

90 Days; Does it really work?

Posted by thatslife - 18 Dec 2016 14:56

hi everybody,

just started the 90 days program, and i want to know if there has been success stories with it.

if you did the 90 days and were successful, PLEASE SPEAK UP.

thanks

=====

Re: 90 Days; Does it really work?

Posted by Markz - 18 Dec 2016 16:45

hello

hello

hello

hello

hello

hello

hello

hello

Was that loud enough???

And check "Free Towing" below for more stories ;-)

=====

=====

Re: 90 Days; Does it really work?

Posted by Shlomo24 - 18 Dec 2016 17:12

[thatslife wrote on 18 Dec 2016 14:56:](#)

hi everybody,

just started the 90 days program, and i want to know if there has been success stories with it.

if you did the 90 days and were successful, PLEASE SPEAK UP.

thanks

First off, I think it's great that you're asking questions and not blindly doing something. Seeing what works for others is an excellent tool/attitude for life.

Here's my take: The 90 day program isn't a 90 day program. If it's a 90 day program then it won't be successful. Life isn't 90 days long and victory over lust isn't 90 days long. I have seen countless times someone pass 90 days and then act out later. The line in the sand that is drawn is quite misleading. I don't believe that surpassing 90 days means that someone isn't going to act out.

But if someone utilizes the tools of the 90 day program then they may definitely have success. Life is one day at a time and if the tools are used one day at a time they can be really helpful.

I would give it a shot and make an honest effort. But the 90 day challenge doesn't mean just entering the "race." It means doing something different than before. For some that means daily posting or calling other strugglers. For others that means reading various literature the GYE and others recommend. Still others set boundaries on when they use their smartphones. Some do all the above and more. But regardless there needs to be a change in action in order to actually change. Einstein said the definition of insanity is doing the same thing twice and expecting a

different result. I find that to be true. I need to change to change.

Hatzlacha Rabah and I'm glad to be of service.

=====

=====

Re: 90 Days; Does it really work?

Posted by Singularity - 19 Dec 2016 09:13

[Shlomo24 wrote on 18 Dec 2016 17:12:](#)

[thatslife wrote on 18 Dec 2016 14:56:](#)

hi everybody,

just started the 90 days program, and i want to know if there has been success stories with it.

if you did the 90 days and were successful, PLEASE SPEAK UP.

thanks

First off, I think it's great that you're asking questions and not blindly doing something. Seeing what works for others is an excellent tool/attitude for life.

Here's my take: The 90 day program isn't a 90 day program. If it's a 90 day program then it won't be successful. Life isn't 90 days long and victory over lust isn't 90 days long. I have seen countless times someone pass 90 days and then act out later. The line in the sand that is drawn is quite misleading. I don't believe that surpassing 90 days means that someone isn't going to act out.

But if someone utilizes the tools of the 90 day program then they may definitely have success. Life is one day at a time and if the tools are used one day at a time they can be really helpful.

I would give it a shot and make an honest effort. But the 90 day challenge doesn't mean just entering the "race." It means doing something different than before. For some that means daily posting or calling other strugglers. For others that means reading various literature the GYE and others recommend. Still others set boundaries on when they use their smartphones. Some do all the above and more. But regardless there needs to be a change in action in order to actually change. Einstein said the definition of insanity is doing the same thing twice and expecting a different result. I find that to be true. I need to change to change.

Hatzlacha Rabah and I'm glad to be of service.

Basically it's a *Siman* not a *Sibah*.

and a glimpse of what you can achieve. Like staying up *Shavuot* night.

=====

Re: 90 Days; Does it really work?

Posted by thatslife - 19 Dec 2016 13:18

but am i gonna feel a difference after 90 days, will it be easier for me to hold back from acting out?

its just that i see so many gye'ers doing the 90 days and then i see them fall again....

=====

Re: 90 Days; Does it really work?

Posted by Singularity - 19 Dec 2016 13:37

Nothing will guarantee sobriety. It's a program of ODAAT - one day at a time.

Will you **feel** different? I didn't when I hit 90 some time ago. It's just a challenge backed with scientific evidence that neural pathways are mended somewhat. But if you're going to try and repair a nuclear-fallout town, you'll need a LOT more than 90 days....

Though I see it more as an identifier. People with 90 days have a lot more weight to their words.

