

Reflections on Almost 90 days

Posted by greenland55 - 01 Jun 2020 00:02

Today ended the second longest streak of my career.

Brief description below:

Warning: Spoiler!

Ultimately filtering has worked for me well, as well as taphsic to a good extent, but I need to have some of my own skin in the game. It's tough to do while single but we'll chug a lug lug on it. I'll be learning in Israel this Fall G-d willing so I would very much like to arrive there clean.

=====
=====

Re: Reflections on Almost 90 days

Posted by BHYY - 01 Jun 2020 03:32

Almost 90 days, wow! As many will tell you here, just because you fell doesn't mean you rolled down the mountain back to the bottom. It merely means you veered off in a ditch but you are still in the same place. You can enjoy the expansive views of your accomplishments as you dust off and keep going higher and higher. And when you get to Eretz Yisroel, remember Judaism isn't about streaks. Every single day you stayed clean and the amazing 16 hours you persisted today are all in your account. Keep it up!

=====
=====

Re: Reflections on Almost 90 days

Posted by battle-of-the-gen - 01 Jun 2020 05:41

That is HUGE! Almost 3 months clean... I'm jealous. Dust off and get right back up, it's the overall picture that matters, not just a streak. And overall your doing great

=====
=====

Re: Reflections on Almost 90 days
Posted by Hashem Help Me - 01 Jun 2020 14:01

I don't think i would have lasted 16 hours. You displayed incredible focus and control. As you wrote, the important thing is that you removed the danger. Do not look at the situation like you are starting from scratch. Your continued climb up the mountain is starting afresh from a high plateau way up there. Hatzlocha. Keep inspiring everyone.

=====
=====

Re: Reflections on Almost 90 days
Posted by greenland55 - 01 Jun 2020 20:47

Well thanks a lot for that. It's been 24 hours now and I'm back in the saddle.

remember Judaism isn't about streaks

Yes thank you that's good to keep in mind especially since the counter concept didn't originate here, although it is fun and rewarding to watch it go up. My coach used to say to do the lifts properly, follow the program, and the weight will come. I gave him a bit of a hard time about it and told him "coach, the weight will only come if I lift more weight", but the kids who followed him got stronger and the weight did come to them, and to me when I finally listened. So I think maybe we need to apply that lesson to all areas of growth including shmiras einayim.

=====
=====

Re: Reflections on Almost 90 days
Posted by wilnevergiveup - 02 Jun 2020 04:47

[greenland55 wrote on 01 Jun 2020 20:47:](#)

Well thanks a lot for that. It's been 24 hours now and I'm back in the saddle.

remember Judaism isn't about streaks

Yes thank you that's good to keep in mind especially since the counter concept didn't originate here, although it is fun and rewarding to watch it go up. My coach used to say to do the lifts properly, follow the program, and the weight will come. I gave him a bit of a hard time about it and told him "coach, the weight will only come if I lift more weight", but the kids who followed him got stronger and the weight did come to them, and to me when I finally listened. So I think maybe we need to apply that lesson to all areas of growth including shmiras einayim.

I think you are spot on.

I have tried many times losing weight (and gaining weight) and whenever I focus on a goal I would push push push until I would burnout (or injure myself). Then I would give up until the next go around.

The way I found success, was to make a goal, then make a proper daily/weekly plan, then move the goal to the back burner. Yo can use the goal to motivate you as long as you are clear that the only thing in your power is to stick to the plan.

This for sure applies to all areas of growth. For me B"H I have found the most success here when I move the goal to the back of my mind, and focus everyday on my plan.

Basically the way you put it resonates with me a lot.

Thanks.

=====
=====

Re: Reflections on Almost 90 days
Posted by greenland55 - 03 Jun 2020 04:10

yeah absolutely, it's kind of shows how Hashem made these difficult to change behaviors so similar. Even reading the AA Big Book is relevant for this.

The way I found success, was to make a goal, then make a proper daily/weekly plan, then move the goal to the back burner. Yo can use the goal to motivate you as long as you are clear that the only thing in your power is to stick to the plan.

This makes sense, so you plan for your intentions and live by your plan. Good way to organize and think about it.

For me now it's been a couple days, stumbling certainly makes things harder but can learn.

=====
=====

Re: Reflections on Almost 90 days
Posted by greenland55 - 07 Jun 2020 04:59

Hi, Things are not going well for me at the moment. Please don't read the below post if you are at under 30 days clean currently or are otherwise feeling discouragable. I really don't want to get anyone to feel down.

Warning: Spoiler!

=====
=====

Re: Reflections on Almost 90 days
Posted by lhavestrength - 07 Jun 2020 05:39

[greenland55 wrote on 07 Jun 2020 04:59:](#)

Hi, Things are not going well for me at the moment. Please don't read the below post if you are at under 30 days clean currently or are otherwise feeling discouragable. I really don't want to get anyone to feel down.

Warning: Spoiler!

Hey brother, I haven't been following your thread, so I don't really feel I'm at a level to give input. But what I will say is that I can definitely relate to feeling confused and unsure about what I should be doing. I don't know what you should do, but maybe you do? If you could do one thing

that you think would give you the best chance to improve in this area, what would it be?
Therapy? Meetings? I did both, ended up dropping meetings but keeping therapy. Everyone's
different. Just saying is that you may already know what your next step should be. Wishing you
the best of luck. KOT!

=====
====

Re: Reflections on Almost 90 days
Posted by greenland55 - 07 Jun 2020 05:53

Yes I think you are correct. I have had enough successes and failure at this point that this is a
good question to be asking myself and adapting with. Thank you for that reality.

=====
====