

The definition of 90 days

Posted by parev - 24 Jan 2025 07:49

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I was prompted to do some thinking on the significance of the 90 day challenge. this is what I came up with

The assertion that it takes **90 days to break an addictive pattern** is a concept often referenced in addiction recovery discussions, though individual experiences can vary. This idea is supported by research indicating that approximately **three months of abstinence** can lead to significant neurological changes, aiding in overcoming addictive behaviors.

### Scientific Insights:

- **Brain Recovery Timeline:** Studies have shown that after about **90 days of continuous abstinence**, the brain begins to reset its reward system, reducing cravings and improving decision-making processes. This period allows the brain's prefrontal cortex, responsible for judgment and impulse control, to recover from the impairments caused by substance use

?????? masturbating is divided between 2 motivations

With and without finish

for some the main thing is the finish, for others [those complaining of PE...] **the masturbation itself is a significant part too**

If the idea is to abstain from the addictive behaviour - it seems that the masturbation itself is addictive [even if there would be no issue at all to do so]

Therefore if one wants to do the 90 day and see a toeles from it

one should first identify what gives him dopamine - and abstain from that - not just mzf

?"? ?? ?????? ?????? ??:

### What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

**1. Intentional masturbation (with finish)**

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