

Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

I don't understand how being here is going to help.

Perhaps posting my progress and struggles will help other people.

Perhaps I'll receive encouragement and good advice and support.

I sincerely DOUBT that I can just succeed for 90 days (13 weeks),

just because I decide I want to, SINCE I've failed so many times

in the past. But maybe this time is different, because I will post here,

and have 2 experienced guys I've been emailing regularly.

B'ezras HaShem, I will finally succeed and break free from this bad habit.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 29 Nov 2016 21:03

Well, it happened. Without noticing that she was there, until it was too late, I walked right past a beautiful woman, nicely dressed, and smelling of perfume. I made the best of the situation, and the truth is that it kind of felt good showing myself that I could keep right on going without pausing or looking at her or looking back at her.

I'm getting stronger. Maybe all this time and focus BEFORE the test is paying off afterall.

In other news, I'm really starting to feel a lack (miss) those streaming websites, now that my computer blocks everything, even though I know that they are destructive in every way...starting with they are a waste of time. A Torah shiur just isn't the same kind of entertaining, relaxing thing. Exercise for sure isn't. Eating is not good for my diet (though I DID overeat peanuts today, big time!)

So, I'm stuck and LOOKING for ideas. (reading posts is just o.k. I have tried it, but it is NOT a sufficient substitute).

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 30 Nov 2016 13:44

Another clean day (now 20 days...out of the ones and the teens, so an accomplishment)...barely!

The yetzer hara took 10 steps to knock me down, and I got beat up pretty bad.

But, I didn't get knocked out. Somehow, I don't know how, I came to my senses and went to bed.

I thought about yesterday and analyzed it and even wrote the 10 steps down. The first 4 MAY have been out of my control, but the 5th step - delaying starting night seder for just 30 or 40 minutes (which turned into, of course, an entire evening not learning and going in a downward spiral) I could have pretty easily prevented/ducked the punch. I saw the punch coming and just froze and let my face get smashed. STUPID.

Boruch HaShem, I didn't fail totally, which was the very next step (explicit videos and wasting seed)!

Frustrated by steps 1 through 9, I got hit with step 10 - deciding to change the settings on my computer to allow entertaining stupidity / streaming videos and watch 1 or 2.

Well, at 3:00 in the morning, 1/2 asleep on the couch "totally drunk", I heard someone go into the washroom. When he came out, I asked my son to please take the computer off of my lap and help me go to bed. And that's how I went to bed last night, a drunken fool.

I honestly don't understand how I take the time to write a whole, thought-out post and no one responds with anything encouraging or helpful. This has happened several times throughout the 20 days.

Oh well, hopefully, people are at least gaining from my honest, open experiences...and hopefully success story. And MOST of all, I think it is helpful for ME to write it down. Have a great day.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 30 Nov 2016 14:09

Actually I read all your posts and I like your interesting introspectives

And following your progress too ;-)

PLEASE KEEP THEM COMING

Does anyone know how to have "thank you"s added to all of someone's post on a thread with ONE click of a button?

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 30 Nov 2016 15:33

[Yosef Tikun HaYesod wrote on 30 Nov 2016 13:44:](#)

Another clean day (now 20 days...out of the ones and the teens, so an accomplishment)...barely!

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Oh well, hopefully, people are at least gaining from my honest, open experiences...and hopefully success story. And MOST of all, I think it is helpful for ME to write it down. Have a great day.

Yosef,

Why are you complaining about people not responding? People have been very engaged on your thread, offered advice, sent emails. Disused things out with you. Are you here to be catered to, or because it is helpful for YOU, as you wrote?

If it's good for you, keep writing regardless of the feedback you get. No one here owes you anything. This is not an attack- it's a suggested style adjustment. You've often expressed your own ideas of how things work here- the number system, that you need a sponsor, what level you are- even when the more experienced guys have seemed to indicate otherwise.

Part of indulging in self-gratifying behavior is we become self centered, addict or not. Don't kvetch about what people on the forum owe you here. Try to take it in- read other people's threads (see Markz signature) and see what was suggested to them.

Are you a high strung or intense person? Perhaps that's what it is because something is coming out sounding a little pushy or expectant- people told you to calm down a few times- so maybe I'm misunderstanding what sounds like self centeredness as urgency or intensity. Is that what it is?

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 30 Nov 2016 16:16

Il am not into cheerleading (cheerleaders....Yes), so I don't ra ra on the sidelines. I answer questions. If I notice something in a post, I comment on it. You took a serious step by meeting someone, also talking to Dov and others. That accelerates sobriety. Commenting on other people's threads help as well. For me, shorter posts are preferable.

Continued hatzlachah

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Nov 2016 18:35

I know that nobody owes me anything.

And actually, so far, I have received A LOT of help from the guys here.

I'm no longer alone working on this. I have a whole forum of guys. And a support buddy/sponsor/coach and someone I met who I can email or even meet again.

I am writing this thread mainly for me to stay accountable and conscious of the fight...

and for anyone who may read and gain from my experiences and journey.

I am now very motivated to succeed and am giving this a HUGE amount of time and effort.

