

Kollel Guy's 90 Days

Posted by Kollel Guy - 21 Dec 2009 18:57

DAY ONE

OK, I feel like I should have done this on my 1st day, but I didn't. So here I am a few weeks in. I got over my fantasy of "Now that I'm part of GYE I'll never fall again" with a rather harsh way of being awakened. It's time to start down the path of real work, and real responsibility, and real kabolos ol.

So..... even though on my chart I'm at day 12 today, that's only according to the letter of the law. Meaning I didn't do anything which I wasn't allowed to do according to the rules. But in reality - it starts HERE. I know that today I really did mess up. I looked for it. Baruch H-shem for my filter (2 days old) - I didn't find it. But I looked for it, and that does count in shomayim.

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Re: Kollel Guy's 90 Days

Posted by humanbeing - 06 Jan 2010 23:55

[Kollel Guy wrote on 06 Jan 2010 23:20:](#)

OK HB, who says this vort?

It is truly too amazing to be real.

Please tell me it's the Alter Rebbe or something...

Yes exactly...You read my mind...I found it here in this Gevaldige Website

<http://www.algemeiner.com/generic.asp?id=2563>

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Re: Kollel Guy's 90 Days

Posted by humanbeing - 07 Jan 2010 00:01

Just read it again Check out footnote #11 anh #8 - Elisha is Mamesh talking to us

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Re: Kollel Guy's 90 Days

Posted by humanbeing - 07 Jan 2010 00:42

I don't know why i'm posting here...But where is tthe source of this 90 day nueral pathway change thing...It also seems that even after 90 Days so many people still have falls.....I guess you always have to stick to the basics and continuously change yourself for the better...There is no magic pill.

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Re: Kollel Guy's 90 Days

Posted by Ano Nymous - 07 Jan 2010 01:53

[humanbeing wrote on 07 Jan 2010 00:42:](#)

I don't know why i'm posting here...But where is tthe source of this 90 day nueral pathway change thing...It also seems that even after 90 Days so many people still have falls.....I guess you always have to stick to the basics and continuously change yourself for the better...There is no magic pill.

There is certainly no magic pill, but I can tell you from experience that even though I have had falls after 90 days (I had a 7 month streak), the battle I have now is completely different. When I go to the bathroom, I do what I need to do and that's it. I don't have a desire to do anything else. Same with the shower. Once in a rare while I'll get a sudden craving while on the computer, and

that's where my falls have come from. However, I can testify that putting a large amount of time between me and the addiction had a tremendous freeing effect on me. I'm still not perfect, but no one is. It's all about the progress. And when I look back over the last year and change, I see a tremendous amount of that.

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Re: Kollel Guy's 90 Days

Posted by cleareyes613@gmail.com - 07 Jan 2010 02:09

Go KG go!!!

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Re: Kollel Guy's 90 Days

Posted by habaletaher - 07 Jan 2010 04:16

GO ANO!!!

Wow, I can't even imagine a 7 mos streak!! You're a friggin malach!!

When I grow up, I'm gunna be just like Ano!!!

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Re: Kollel Guy's 90 Days

Posted by imtrying25 - 07 Jan 2010 10:35

[humanbeing wrote on 07 Jan 2010 00:42:](#)

I don't know why i'm posting here...But where is tthe source of this 90 day nueral pathway change thing...It also seems that even after 90 Days so many people still have falls.....I guess

you always have to stick to the basics and continuously change yourself for the better...There is no magic pill.

Definitely true!! Reb Dov always says, we **NEED** to change ourselves. Without that nothing else matters. 90 days allows you to put a distance between us and the addicton, both in acting out and in the brain. Once we have that we need to change ourselves. Change whatever it is that got us to be the addicit we once were!

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Re: Kollel Guy's 90 Days
Posted by bardichev - 07 Jan 2010 13:04

GevaldigggggggggggggggggGggggggggggggggg

KOTNMW

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Re: Kollel Guy's 90 Days
Posted by humanbeing - 07 Jan 2010 17:21

Bardichever - Do you really drive a truck for a living?

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Re: Kollel Guy's 90 Days
Posted by humanbeing - 07 Jan 2010 18:27

KollelGuy - How are you Today?

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Re: Kollel Guy's 90 Days

Posted by imtrying25 - 08 Jan 2010 11:29

Hey KG wassup?? Shabbat shalom!!

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Re: Kollel Guy's 90 Days

Posted by Kollel Guy - 08 Jan 2010 14:11

DAY 2

Ok today was a total *breeze*. It always happens like this. The first few days after I decide "Thats it - NEVER again", things go amazing,.I'm flawless, .and nothing can trigger me, because I'm so sick of the mere thought of p**n. So I already know that this doesn't last, but I'm enjoying it for as long as it does.

I'm still skipping sedorim though, I told my Rosh Kollel I was supposed to be back last Sunday. Oh well. This Sunday I guess.

Thurs night wasn't so cool. I watched a real movie for the first time in years. Even though there were a few love scenes - nothing triggered me. I looked away each time. And it wasn't only for frum reasons. I really felt like I was invading someones privacy. Whenever it's real love, even if it's acted, I can't look. It seems gross to me to be looking at two people doing something so private. But p**n is different. Nobody is doing anything private. Their advertising themselves. They are like animals in the zoo. Meant to be watched in everything they do.

I can look at lust but I can't look at love. Very interesting.

I also did something I can't remember ever doing before. When I checked out sites where I can watch movies for free, instead of my usual minhag of "just checking" to see if there are any adult options, I stopped myself and didn't. Hope that's a reflection of something happening inside.

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Re: Kollel Guy's 90 Days

Posted by Kollel Guy - 08 Jan 2010 14:12

DAY 3

Also a breeze. Alone all day with computer, didn't even occur to me to use it for the wrong things.

Good Shabbos everyone!!

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Re: Kollel Guy's 90 Days

Posted by stevec613 - 08 Jan 2010 15:39

To my Rebbi Kollel Guy

I learn so much from your posts.

Watching movies for someone in your state can be very dangerous. Once you watch you put yourself into a nisayon. It is important to avoid the nissayon all together. Its easier to avoid watching movies altogether than to watch and look away at stimulating times.

Additionally. the most potent way to fight the yetzer horah is to be loma'id torah. The Yetzer Horah keeps you away from seder because he knows that as long as he keeps you from limud torah that you are all his. You can beat him by resuming your sederim immediately.

Hatlacha and good shabbos

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