

My Journey to 90 Days

Posted by blueorangeballoon - 05 Nov 2020 05:36

I don't have much substantive material to contribute here, but I just wanted to express some excitement over hitting the halfway mark to 90 days today! Not that the challenge actually ends at 90 days, of course, but I'm still really excited about the progress I've made since joining GYE (even if all I mainly do on the website is lurk on the forums and update my chart daily). This streak -- 45 days -- is my longest since I started dealing with these problems over a decade ago!

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Re: My Journey to 90 Days

Posted by blueorangeballoon - 02 Feb 2021 18:19

I've been feeling very much on the precipice the entire day, and stuck alone in front of my computer until end of work. Hoping writing this here will help pull through.

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Re: My Journey to 90 Days

Posted by YeshivaGuy - 22 Feb 2021 19:55

How u been?

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Re: My Journey to 90 Days

Posted by blueorangeballoon - 23 Feb 2021 13:24

155 days! Honestly, it's been very uphill since my last post on this thread. I hope this trend continues!

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Re: My Journey to 90 Days

Posted by OivedElokim - 13 Apr 2021 18:50

How's it going buddy?

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Re: My Journey to 90 Days

Posted by blueorangeballoon - 16 Apr 2021 15:17

[OivedElokim wrote on 13 Apr 2021 18:50:](#)

How's it going buddy?

Thanks for checking in! I'm now at 207 days, and not showing any signs of slowing down. It's really amazing how different it is / changed I feel; I haven't even been truly tempted to since my last post on here.

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Re: My Journey to 90 Days

Posted by Captain - 19 Apr 2021 14:17

Wow! That's amazing. Please keep in mind that at some point everyone gets challenged, and keep up all that you are doing: your safeguards and daily motivation, etc.

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