

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 - 04 Dec 2016 23:48

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[Yosef Tikun HaYesod wrote on 04 Dec 2016 21:09:](#)

Another clean day.

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Out of boredom and escapism, I turned back on streaming videos Motzei Shabbos and today.

Not too good...not too smart.

And of course, I went to bed way too late.

I didn't fall all the way down, but it was an unnecessary risk that I was stupid to take.

Monday will be a better day.

That's why some say that the password should be in someone else's hands.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 04 Dec 2016 23:49

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[Yosef Tikun HaYesod wrote on 04 Dec 2016 21:20:](#)

Hard to feel too good about it.

No real energy to exercise.

Not too much learning or davening either.

But, when I am feeling overwhelmed, with no real answers to issues,

and just "escape in the cave" in the past (not too distant past either),

I would pretty much certainly eventually start watching explicit stuff and wasting seed.

And this time I DIDN'T.

Looking at it from this perspective, it was a huge win, and I should feel good.

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Still, Monday will hopefully be a lot better. I am going back to no streaming videos,

and I will daven and learn a lot better/more.

It's good to have a pocket size white book in your pocket for just those occasions.

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Re: going for 90 days (Feb. 20)  
Posted by Shlomo24 - 05 Dec 2016 04:50

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Re: going for 90 days (Feb. 20)  
Posted by rgm2017 - 05 Dec 2016 07:00

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Please God you will be matzliach. May Hashem bless you.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 05 Dec 2016 19:51

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Another clean day. Sunday could have been A LOT worse...as I wrote yesterday.

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I wrote out a summary of another one of R. Shafier's shiurim, The Fight.

I did it on paper, which was easier for me.

I think I will put in on the computer some day soon...just not today.

Perhaps, they will inspire and help other people.

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Again, no exercise...and some streaming videos...just being honest.

But way more Torah.

And I intend to go to bed a lot earlier.

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I tried giving the password control to my wife, but that DIDN'T work.

She's not my mashgiach. She and I just fought when I asked her to put the computer on for something or another. Not good.

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Speaking of my relationship, my wife initiated a THIRD date with me...so I'm doing something right!

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Re: going for 90 days (Feb. 20)  
Posted by fresh start - 05 Dec 2016 20:20

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Good for you!

Keep up the good work!

You're an inspiration for me and I'm sure other's as well.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 05 Dec 2016 20:24

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Thank you SO much for writing.

But, I want to know how so?

You are clean almost a year and a half!

I've never been able YET to accomplish that!

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Re: going for 90 days (Feb. 20)  
Posted by fresh start - 05 Dec 2016 21:37

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I get chizuk from your being honest and open. I respect how you hold on to your beliefs and what you think is right (regardless of whether I agree with your views or not).

Yes I have been clean for over a year but it's always helpful for me to read those who are heading out on the journey. This acts as a reminder to me, to keep focus and stay the course. The course is to stay honest with myself, my wife and Hashem. It also helps to not get caught in complacency in my avodas Hashem and recovery.

Before I got caught by my wife, the longest I had gone without masturbating was 3-4 months. And that itself was a rare occasion.

I would have never accomplished getting to where I am now w/o the help of Hashem, my wife, therapists, mentors and a one day at a time approach, (among other things).

Agav, I've been told by a number of people that I may not have had an addiction. However, I still view myself and approach things that I do with the mindset of a recovering addict. It seems to have brought the best out of me!

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 05 Dec 2016 22:15

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[Yosef Tikun HaYesod wrote on 04 Dec 2016 21:09:](#)

Out of boredom and escapism, I turned back on streaming videos Motzei Shabbos and today.

Sorry to butt in again, but would you mind clarifying. When you say 'streaming videos' do you mean of the pornographic variety or of the comedy / drama / murder mystery variety?

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 05 Dec 2016 22:51

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The latter.

I'm sorry if I wasn't clear.

When I mean porn, I may sometimes refer to it as "explicit videos".

Usually, though, I would say porn at least once in the post.

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I didn't even make it a full week with everything turned off...all streaming videos,

everything, only whitelisting a few sites. It is super-restrictive.

And while it is the healthiest for a ben Torah, and is my goal to get there,

I think I have to start with limiting the times, so it doesn't interfere with stuff I want to get done.

And then, limit it some more, and then eliminate it!

But just "poof...it's gone...shut off....cold turkey" was too extreme for me to maintain.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 05 Dec 2016 23:13

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"cordnoy" post=298633 date=1480275575 catid=1

Seize the Moment!

Rav Tzadok Ha-Kohen of Lublin makes a fascinating comment about chipazon, suggesting that in our religious lives, we need to identify a moment of enthusiasm and capitalize upon that moment, leveraging the inspiration to move ahead to religious action:

The beginning of a person's entry to Divine Service must be be-chipazon, just as we find in Egypt, where the lamb was eaten in a rush, as opposed to the celebration of Pesach in subsequent years (Pesach Dorot). This is because the beginning necessitates that one break the ties of worldly desire by which one is entangled. Hence, one must preserve the moment in

which one feels the impetus to serve God and to seize the moment – fast – and maybe one will see success. Later, one can move more moderately and steadily as in Pesach Dorot. (Siman #1)

An example he provides is one who is entrenched in a burning desire to eat. Firstly, he must immediately stop from anything which is considered “extra,” even if he knows himself that he will not be able to continue in this way for a considerable length of time, and therefore he might be wanting in his resolution; nevertheless, he should be steadfast and hold firm to make this initial commitment.

For Rav Tzadok, chipazon represents a feeling of passion and enthusiasm, an inspired moment, a surge of momentum and desire. Like a first love, there is a sense of urgency, a rush of emotion, a heightened emotional state.

But why is it necessary? Whenever one wishes to change something in life, there is inertia. We are always bound by bonds of comfort and familiarity. These are the most threatening hindrances to change, growth, and development. In life, one needs more energy to start than to continue.

How do we counter the negative forces that persuade us to resist change? The answer is chipazon, speed. Jump out of bed! “Just do it!” Chipazon is the flurry of starting; it is a force, an energy, a spirit of carpe diem. One must harness this enthusiasm to conquer inertia, habit, and laziness. Sometimes, if we fail to seize the initial momentum, we get stuck in the details, the bureaucracy, the logistics, and a wonderful idea evaporates and never happens.

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 Yosef Tikun HaYesod - 06 Dec 2016 00:14

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Thank you. I know you wrote here about that R. Tzadok piece in post 298899 :

"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".

(but I didn't know how to get to your thread to read it. In fact, I don't know how to get to unanuman's main thread either that he told me I may enjoy reading through. Please help me find both.)

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It felt awesome jumping in, getting rid of the entire internet, minus literally a few whitelisted sites.

I may go back to that, sooner than later.

It's just such a 1)long-standing 2)bad habit, 3)comforting/comfortable, 4)entertaining, 5)interesting, 6)relaxing 7)way to unwind and 8)spend some downtime, that 9)doesn't seem to really have a good substitute...and these NINE factors make it VERY hard for me to give up.

(Again, I'm talking streaming not porn.)

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BTW, as long as I'm writing now and it was on my mind:

Watson, you aren't butting in. I welcome people to post here...



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Re: going for 90 days (Feb. 20)

Posted by fresh start - 06 Dec 2016 00:28

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Cordnoy, how about a vaad in the seforim of Reb Tzadok?

It seems there are a lot of relevant teachings to be learned.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 06 Dec 2016 01:11

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BTW, as long as I'm writing now and it was on my mind:

Watson, you aren't butting in. I welcome people to post here...

YTH,

Looks like you're getting the hang of the site and doing good stuff. Keep it up!

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