

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 cordnoy - 06 Dec 2016 01:47

Mark and the devs are working on my thread.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 06 Dec 2016 13:35

Another day clean!

Thank you guys: FreshStart, Cordnoy, Watson, Workingguy...

Reading your posts AND falling backwards into streaming videos,
and staying up too late again, has got me thinking.

This streaming thing is a huge yetzer hara to destroy me and my life.

So, I'm cutting it out again! "Cold Turkey take 2".

It's bad all by itself, as both 1)a time waster, and 2)bad value promoter,

with 3)inappropriate themes and 4)actresses dressed inappropriately.

AND it's 5)a slippery slope that one can easily fall down into porn.

Let's face it.

Thankfully, I had a nice filter in place that didn't let me go to where I typed.

And while it's true that I could have gone through the hassle and extra steps to allow the porn sites to show on my laptop, the NOT ALLOWED with the screen turning color was enough to stop my yetzer hara in its tracks and enough for me to regain control.

Also, I think it helps that my password I chose that I would theoretically have had to type in has some variation of: "Don't do it, you stupid moron. You are a ben Torah and should NOT be looking at porn!!" It's pretty difficult to type that in specifically with the intent of looking at porn. Some combination of all this wakes/woke up my yetzer tov.

But, it's still a slippery slope, so I got rid of all streaming videos once again, "Cold Turkey take 2" and got OFF the darn slope!

I am not stupid. So why should I keep acting stupid? (accepting as given that I'm not addicted)

It is almost my birthday, and I think this may be my birthday gift to myself.

BTW, I know full well, that I will probably slip up and watch streaming videos at some point, which is why I'm calling it "Cold Turkey take 2". But the approach of taking proactive action

and getting rid off of all streaming videos is a good one.

And the slippery slope to porn is only the 5th of FIVE reasons to give it up for good.

Any suggestions for a good, positive replacement for it?

Remember, it's: 1)comforting/comfortable, 2)entertaining, 3)interesting, 4)relaxing 5) a way to unwind and 6)spend some downtime. So a replacement needs to be somewhat similar.

Listening to music, exercising daily (though it doesn't seem to be relaxing),

talking with my family/family time, and maybe listening to a parsha shiur

are my only thoughts right now, but I don't know if that's going to be enough to go against the

strong pull of an 1)endless supply of 2)free, 3) interesting, 4)entertaining streaming videos,

which is now a 5)long-standing, 6)bad habit...how I've been 7)comforting myself/escaping/relaxing/unwinding, and spending my downtime.

Help me succeed.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 06 Dec 2016 13:55

Great stuff.

I couldn't find replacements.

Porn was too enjoyable.

I needed to change my insides.

By the way, what are actresses dressed inappropriately? They always were dressed just the way I wanted.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 06 Dec 2016 14:49

[Yosef Tikun HaYesod wrote on 06 Dec 2016 13:35:](#)

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Help me succeed.

I find that doing actions of love and care towards others makes me feel whole on the inside and I don't need to resort towards porn. Some practical applications can be taking out the garbage, washing the dishes, cleaning the room, calling an old friend, volunteering, learning with someone who could use a boost, etc.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 06 Dec 2016 14:51

It doesn't keep me sober but it definitely helps with my quality of life. I am fortunate that all of my jobs that I have are directly helping sick or mentally ill people but I sometimes forget that it's actually helping, not just making money/running a branch of an organization.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 06 Dec 2016 15:22

Thank you, Cord and Shlomo:

"I needed to change my insides."

"I find that doing actions of love and care towards others makes me feel whole on the inside and I don't need to resort towards porn. Some practical applications can be taking out the garbage, washing the dishes, cleaning the room, calling an old friend, volunteering, learning with someone who could use a boost, etc."

I think I understand this part of your posts.

Going to streaming videos is LARGELY an escape. So, if I work on doing things that will make me feel whole and good on the inside, in my real life, then I won't be so tempted to go on the computer to get some substitute good feeling, in a phony, plugged in, computer watching/matrix, fake life.

This just in:

I told my wife about Cold Turkey take 2 and she said that it has to/should include strict time limits on the computer too. Man, as if it's not going to be hard enough!

But, upon thinking about it, she's right.

I need to be living my life, and just fit in the time I am on the computer AROUND my life.

This will be very difficult.

NO computer when I am supposed to be working, learning, sleeping, davening.

Wow...as I write it, my heart is racing.

It feels awesome...the right move...but I'm not ready.

It will be nearly impossible.

And what if I "cave in" and decide to go on the computer...

I would have to put in the password,

and once I do that, I am just a click or two away from being able to see porn.

That sounds a little risky.

But maybe I could do it.

It may/probably will get easier with time.

My wife said I should restart my count at 0.

She's nuts.

But I am going to try the time limits.

Scared.

Cold Turkey take 2 is already tough and I'm just starting today!

NO, I am not restarting my count...

which is for clean from porn, masturbation, and wasted seed...which tend to go together.

Bottom line for chart is one thing: no conscious waste of seed.

If I make it too difficult or complicated, I will severely hinder my chances

of getting to 90-days and breaking free.

Wow.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 06 Dec 2016 15:31

How about a filter/monitoring/not having the password? It's not the answer but it might help.

Also, focusing on what you can't do makes it very hard. Can you focus on something positive that you ARE going to work on? I know it's very hard to replace the streaming videos, etc. any hobbies? Reading, writing Torah?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 06 Dec 2016 16:28

Why do you need the escape?

(Please....three sentences or less.)

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Re: going for 90 days (Feb. 20)

Posted by fresh start - 06 Dec 2016 19:25

[cordnoy wrote on 06 Dec 2016 01:45:](#)

[fresh start wrote on 06 Dec 2016 00:28:](#)

[cordnoy wrote on 05 Dec 2016 23:13:](#)

"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.

