighted lines.**

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**Re: 90 Days .25 Cents at a Time  
Posted by trysohard - 20 Oct 2016 02:17**

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**Markz will be along soon to explain himself. The way I understood him was that first he was telling you that joining guard your eyes was a great move because you CAN find the tools here to make you succeed. And secondly, he was telling you that many people think that just joining the 90 day chart will make them better, and it sounded like that was**

**your impression. However, many of us have found that this one tool is not enough to solve our problem (by itself).**

**that's just my understanding, but Mark will come soon to correct me if I'm wrong.**

**we are all rooting for you to succeed, maybe look around to see what else might help you here.**

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