

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 Workingguy - 30 Nov 2016 21:09

[cordnoy wrote on 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.

I wrote a long thread basically saying what Cordnoy said now but deleted it. But I am in full agreement- stop having taanos, expectations, and telling everyone else how it is, how it should be, and how you see it. Listen and learn.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Nov 2016 21:30

I wrote post 298867 SPECIFICALLY because of what you wrote and then deleted. I read it, and 298867 was my response to you. That's why I even wrote reason for edit: Workingguy.

But instead of clarifying my feelings and backtracking and calming things down with you and others too,

298867 just opened up a can of worms.

Now, when the can is back sealed, you post that I should just shut up and listen.

I wrote that I want nothing more than to listen to others thoughts and comments on my posts of what I'm going through, in order to gain from others experiences and grow, and there is often nothing to listen to. On the silly stuff, like tone and word choice and putting me in my place, there are tons of comments.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 30 Nov 2016 21:37

We're not a group of therapists.

Have you read the GYE handbook?

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 30 Nov 2016 21:53

[Yosef Tikun HaYesod wrote on 30 Nov 2016 21:30:](#)

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I didn't see that you wrote that or huge any idea that you saw my deleted post. I wouldn't have chimed in if I knew that.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Nov 2016 21:58

I printed it out and have read about 1/2 of it so far.

Same thing with the Windows of the Soul book.

And I am listening to and bli neder, writing down the main points of the 12 shiurim called The Fight, which is produced not just by Rabbi Shafier but in conjunction with GYE.

I think it's time for some spiked (with scotch) tea. Care to join me?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 30 Nov 2016 22:09

[Yosef Tikun HaYesod wrote on 30 Nov 2016 21:58:](#)

I printed it out and have read about 1/2 of it so far.

And.....? Helpful? Not helpful? Good? Bad? Ugly?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Nov 2016 22:15

I will hold off on my opinions until I give it a full read / fair chance.

But I will say, that it is very heavy,

(especially since I printed it on only 1 side of the page).

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Re: going for 90 days (Feb. 20)

Posted by Watson - 30 Nov 2016 22:26

[Yosef Tikun HaYesod wrote on 30 Nov 2016 22:15:](#)

I will hold off on my opinions until I give it a full read / fair chance.

Better still, you could hold off on your opinions on it permanently.

On the front page, please cross out 'The GYE handbook' and write 'Yosef's handbook'.

On part one, please write 'The tools for Yosef'.

On part two, please write 'Yosef's attitudes'.

I think that would help a lot.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 30 Nov 2016 22:59

Recently, I wrote on my tryin' thread from rav tzadok (and I just noticed that it was in today's gye email), and I think mr. YTH is upholding this concept very well:

He stresses several times and emphasizes that when a person finds himself entrenched in one of the desires found in this world, and it is one that he habitually performs over and over again, and he sees no practical way out of this; the moment he is inspired to take action to prevent this future behavior, he must immediately detach himself completely from any connection to this desire whatsoever, and only afterwards, when he is somewhat successful of distancing himself from these desires, then he should work slowly and patiently with a clear concrete plan and ease of mind.

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 01 Dec 2016 05:15

[Yosef Tikun HaYesod wrote on 30 Nov 2016 22:15:](#)

I will hold off on my opinions until I give it a full read / fair chance.

But I will say, that it is very heavy,

(especially since I printed it on only 1 side of the page).

I am impressed, and I commend you on your wait and see attitude. I think that's what a lot of the old timers here would advocate. Kol hakavod.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 01 Dec 2016 13:37

THREE full weeks clean! This is encouraging.

I'm not pessimistic or dreading Chanuka, or focused on a set date,

I'm just saying that the likelihood of me staying clean all the way past Chanuka is

unfortunately really, really low (based on my experience and knowledge of my past behavior.

Of course, I am going to try to succeed...but the odds

are greatly stacked against me...that's all.

I tried to branch out a little and post on some other threads.

I can't really help TOO much yet, since I'm only 3 weeks clean.

But I have grown a lot and gained a lot of knowledge in these 3 weeks.

Speaking of other people's posts, I've thought about prostitutes

a few times over the years, or engaging in "tinder tyvah"/caual sex,

but always held myself back. I don't know if hearing that others have

gone that far helps me or perhaps hurts me by making it more possible

in my mind. And for people who are truly addicted, the fight is probably

way different, so I don't feel I can add anything to their threads.

So, naturally, almost all of my posts are on this thread. Doesn't that make sense?

I am talking about my experiences and struggles as I hopefully successfully break free

from this nisayon. And if I want advice from others or even encouragement, why is that a bad thing?

(not cheerleaders...I think that word is even a trigger since I lusted after one named Jennifer once).

Chodesh Tov!

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Re: going for 90 days (Feb. 20)

Posted by Markz - 01 Dec 2016 14:01

You say you "lusted once", so I guess you're not an addict

But if you feel pulled to illicit stuff like prostitutes then maybe you are

Ohhhh why does life have to be so complicated...

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 01 Dec 2016 14:13

Only one Jennifer?!? You're no addict!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 01 Dec 2016 14:55

I never thought I was an addict.

I don't have a real pull to prostitutes, though over the years, I admit to thinking about it a few times.

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