They've worked the system and figured it out somewhat. They have more to offer, more to give.

=====

=====

Re: 90 Days; Does it really work?

Posted by thatslife - 19 Dec 2016 13:47

its really quite depressing to hear that i'm gonna have to fight this my entire life. i just want to kick the habit and be done with it

=====

=====

Re: 90 Days; Does it really work?

Posted by Markz - 19 Dec 2016 13:50

[thatslife wrote:](#)

its really quite depressing to hear that i'm gonna have to fight this my entire life. i just want to kick the habit and be done with it

Maybe life hasn't begun yet

Dovs call is starting in 10 minutes - don't miss it. He's a guy that may be able to explain to you what life is about - and he lives it - thanks to our addiction!!

=====

=====

Re: 90 Days; Does it really work?

Posted by cordnoy - 19 Dec 2016 14:10

Il don't know how to quote two posts, but....

In your opening remarks, you give a call out (almost as if you are expecting nobody to respond),

"hey, did anyone do 90 days and was successful?" Then, you give an absolute, "i see so many who do it and then fall."

Why is one a question and one a fact?

I'd also stop worrying about 90 days and focus on today, but that's just me.

B'hatzlachah

=====

Re: 90 Days; Does it really work?

Posted by Shlomo24 - 19 Dec 2016 14:30

[thatslife wrote on 19 Dec 2016 13:47:](#)

its really quite depressing to hear that i'm gonna have to fight this my entire life. i just want to kick the habit and be done with it

I thought the same thing early in my recovery. What you said is not accurate. You have no idea if you will be struggling your whole life. First off, you might die tomorrow, not to be morbid. Secondly, I've heard people say that Hashem lifted the obsession to lust from them. You aren't qualified to say what you said, you simply don't know that to be true. One day at a time, buddy. And if you're going to struggle, then you better the hell start changing! If anything that's a reason to work on yourself.

=====

Re: 90 Days; Does it really work?

Posted by cordnoy - 19 Dec 2016 14:33

[Shlomo24 wrote on 18 Dec 2016 17:12:](#)

[thatslife wrote on 18 Dec 2016 14:56:](#)

hi everybody,

just started the 90 days program, and i want to know if there has been success stories with it.

if you did the 90 days and were successful, PLEASE SPEAK UP.

thanks

First off, I think it's great that you're asking questions and not blindly doing something. Seeing what works for others is an excellent tool/attitude for life.

Here's my take: The 90 day program isn't a 90 day program. If it's a 90 day program then it won't be successful. Life isn't 90 days long and victory over lust isn't 90 days long. I have seen countless times someone pass 90 days and then act out later. The line in the sand that is drawn is quite misleading. I don't believe that surpassing 90 days means that someone isn't going to act out.

But if someone utilizes the tools of the 90 day program then they may definitely have success. Life is one day at a time and if the tools are used one day at a time they can be really helpful.

I would give it a shot and make an honest effort. But the 90 day challenge doesn't mean just entering the "race." It means doing something different than before. For some that means daily posting or calling other strugglers. For others that means reading various literature the GYE and others recommend. Still others set boundaries on when they use their smartphones. Some do all the above and more. But regardless there needs to be a change in action in order to actually change. Einstein said the definition of insanity is doing the same thing twice and expecting a different result. I find that to be true. I need to change to change.

Hatzlacha Rabah and I'm glad to be of service.

Il wrote a practical difference on my tryin' thread based upon your eloquent post. I know not how

to link to that usin' my phone.

=====
=====

Re: 90 Days; Does it really work?

Posted by thatslife - 19 Dec 2016 14:55

cordnoy: why do you think these two statements are contradictory?

=====
=====

Re: 90 Days; Does it really work?

Posted by thatslife - 19 Dec 2016 14:58

Maybe life hasn't begun yet

Dovs call is starting in 10 minutes - don't miss it. He's a guy that may be able to explain to you what life is about - and he lives it - thanks to our addiction!!

i liked that answer. just finished with the call was very informative

=====
=====

Re: 90 Days; Does it really work?

Posted by cordnoy - 19 Dec 2016 15:02

[thatslife wrote on 19 Dec 2016 14:55:](#)

cordnoy: why do you think these two statements are contradictory?

Il didn't say they were contradictory.

I merely pointed out that you are choosin' what is questionable and what is factual.

=====
=====