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

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

Ok; Thursday night at 10:30.

available?

I will have my secretary check my schedule.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 07 Dec 2016 12:28

Another clean day.

The time limits are going to be amazing!

I got the best sleep last night...largely because the computer was not an option.

Also, WAY better conversations with my family.

I put streaming videos back on, though...for the small amount of time I am allowing myself time to be on the computer.

Strong bad habit. Not sure about the "escape" thing...maybe just a habitual way of acting... and not about escape.

We'll see. But if I can keep to the times, that may be even more important than the streaming videos, as far as getting my life in order.

Also, Cold Turkey sucks.

Yeah, I'm weak...but I'm growing, and should feel good about the good I'm doing.

Failing at cold turkey doesn't make me feel good.

So, I'm holding off on trying Cold Turkey take 3, until I get stronger.

BTW, while I may be a 6 overall, on the spectrum

(1-3 get over it themselves, 4-8 need outside help, 9-10 are addicted),

I think I may be a 4 1/2 or a 5 on watching porn and masturbating,

while I'm probably a 7 or 8 or even 8 1/2 on streaming videos.

So, AFTER getting to 90-days, I may try to get to 90-days Cold Turkey - without watching any streaming videos.

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Re: going for 90 days (Feb. 20)

Posted by fresh start - 07 Dec 2016 18:27

[Yosef Tikun HaYesod wrote on 07 Dec 2016 12:28:](#)

Also, WAY better conversations with my family.

Random question, what is the content of these conversations with your family and who is included in these convos?

Great job on your limiting your video streaming.

I can relate very strongly with you. I have a very similar challenge with sports watching. I had and still do struggle with excessively following sports. This causes 2 issues, 1) the chance of see inappropriate material and 2) a lot of wasted time.

So even if it may seem like a minor issue it still is a matter of importance. I have to add value and real goals to my life. I have to accomplish to give myself a bigger sense of purpose into my life. AKA building up my self-esteem.

This is a big part of my recovery from years of acting out sexually..

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Re: going for 90 days (Feb. 20)

Posted by Watson - 07 Dec 2016 19:57

[Yosef Tikun HaYesod wrote on 07 Dec 2016 12:28:](#)

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(1-3 get over it themselves, 4-8 need outside help, 9-10 are addicted),

I think I may be a 4 1/2 or a 5 on watching porn and masturbating,

while I'm probably a 7 or 8 or even 8 1/2 on streaming videos.

What is your basis for comparison to come up with these numbers? How do you figure yourself a 6 or whatever?

You make it sound like Top Trumps.

Warning: Spoiler!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 07 Dec 2016 21:12

To FreshStart: 1 on 1 conversations with my kids and wife. I have a lot more time without the computer.

How their day was, what they like best for lunches, haircuts, shopping, guests for Shabbos, what I want for my birthday, reading bedtime stories. I am just simply being there more instead of the matrix/computer.

To Watson: I do not intend for it to sound like Top Trumps, whatever that means. I also don't intend for it to be controversial or difficult to understand.

Everyone has a yetzer hara, and everyone has to deal with the issue of tyvas nashim, and restraining their sex drive, controlling their eyes and their actions, in order not to waste seed.

Now, that being said, there is a range, a spectrum of severity of how big and major the issue is in one's life, and each individual falls somewhere on the spectrum.

The lower numbers 1-3 are able to deal with the issue and pass the nisayon by themselves. They deal with it, work on it, fall, do teshuva, fall, do teshuva, get married, fall, do teshuva, and seem to get past it. They have plenty of other nisyonos in life, but this is no longer one of their main issues. There is certainly a range of people like this, so I don't think it can be argued otherwise.

Similarly, the middle numbers 4-8 are NOT able to effectively deal with the issue and pass the nisayon by themselves. This subject has eluded them for years, and they are finally reaching out here for help and extra reinforcements. That such a middle group exists can't really be denied. I imagine GYE is full of them.

Then, the higher numbers 9-10 are those that have such an extreme response to this issue that it could take over their lives and destroy them. They must go to a 12-step group meeting and get specialized help for addicts. The fact that Sexaholics Anonymous has meetings all over is evidence that such a group exists.

So, the basis for comparison is how each person has been able to deal with this issue in their lives.

And the reason I figure myself a 6 overall, is exactly as I've said...

it's a combination of a 4 1/2 or 5 on watching porn and masturbating (meaning that I definitely wasn't able to solve this on my own long-term, to the degree that it is no longer an active nisayon, but it doesn't always happen and isn't taking over my life and making it

unmanageable),

and a 7 or 8 or 8 1/2 on streaming videos (meaning that I am closer to the extreme of being addicted, without being addicted. I can shut down the computer and decide not to view anything. I can pull myself away from it and live in the real world. But, I have a very strong pull to it, that draws me back, since it has become such a go-to-bad-habit. I didn't maintain Cold Turkey take 2 for even 24 hours! There is always another video to watch, so it easily lends itself to excess. It's barely manageable, but has impeded on the quality of my life, my sleep, my learning, and my davening. I think that I can get a handle on it and reduce the time I spend on the computer. Writing about it here will also help me be accountable.)

There is a spectrum/range of how much this is an issue in one's life, and everyone is somewhere on the spectrum. The only thing that can be argued is where an individual person is on the spectrum. And it's my opinion that everyone gets to decide that for themselves, which number accurately and best reflects where they are at. And I'm a 6.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 07 Dec 2016 21:31

As a matter of opinion, that is not the only thing that can be argued.

You decided that anybody who is within 4-8, can be cured by reinforcements, and whoever is a 9 or 10 must go to 12 step meetings.

There can be disagreement on both of those assertions.

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