

**A New Way of Counting to 90 Days**

Posted by Captain - 28 Jul 2020 14:34

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I was thinking that perhaps some people don't do well with a goal of reaching 90 clean days, or it's too much of them for now. So what do you amazing GYEer heroes thing of the following idea (for those that will be more comfortable with it):

Instead of a goal of 90 clean days, the person fills out a 90 day chart with their progress of that day. So if clean he would put a check, and if not he would put a minus (or multiple minuses for multiple falls that day, so as not to encourage more falls on the day that one has already fell). Then the person could look back after 90 days and see how much progress he has made (especially compared to the 90 days before he joined GYE and starting working on this). I think this would be encouraging for those not ready to try for 90 clean days, and would also make it easier not to continue falling after a fall.

Or maybe it would be better to make a larger chart and put a small check for each time the person fights back against the yetzer hara. That would take more work to record, but would be even more encouraging because the person would see how much progress he is making and how many incredibly great mitzvos he is doing instead of just focusing on what he messed up.

These are the ideas I had today. Please let me know your thoughts on them.

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Re: A New Way of Counting to 90 Days

Posted by Grant400 - 28 Jul 2020 17:50

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It's an idea for another chart. But not to abolish the 90 days. The whole theory of the 90 days is that after 90, the brain gets rewired just like by "mashiv haruach"...

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