

90 Day Journey

Posted by bob - 12 Dec 2010 01:10

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Here we go Day 1!

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Re: 90 Day Journey

Posted by silentbattle - 16 Dec 2010 06:41

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Do you play a musical instrument? If so, practice, write a song or two. If you don't, learn one!  
There are several instruments that can be learned within three weeks.

Read some books. Catch up with friends. Go for jogs/walks.

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Re: 90 Day Journey

Posted by bob - 16 Dec 2010 14:44

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What instrument kind I pick up and learn in three weeks??? I always wanted to learn an  
instrument. I just never gave myself a chance to do it.

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Re: 90 Day Journey

Posted by desperate\_teddybear - 16 Dec 2010 15:42

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harmonica, that's what i play u get a book out of the library, hte harmonicas cheap...hey after u  
learn it we can have a GYE band!!!

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Re: 90 Day Journey

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Posted by bob - 16 Dec 2010 18:59

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That's a great idea!! You play the harmonica also? Any other instruments you would recommend?

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Re: 90 Day Journey

Posted by desperate\_teddybear - 16 Dec 2010 19:21

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DRUMMMMMMMMMMMMMMMMMMS but htey're expensive.

guitar's good they get you into a lot of social stuff if u want it - pple always invite u 2 kumzits and  
if u live in toronto i can give u mine it's sitting in my room doing  
nothing.

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Re: 90 Day Journey

Posted by NOYA - 17 Dec 2010 16:24

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Personally, I usually update around once a week, at least this attempt around. I'm focusing much more on reaching out to others, on being positive, being more into good things like learning and davening with more kavanah, and I find that as we grab on to good feelings, the negative tend to fall away to some degree.

I do like waking up, though, and saying, "Hey, I'm already up to Day 20! Last time I thought about it I was only at Day 12!" Big jumps are fun and keep you motivated, but I don't like doing it every day because then it isn't that exciting, and it seems to go slowly.

bonfires if u offer to play  
Hatzlacha and good luck! By the way, I'm also a 22 year old if that makes you more comfortable to talk with me.

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Re: 90 Day Journey

Posted by bob - 04 Jan 2011 20:12

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Figured I would get back on track with the forum. It's been 23 or 24 days clean. I'm kind of happy that I have lost count of the days because like I mentioned before for me it was never really about the count but about the ability to live one day at a time. The reason I decided to write today was primarily because I've recently had tremendous battles with lust. The way I've been dealing with it is to admit my powerlessness over and over to God. This is the first time I have used this approach and mindset and I can honestly say that it is working for me. Not just to make me stay clean but to relieve my struggle and inner conflict. This mindset allows me to deflect the fight that lust is having with me and let God fight the battle for me. Has this worked for anyone?

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Re: 90 Day Journey

Posted by NOYA - 05 Jan 2011 05:22

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No, it works sometimes, but sometimes it's really powerful and you need to call up a buddy. That's my experience, but maybe I'm not giving admitting powerlessness enough effort. Have a great night!

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Re: 90 Day Journey

Posted by bob - 11 Jan 2011 19:28

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My addiction has gotten the better of me lately. Ironically, what I have learned from this past week of acting out, is that the addiction gets worse, every time you act out. The more time you go without acting out the easier it gets. The first couple of days are always the hardest, but it does get easier.

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Re: 90 Day Journey

Posted by bardichev - 11 Jan 2011 20:48

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keep on trucking

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