Over the years, I have noticed that there are 4 or 5 times when I get the courage and motivation to really work on this issue, even though I have been dealing with this for MANY more years than that. That is why I may come across as intense. I want to do all I can and get the most help I can enlist, while I am working on it, so that I don't chas v'shalom fail and just go back to my slumber for another several years! I really want to finally succeed and pass this test. So, in my mind, there is an urgency and that explains the intensity.

It just seems sometimes strange to me that out of all the hundreds of people that are going through this fight, and read what I write every day, only a handful or less choose to post something helpful, perhaps based on their personal experience. This is just my feeling.

I can describe it like this: imagine that there's a special conference, and they ask does anyone want to get up and share their experience today or in general, and I decide to share and open up myself. I stand up in the room full of hundreds of people going through roughly the same thing as me, some way more advanced/successful/further along in their recovery, and I read out loud any one of my posts. After I finish, they ask if anyone would like to comment or add anything. And there is silence. Nothing. Silence. More silence.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 30 Nov 2016 19:05

There are thousands of threads on this forum. Read them. People have spoken and shared their experiences.

I can describe it like this: imagine that there's a special conference, and they ask does anyone want to get up and share their experience today or in general, and hundreds of people decide to share and open up about themselves. People comment, ask and answer and compare notes, but I am in the hallway preparing and practicing my speech. I didn't get a chance to hear any of their experiences, comments, comparisons, contrasts, questions and answers. I stand up in the room full of hundreds of people going through roughly the same thing as me, some way more advanced/successful/further along in their recovery, and I read out loud my well thought-out prepared insightful speech. After I finish, they ask if anyone would like to comment or add anything. And there is silence. Nothing. Silence. More silence.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 30 Nov 2016 19:17

I don't get it. I am one of the hundreds of people standing up and speaking.

Yeah, I might have come late, because I just heard about the conference after it already started and because I needed to prepare what I had to say.

But how does it make sense that there would be just silence after I'm done speaking...

when there wasn't silence after everyone, but rather tips, answers, comparing notes, experiences like you said. If someone said well you came late here's a transcript of the thousand hours of discussion, read that start to finish and your questions and feelings have been dealt with. Which page or speaker exactly...never mind that, just start at page 1 and keep reading until you're finished. I think if this happened to you in real life, you would not feel too good about it or understand their reaction. And nor do I.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 30 Nov 2016 19:30

Il love you dearly and I wish you only hatzlachah.

from the tone of your posts, your sound like an extremely self-righteous, selfish and self-centered person, a bit stubborn as well. I am sure that's not true, but that is the appearance. Something to think about.

And on my thread, tryin' or mikvah night, I was called egotistical, haughty and more.

You have been here less than two weeks. Your thread has reached ten pages. Most threads do not go three pages. Ask markz for the statistic. People are viewing and responding.

Please take it easy.

All will be well.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 30 Nov 2016 19:53

cord recommended to keep to short posts (like 3 short paragraphs max)

People generally don't reply often to long posts. Look at cordnoys personal page 'tryin' with has last 3 long posts

WHERE'S EVERYONE

WHY DID NO ONE REPLY TO HIM

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 30 Nov 2016 20:14

I see a long post, unless it's from those who have been here a while, and I move on to the next one. I don't read them.

We had a similar situation with a poster who's thread quickly reached great length. He's probably the most stubborn person I have ever had "contact" with in my entire life. And guess what? He didn't recover. He came back a short while ago and his disease had progressed. I hope he's in a good place now but it would definitely surprise me if he is.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 30 Nov 2016 20:21

[Yosef Tikun HaYesod wrote on 30 Nov 2016 18:35:](#)

It just seems sometimes strange to me that out of all the hundreds of people that are going through this fight, and read what I write every day, only a handful or less choose to post something helpful, perhaps based on their personal experience. This is just my feeling.

I'm sorry to point this out YTH, but I had a quick look, and of your 53 posts, only a single one of them have been on someone else's thread. All of your posts have been about you.

Personally the reason I've stopped posting here is because I don't know how to help you.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 30 Nov 2016 20:23

Post length don't have any indication on the person unless you gonna say Dov and Yechida are very sicko's

Its just that you can't expect people to read what you write, cos we don't all have that time to read it all, unless you're giving a short news update of new insight which is actually helping your recovery - not a concept which you or I are bringing from before gye - to the forum

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 30 Nov 2016 20:40

Cord wrote: I love you dearly and I wish you only hatzlachah.

from the tone of your posts, your sound like an extremely self-righteous, selfish and self-centered person, a bit stubborn as well. I am sure that's not true, but that is the appearance. Something to think about.

And on my thread, tryin' or mikvah night, I was called egotistical, haughty and more. I better stop or no one will read this

You have been here less than two weeks. Your thread has reached ten pages. Most threads do not go three pages. Ask markz for the statistic. People are viewing and responding.

Please take it easy.

All will be well.

Amen. Food for thought. I don't want to give off that appearance.

I'll TRY to make the posts shorter.

I'm under a lot of pressure and stress now.

And I don't want to go back to the aveiras of the past...

which I am very vulnerable and close to doing.

Sometime before the end of Chanuka (a little more than a month from now),

is when I would ordinarily fail. And this time I really want to succeed

and make it clean 50 + days . Based on my past several years of actions,

I have reason to be concerned.

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