

**Success Story**Posted 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](http://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 ysftw - 20 Dec 2015 21:27

---

37 down. 53 to go.

In that weird place of emotional complacency atm.

It's a dangerous place to be in and requires a but of serious self exertion, so with the help of Hashem, we move forward.

=====

Re: Success Story

Posted by ysftw - 22 Dec 2015 06:51

---

38 down. 52 to go. BH.

I tried to actually post earlier but my phone's internet was rotten, so had to wait around a bit.

At the moment, although this is progressing, I feel in other areas of my religious growth I'm slacking which worries me because everything seems to impact everything else.

BH this Asarah Betevet I will be able to grow from introspection and teshuva and return to more positive ways of serving Hashem than just counting of days of being clean. Not that it's a small achievement. It's my most important endeavour, and with His help I will continue to move forward.

=====

====

Re: Success Story

Posted by ysftw - 22 Dec 2015 16:41

---

39 down 51 to go.

Feel in a much more positive place post fast.

As much as it is about surrender in this endeavour, I think I can start to see how surrendering every moment to Hashem, as far off as that goal is, will be really beneficial.

It seems so far that this area is really a microcosm of my religious growth.

The fight continues.

=====

====

Re: Success Story

Posted by ysftw - 23 Dec 2015 21:19

---

40 down. 50 to go. BH...its a small mile stone, and I've been here before but very very happy.

Surrendering the desire to Hashem, but still very much need to work on shmirat einayim on the streets and looking away instantly but it's so hard!

At the moment very much focusing on embracing every moment as one of service to Hadham which in a more general way is what I'm working on in terms of growth but that's by the by. Hope everything is good for the rset of you out there!

We continue...

=====

====

Re: Success Story

Posted by ysftw - 24 Dec 2015 20:25

---

41 down. 49 to go.

Feeling very lethargic today, when I'm really going and growing I do it with an intensity which

means I need to recoil and recharge. Especially when tired. I'm really craving some bad food as well, I think that my will power can only be stretched so far. Still, this is now my second longest clean streak since joining the website. And it seems so long ago that I was just starting this streak. Long may Hashem continue to fight for me.

Moving on...

=====  
=====

Re: Success Story

Posted by ysftw - 25 Dec 2015 13:32

---

Pre shab message.

Has he please give me a restful shabbat and to everyone else on gye...and at this eis tsara...klal yisrael. Fight for us!

=====  
=====

Re: Success Story

Posted by ysftw - 26 Dec 2015 15:59

---

42 days down. 48 to go. Bh

Restful shabbat but feel a bit all over the place . A bit dazed. Sometimes I feel I can generate koach...right now I just feel zoned out.in general. Please hashem give me the koach to serve you!

=====  
=====

Re: Success Story

Posted by ysftw - 27 Dec 2015 21:09

---

Should have also written the 43rd day yesterday.

Oh well 43 and 44 down. 46 to go. Things are looking even. CRAZY. I'm very great full. Things are hard though at the moment. Oh well.

Still going. Sometimes, when I just want to be lazy, I struggle because it's my go to lazy activity,

end up for hours on YouTube. Big waste of time.

Still tonight I will be renewing my neder before it expires in two days. Bn.

Good to do it while motivated, it's served me well thus far.

=====

=====

Re: Success Story

Posted by ysftw - 28 Dec 2015 21:45

---

45 down. 45 to go. Aaaaghhhh! YES. YES YES YES. TG.

I haven't spoken about Sid in a while. Sid is at bay as long as I remember not to fight him but to let Hashem fight him. But these last few days my requests to hashem have become routine and SID has started to creep back in. My cheeks flush, eyes dim, and my addiction takes over with mad craving just to see innapropriate material. I just need to ask Hashem to fight it but sometimes Sid is very powerful. But thus far I've managed to ask, and BH ill redouble my efforts on this.

I've renewed my neder for two more weeks which will help. And now I cannot believe I'm half way through. So far to go and yet where I was seems like only a few days ago.

The fight continues. More intense as before, as we enter phase 2!!

=====

=====

Re: Success Story

Posted by iwant2begood - 28 Dec 2015 22:13

---

Just read your thread very inspiring give it all you got don't get caught of guard with Sid!

=====

=====

Re: Success Story

Posted by ysftw - 29 Dec 2015 21:49

---

46 down. 44 to go.

Good day as far as the fight was concerned bh.

Mucking around on my phone is a problem though, it's a significant waste of time and temptations arise. Also my filter expired need to look into it.

And thanks iwant2begood...when I get I chance I've flicked thru your stuff too...good luck!!

The fight continues

=====

Re: Success Story

Posted by iwant2begood - 29 Dec 2015 22:06

---

I mean another 4 days to day 50 which is the next level!!! Amazing good for you were In this together

=====

Re: Success Story

Posted by Keepclimbing5 - 30 Dec 2015 01:45

---

Just read your whole thread. You are an inspiration! Seriously it's scary how I can relate to you, especially the fatigue , zoning out thing... It is normal to feel that way and it may continue for a bit but it does get better I promise! I plan to keep following your story it gave me a real pump. Sid is panicking and is gonna try to bring out the heavy artillery... Stand strong and shove it back right at him. I wish I could see his face when u do. Keep on fighting were rooting for you.

=====

Re: Success Story

Posted by markz - 30 Dec 2015 01:49

---

[ysftw wrote:](#)

46 down. 44 to go.

Good day as far as the fight was concerned bh.

Mucking around on my phone is a problem though, it's a significant waste of time and temptations arise. Also my filter expired need to look into it.

And thanks iwant2begood...when I get I chance I've flicked thru your stuff too...good luck!!

The fight continues

KOMT

Keep On Monster Trucking

We all have that little monster trucking with us

=====  
=====