

## Life After Day 90

Posted by morshax - 17 Aug 2010 13:50

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I've posted about post-90 before, but I feel there's more need to focus on this. The theme of the 90 day chart is that 90 days of sobriety breaks a habit (please correct me if I'm wrong). I know it doesn't mean that "falling" is then impossible, but it breaks the cycle.

My hope was that Post 90 the struggle would be much easier and maybe even non-existent. Well - that's clearly not true and as R' Bardichev responded last time I posted - the Satan is going to go nuts after day 90.

Here I am at day 112 (B"H!!) and the Satan has clearly not gone into hiding. It was surely Atzas HaYetzer that invented this notion of his hopeful demise. R' Y"H, ever the devoted Shliach, is strong as ever and he was even planning his post 90 strategy this whole time - "He'll reach 90 and he'll look forward to my death. When he'll discover that I'm still alive and well he'll give up because he'll think it's impossible to ever destroy me."

Yeah - he's alive and well and I continue to need tremendous Chizuk to stay clean. This war does not stop until the day I die (120yrs+!!) and winning is not determined by how beaten the enemy is because he will never give up and he'll only get stronger. Winning is the sum total of successes. Winning is how much I've grown. Winning is [\_\_help me out here!\_\_\_\_ ].

I can tell you now I no longer wonder what the Pshat in "Kol HaGadol Meichavairo Yitzro Gadul Haymehnu" - the greater one is, the greater the pull to steer off track. I also have tremendous respect for our Tzadikai HaDor - how they're able to "keep on truckin" is beyond me. "Sheva Yipol Tzadik V'Kum" - what makes the Tzadik great is he keeps getting up whenever he falls. "Im R'Isa Tzadik She'Chata Al TiHarhair Acharav.. B'vadai Asah Teshuva" - if you see a Tzadik do something wrong don't even think about it, don't associate him with that mistake - he certainly does Teshuva. His greatness is he keeps coming back strong.

It's very likely that I will one day fall again (Please G-d, no!!). What day 90 has taught me is that I have it in me to pick myself up and really shine. I have hit rock bottom before, but that didn't stop me from going 90 days, and now 112!!, completely clean. That rock bottom guy had the potential to be a 90+ guy all along and that knowledge and experience will never go away. I can fall 7 times and still stand straight. I hope never to fall again, but what's most important is that I now know that I can always get up and stand tall!

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Re: Life After Day 90

Posted by Shteeble - 02 Sep 2010 15:02

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Dear Morshax,

I have experience of being clean for a few years and then falling.

I can tell you that the y"h is telling you:

"Listen. You waited months to do this. Finally you get recess. Hurry up and enjoy life before you end up doing teshuva again. Who knows when you'll have the opportunity to enjoy yourself again? And... aren't you happy and excited out of your mind that you can enjoy this fantastic amazing stuff now.... How about some.....

Remember this is the most fantastic amazing stuff there is!

Of course, soon you'll do teshuva again, so you don't have to worry about wrecking your 2 worlds....

Just a liiiihhhhtttlllle bit more... AND THEN you can do teshuva."

8) > > "Heh, heh, heh. Little does he know that today I'll get him to fall once. Tomorrow twice. In a couple of months he'll be doing four to six times a day....

I have BIG plans for him.... Heh, heh, heh."

ps

Hit bottom while you're still on top FASSSTTTT!!!!

(PMs welcome)

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Re: Life After Day 90

Posted by morshax - 05 Sep 2010 06:18

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World,

You are SO right. The Chevra here are GYE is very good at recognizing the voice of the Yetzer Hara!

I fell again pretty recently and what I'm having a hard time doing is ridding my mind of the images I saw that led me to the fall. I know in past that my mind has been able to block out those images, no matter how vivid they were, but they're plaguing me at the moment. Even during Selichos tonight I had a hard time ridding my mind of them. I just wish they would vanish!!

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Re: Life After Day 90

Posted by Chaim - 05 Sep 2010 06:42

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[morshax wrote on 31 Aug 2010 15:40:](#)

- heart was beating fast, almost got carried away,

I think you have a great key - listen to your heart! If the beats get too erratic - SLOW DOWN and STOP.

Just stopping and thinking will do wonders.

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They brought HAMAN quickly to the party - just like he QUICKLY felt he HAD to kill Mordechai

The Yetzer loves pushing us quickly over the cliff.

Be strong

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Re: Life After Day 90

Posted by morshax - 06 Sep 2010 21:45

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The beating heart is a sure sign of a problem, but it's best not to even reach that point. At that point it's harder to turn back - although completely possible. The best is to avoid the slip to begin with.

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Re: Life After Day 90

Posted by Chaim - 20 Sep 2010 11:57

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What physical or emotional sign do you have for the stage before the beating heart? If you delicately "roll back" the film to the point before - How do you look? What is your body saying? Are you at a HALTing point?

Hungry

Angry

Lonely

Tired?

I know for myself that being over tired is a BAD time to get on the computer. I feel like I don't

care, just a peek...

Be Alert!

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Re: Life After Day 90

Posted by morshax - 20 Sep 2010 13:27

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Thanks Chaim. That's a great point. Tired is often the case. I can't exactly avoid the computer though since that's how I earn a living, but I should see fatigue as a red flag and take precautions. I would add unfulfilled or depressed to your list. It's important to be on alert on an unproductive day.

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Re: Life After Day 90

Posted by morshax - 31 Jan 2011 18:29

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It's been a while since I've posted here, but I thought I'd update things. I BH have reached 81 days of sobriety with the contant help of HKBH. Thank you Hashem!

I've been on the forum semi actively under another name, but I thought it would be a good idea to at least update this thread.

Regards everyone!

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Re: Life After Day 90

Posted by Yosef Hatzadik - 31 Jan 2011 18:38

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We all have two names. so what? You have three.

We love both of you!

Polishing my shoes for the Grand Celebration!

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