

Success StoryPosted by ysftw - 13 Nov 2015 12:39

Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

=====

Re: Success Story

Posted by Shlomo24 - 17 Nov 2015 18:15

I just read the thread for the first time so here goes:

Willpower is the issue for you? You didn't REALLY WANT to stop before so now you plan on REALLY WANTING to stop? Can you clarify this for me?

=====

Re: Success Story

Posted by ysftw - 17 Nov 2015 21:14

4 days complete. 86 days to go.

To clarify what I mean by willpower, of course the desire to stop was always there. Of course. Although not really of course, one can always say that you didn't want it ENOUGH etc. That's the general desire.

When I say willpower I mean:

in the moment between you and your Yetzer it's your Yetzer vs Your Willpower. Your yetzer presents the tempting option, uses everything it has, puts forward the most enticing argument you've ever heard. Against this you may try to bring up all sort of thoughts for the other side,

against the yetzer. Sometimes you are successful and you manage to convince yourself that it's better not to give in at least for now.

But regardless, with or without the thoughts on the other side, there is still always the choice whether or not to give in. Your yetzer makes it so you want to so badly, but however tempting things are, there is always a choice, there is always the ability to say no. However hard that is, and wherever it is buried, you chose to act, or not to act on your yetzer. Willpower that I'm speaking of is realising that and committing, that, no matter what, there will always be a choice to not give in, and committing in advance (and B'H forever) to always decide against the yetzer. That is something within ones power. It's a choice.

And that, and very little else, is the commitment I'm making. Because tricks, bells, and whistles, at the end of the day, that's what it comes down to.

=====

Re: Success Story

Posted by Shlomo24 - 18 Nov 2015 00:45

[ysftw wrote:](#)

4 days complete. 86 days to go.

To clarify what I mean by willpower, of course the desire to stop was always there. Of course. Although not really of course, one can always say that you didn't want it ENOUGH etc. That's the general desire.

When I say willpower I mean:

in the moment between you and your Yetzer it's your Yetzer vs Your Willpower. Your yetzer presents the tempting option, uses everything it has, puts forward the most enticing argument you've ever heard. Against this you may try to bring up all sort of thoughts for the other side, against the yetzer. Sometimes you are successful and you manage to convince yourself that it's better not to give in at least for now.

But regardless, with or without the thoughts on the other side, there is still always the choice whether or not to give in. Your yetzer makes it so you want to so badly, but however tempting things are, there is always a choice, there is always the ability to say no. However hard that is, and wherever it is buried, you chose to act, or not to act on your yetzer. Willpower that I'm speaking of is realising that and committing, that, no matter what, there will always be a choice to not give in, and committing in advance (and B'H forever) to always decide against the yetzer. That is something within ones power. It's a choice.

And that, and very little else, is the commitment I'm making. Because tricks, bells, and whistles, at the end of the day, that's what it comes down to.

So is your plan to keep on fighting your whole life? I did that for about 6 weeks and it was HELL, acting out was more preferable. But obviously I am not everybody (as much as i think that sometimes). Why do you think that this next time will be different than before? Did you not know all that you posted already? Were you not as committed then?

Also what happens after 86 days? Will the yetzer hora (if it is one at this point) just go away?

=====

Re: Success Story

Posted by ysftw - 18 Nov 2015 21:57

5 days done. 85 days to go.

Still gunning.

I don't have a long term game, I'm just focusing on 90 days. I have no life long fix. I'm not sure one exists. Every day will be a fight with something. Perhaps now I am more serious than I ever was. Perhaps not. I'm not sure it matters. It's not about inspiration. You may well be right.

I just hope to treat great every day with a fight, and grow that way. And see where I am in 90 days.

Do you have another option?

=====
=====

Re: Success Story

Posted by cordnoy - 18 Nov 2015 22:03

[ysftw wrote:](#)

5 days done. 85 days to go.

Still gunning.

