

90 days

Posted by chizkiyahu - 22 Oct 2009 17:21

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Like many people, I have tried and failed many times to be free of my addiction. Since I became aware that I had a problem about six years ago, my longest sobriety period has been a little over 50 days. That run was pure will power. Recently, I managed to stay clean for over 30 days (because my I didn't have internet access).

Here's what I'm doing differently this time around:

1. I'm taking time to learn about this addiction every day. Here's some information I received today that opened my eyes:

[candeocan.com/addiction-alters-your-brain-but-you-can-reverse-the-effects/](http://candeocan.com/addiction-alters-your-brain-but-you-can-reverse-the-effects/)

(Interestingly, they talk about seeing repair after 100 days, similar to the 90-day goal popularized here.)

2. My computer has no battery; it runs on an ac adaptor. Yesterday, I crazy glued the adaptor to a part of my house which has no privacy. That prevents me from taking my computer and hiding with it in a dark corner somewhere.

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Re: 90 days

Posted by chizkiyahu - 06 Nov 2009 16:43

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One more thing that i thought of is that the oir hachaim says regarding chava and the snake that the resin why she fell was that she started going into a conversation with the snake, once she got into a conversation she started entertaining the idea of saying yes even though she went into the conversation t say no. she said no, so he said yes, she said no, he said why not so, she started explaing and by the time the convo had finished she had fallen through. Reb Nachman of breslov brings this idea aswell and says dont challenge your yh or your bad

thoughts just leave them and think or do something else.

(sorry for rambling on but i had to let it out lol)

Yes, that is a big part of surrender. Acknowledging that the y"n is there but not fighting with it and not dancing with it. If you wrestle with a menuval you will get dirty.

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Re: 90 days

Posted by chizkiyahu - 15 Nov 2009 18:18

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I have wasted much time in the past obsessing about my feelings and mood swings. Depression and/or anxiety lead me to seek comfort and oblivion in my favorite "medicine".

Of course this "medicine" (P and MB) is the sickness itself. It merely leads to a new round of bad feelings and the cycle repeats itself ad nauseum ...

My new mantra is HEALING, NOT FEELINGS!

It takes time to let the brain recover from this addiction and develop new thought patterns.

For me, TRUE HEALING means breaking the negative cycle of addiction and developing a new, healthier mind-body chemistry.

I am determined to give myself a 90-day break from this addiction NO MATTER HOW I FEEL!

I can't let the y"n manipulate my feelings. I must focus on the healing.

For the next 86 days, my mantra is HEALING, NOT FEELINGS!

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Re: 90 days  
Posted by NOYA - 16 Nov 2009 21:51

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On the road, man!

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Re: 90 days  
Posted by levite - 19 Nov 2009 21:39

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i once spoke to reb yakov meir schechter a well known ehrlicher yid and someone who is know for his greatness in kedusha, he told me that we know that everything in has its right place, i.e that even bad middos have a place when used rightly, for example havey az kanomer so we see azus and so it is in all bad middos, he asked me where do we find a place for achzorius (ruthlessness)? and he answered in kedusha because if a person wants to be holy there will be times he will have to ruthless to himself he will feel like he will be going through hell, and he has to stay strong

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