

Road to 90 days (how I succeeded, and you can too)

Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

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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 cordnoy - 20 Nov 2016 12:29

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[Yosef Tikun HaYesod wrote on 20 Nov 2016 11:26:](#)

I almost failed today.

I'll tell you what helped.

I

read: [guardyoureyes.com/articles/tips-suggestions/item/the-science-of-habit-change?onpage=1](http://guardyoureyes.com/articles/tips-suggestions/item/the-science-of-habit-change?onpage=1)

I also thought about calling someone on the helpline...and almost did.

This article about the nature of HABITS and HOW to break them is fantastic!

It will take re-reading it and implementing the steps in my life to discover how to break MY bad habits.

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I read the post twice that you suggested, and I think it would be great to know HOW to give it up in my heart one day at a time, as opposed to resisting one day at a time. This is not discussed or explained.

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Also, just as an aside: I strongly disagree that HaShem considers that you have already sinned, knowing that you will sin (let's say) in 5 weeks. Only for mitzvahs does HaShem consider machshava k'maaseh...NOT for aveiras! And if you hold out for 5 weeks and then sin, HaShem rewards those 5 weeks tremendously and they are as precious to Him as doing positive mitzvahs. It's not at all as if he has done/accomplished nothing, just because HaShem knew he would eventually sin in 5 weeks. That's ridiculous and wrong.

Here is the part of the post I'm referring to:

When B'nei Yisroel (on Rosh chodesh Nissan) went to take the korban Pesach (in four more days!) Hashem writes: "*And Bn"Y went **and did** as Moshe commanded them.*" Rashi brings that they went with the intention, knowing that come the 10th of Nissan, they'd take the goat/lamb, and come the 14th, they'd shecht it, etc. In their hearts, it was a done deal. So from right then, Hashem says He considers it that *they already did it all!*

Sadly, the converse is also true. We all know in our hearts that we cannot hold our breath forever. So, as inspired as we may be to hold our breath and resist getting that sweet orgasm/fantasy/porn joy we need...we are fully-aware that we *are* eventually gonna pop. We have not given it up at all, see it as an eventual necessity, and a masculine right. The only guarantee, then, is that we *will* need to act out when the maximum tolerance of # days clean is reached. So from the truth (Hashem's) perspective, it is as though they already masturbated.

Me no follow this.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 12:41

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What are you talking about??

I am not putting a judgment on it.

I'm not saying whether it is a bad habit or addiction.

I am using the word aveira or aveira territory as a euphemism for watching inappropriate things

and acting out inappropriately.

Is that STILL too much of a refined speech?

Must I say "watch porn videos, and masturbate, and waste seed"??

I'm not comfortable doing that all the time.

Choosing to do the aveira or go into aveira territory is what the rat did when it chose the heroin laced/poisoned water. We are frum Jews here, so I don't understand what the problem is calling these actions aveiras or going into aveira territory. Each time it has to be spelled out: looked at immodestly dressed women and masturbated and wasted seed???

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 12:51

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Cordnoy, what don't you follow?

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Also, to Watson and everyone: I am not trying to be antagonistic.

I just want to understand. And to get past this once and for all.

I read and listen to things very carefully. And comment on the posts and articles

as I understand them. This is obvious, but I just want to be extra-clear, since I am new

to everyone.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Nov 2016 13:13

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[Yosef Tikun HaYesod wrote on 20 Nov 2016 12:51:](#)

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Also, to Watson and everyone: I am not trying to be antagonistic.

I just want to understand. And to get past this once and for all.

I read and listen to things very carefully. And comment on the posts and articles as I understand them. This is obvious, but I just want to be extra-clear, since I am new to everyone.

The two opinions.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 20 Nov 2016 13:23

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opinion 1: HaShem, knowing the future, looks at it and considers us as having already done something, when we just make up our minds to do it. This is true for mitzvahs and unfortunately also for aveiras.

opinion 2: This is only true for mitzvahs. But not for aveiras! In fact, all the time we restrain from doing aveiras (looking at improperly dressed women, watching porn, masturbating, wasting seed, etc.), we will be greatly rewarded, EVEN if eventually we do the above-mentioned actions in the future.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 20 Nov 2016 13:29

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To Watson:

I think it's more like a guy getting "punched out".

Sometimes, all it takes is 1 punch.

Sometimes, it takes a cumulative effect of 5 punches or 20.

And sometimes, the fighter wins and the fight is over before the 20th punch that would have knocked him out.

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Did we watch the same video now? I re-watched it and commented about it...and understand it.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Nov 2016 13:30

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[Yosef Tikun HaYesod wrote on 20 Nov 2016 12:41:](#)

Must I say "watch porn videos, and masturbate"??

Yes please. That would be very helpful.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 13:34

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Did you read my whole post? It's rhetorical. I wrote that I am not comfortable always spelling it out so graphically:

What are you talking about?? I am not putting a judgment on it. I'm not saying whether it is a bad habit or addiction. I am using the word aveira or aveira territory as a euphemism for watching inappropriate things and acting out inappropriately. Is that STILL too much of a refined speech? Must I say "watch porn videos, and masturbate, and waste seed"?? I'm not comfortable doing that all the time. Choosing to do the aveira or go into aveira territory is what the rat did when it chose the heroin laced/poisoned water. We are frum Jews here, so I don't understand what the problem is calling these actions aveiras or going into aveira territory. Each time it has to be spelled out: looked

at immodestly dressed women and masturbated and wasted seed???

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Nov 2016 13:38

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It would be very helpful to your recovery to call a spade a spade, not using euphemisms.

I mean gevalt! We spent years typing all sorts of things into our web browsers and watching what came up, but for our recovery suddenly we can't bring ourselves to type things as they are?!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 13:43

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Did you read the words you just wrote?

I am the one who is calling a spade a spade and wrote aveira!

I feel like I am in the twilight zone and will have to leave here soon, or lose my sanity.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 13:53

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Cordnoy, do you understand what I mean now?

Do you agree with me or with Dov (the original writer of the old post)?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Nov 2016 13:53

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[Yosef Tikun HaYesod wrote on 20 Nov 2016 12:41:](#)

I am using the word aveira or aveira territory as a euphemism for watching inappropriate things and acting out inappropriately.

If you mean pornography, please write pornography.

If you mean masturbation, please write masturbation.

This would really help me (and you) understand what you mean.

(For instance, in the post I linked earlier, the word aveiroh was not mentioned).

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 14:00

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Fair enough. I'll try.

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Now, how about the contents of what I have written so far in all of these posts?

Please comment on these.

And, hopefully, several other people with experience succeeding can comment too.

I'm reaching out for help.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Nov 2016 14:25

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[Yosef Tikun HaYesod wrote on 20 Nov 2016 13:23:](#)

opinion 1: HaShem, knowing the future, looks at it and considers us as having already done something, when we just make up our minds to do it. This is true for mitzvahs and unfortunately also for aveiras.

opinion 2: This is only true for mitzvahs. But not for aveiras! In fact, all the time we restrain from doing aveiras (looking at improperly dressed women, watching porn, masturbating, wasting seed, etc.), we will be greatly rewarded, EVEN if eventually we do the above-mentioned actions in the future.

Opinion 1 has nothing to do with His knowing the future. That is where free will comes into play. Regarding intent to do something, chazal say ????? ???? ???? ????? ????? and regarding sins, either by ????? ??? or also if one repeats an ?????.

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