I don't have a long term game, I'm just focusing on 90 days. I have no life long fix. I'm not sure one exists. Every day will be a fight with something. Perhaps now I am more serious than I ever was. Perhaps not. I'm not sure it matters. It's not about inspiration. You may well be right.

I just hope to treat great every day with a fight, and grow that way. And see where I am in 90 days.

Do you have another option?

ummmm.....if you're askin', then yes, we might.

=====
=====

Re: Success Story

Posted by ysftw - 19 Nov 2015 22:02

6 days done. 84 days to go.

Getting into the habit of ignoring the yetzer, it's tough, but there's a knack to it. In all areas.

Anyone with thoughts beyond this, simple willpower tactic, please, write them out here, simply if possible...such that I can learn and implement, and discuss...that would really useful, i feel people are being suspicious here

=====

=====

Re: Success Story

Posted by Shlomo24 - 20 Nov 2015 03:30

Abandoning our will to god and asking him to help us because many times willpower alone isn't enough, we need godpower.

=====

=====

Re: Success Story

Posted by ysftw - 20 Nov 2015 11:38

[Shlomo24 wrote:](#)

Abandoning our will to god and asking him to help us because many times willpower alone isn't enough, we need godpower.

I hear what you're saying.

Naturally I agree...you have to do what you can (put your willpower on high alert (which by the way I really believe can be very high)) but the rest; the situations you're in, the temptations, the

happenings, the triggers, you have to leave that to Hashem, and yes, pray.

"Everything is in the hands of Heaven, except fear of Heaven" -R Chanina Berachot 33b.

Still, and I'm not quite sure how to express it, I think there is a time, before all the tears and the prayers, and all the pleading and spiritual euphoria, and what we think of as direct teshuva. Where there's just a spacing period. Where you successfully commit and act to distance yourself from the aveira BEFORE you can really start doing teshuva. Of course, this, in a sense is teshuva. But before I can truly regret what I've done, I want to put a bulk of time between myself and the aveirah. Perhaps 90 days, perhaps less, to get a good perspective, and only then feel confident enough to genuinely ask for Kapara.

Unfortunately due to the timings I wont be able to post when I make it a week clean. That will have to be tomorrow.

Still, it's almost a week since the fall, and things are looking up.

Shabbat Shalom.

=====
=====

Re: Success Story

Posted by Shlomo24 - 20 Nov 2015 15:13

I wasn't talking about teshuvah.

=====
=====

Re: Success Story

Posted by ysftw - 21 Nov 2015 21:15

[Shlomo24 wrote:](#)

I wasn't talking about teshuvah.

I didn't make the disjunction between my answer to you and the paragraph on teshuva clear enough. Apologies. But just look at the first part I wrote.

On another note 7 and 8 days done. 82 to go...

Feeling good, every day is a fight, it's getting harder. With the help of Hashem I'll be ready.

=====

Re: Success Story

Posted by ysftw - 22 Nov 2015 21:01

9 days down, 81 to go.

For anyone wondering due to timings my 90 day counter is a few hours behind the actual count.

Either way. ..sid is getting sly.

So far waking up every day ready for the fight is the ongoing challenge

=====

Re: Success Story

Posted by Shlomo24 - 23 Nov 2015 19:02

KUTGW!

=====
=====

Re: Success Story

Posted by ysftw - 23 Nov 2015 21:10

10 days done. 80 to go.

Clearly the first ten are the easiest.

Sid has many voices...The voice of persuasion. The voice of persuasion to listen to persuasion. Infact any voice in my head seems to be Sid. The right move doesn't have a voice...its already known. A feeling from my core. The trick is realising the voices of sid are all sheker. And ignoring them. And doing what must be done.

=====
=====

Re: Success Story

Posted by ysftw - 24 Nov 2015 20:42

11 days gone 79 to go.

Ignore. Ignore. Ignore. Sid.

All voices are Sid. I always know the right thing to do, it's never a voice.

Baruch Hashem this has been going well so far.

=====
=====