

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 Yosef Tikun HaYesod - 25 Dec 2016 11:44

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Markz, I would like to see the video.

I tried, but I can't get it to work.

Maybe you could send it in a different way.

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I am responsible for my successes and failures. I "get" the message of Rav Fishel Schechter,  
which you are saying is the same message in the short video too.

I am merely adding, that having a support network will make it easier and more likely that I will  
succeed. And the converse is, unfortunately, true too.

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Rav Ben Zion Shafier talks about it as a "home court advantage". All teams seem to do better  
when they play at home with their crowds supporting them.

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Do you "get" what I am saying, though?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 25 Dec 2016 12:24

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If you were a woman, and you were a little late preparing dinner, how would you like your husband to react?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Dec 2016 12:41

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Here is what Boruch\_Hashem wrote about this:

"Good job on your new 'upgraded system.'

It is impressive that you more or less upgraded the system over night.

I don't think that it is fair, however, to expect everyone else in the family

to flip the switch the same exact second that you do.

It has been months (years?) since you made a special focus to family time

and supper, you cannot expect that the minute you decide that you want it again,

they will all be there waiting for you.

You need to earn their trust again,

they may need to see that you really are committed to this upgrade,

before they get their hopes too high up and jump on board.

Keep up the good work, and keep a positive attitude,

creating a positive atmosphere in the home.

When your family sees that you are really committed to this "upgrade"

and desire quality family interaction, they will slowly come on board.

Be patient and positive. Hatzlacha Rabba."

I appreciated this post very much, and was able to hear the mussar and accept it

a lot easier, than getting slammed.

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 25 Dec 2016 13:25

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Hi Yosef. Congratulations on your amazing commitment and progress.

If I can offer a suggestion... when you come home and supper isn't ready, pitch in and help! You won't be bored, your wife will appreciate it, and you will be having even more quality time with the family.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 25 Dec 2016 13:40

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This forum is about saying the truth or getting as close to the core honest depths as we can.

true recoveryl is about the same.

Saying nice motivational things is for the shmuz or whatever.

Not everyone can handle this.

B'hatzlachah

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 25 Dec 2016 14:08

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I am surprised that people actually read the posts. If I start thinking of Purim when I see a post I usually don't read it. Even from Dov.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 25 Dec 2016 14:13

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[cordnoy wrote:](#)

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B'hatzlachah

What should someone do if they have a wife that doesn't ask for things in the most pleasantly packaged fluffy presentation?

Some of us (myself included) need to learn how to live with others, even if they tell us the truth about ourselves, especially when those people only mean for our good (eg wife, or friends on this forum that ALL are only here to share our travels together and give each other a daily boost)

Yosef - am I making sense?

Your friend :-)

Mark

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 25 Dec 2016 14:24

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[eslaasos wrote on 21 Sep 2015 18:12:](#)

Actually, I have been introduced to a lot of new realizations by some of the people here. ~~Hi, my name is \*\*\* and I'm working on egotism~~  
As Rabbi Twerski says, AA is a self-improvement program, and there are many middos (character flaws for those who like to keep this out of the Torah/mussar realm) that are associated to addictive behavior of any kind.

The topic that most recently perked my interest is sincerity and egotism (see previous posts about motivation for Teshuva which was part of it).

Having been escaping from reality for a long time, I was not even aware how egotistical I had become, and I am at the very beginning of the long road to selflessness, real self-esteem, true generosity (not just how much I gave to tzedakah though that's also a good thing), and whatever else is the opposite of egotism that I don't yet know about.

I'm not sure how to get there, but common sense says to start by searching out opportunities to do for others, and *not* let anyone know about it. It's only a start because I'm still enjoying the feeling that I'm a good guy.

I have a good friend who is a psychologist (hey, if you're on here I'll let you decide whether to let me know about it, but only if you tell me your username - fair's fair). He has a philosophy based on the Mishna in Avos - If you learnt a lot of Torah, don't think it makes you a tzaddik, because that was what you were supposed to have done i.e. you're not supposed to obtain any emotional benefit from doing Mitzvos. It's like expecting a thank you from your father because you called to wish him a good night when he just gave you a \$100,000.00 for a down payment.

This morning a guy in shul gave me a random compliment. In the moment, I noticed my response was to try and be self-deprecating, which just feels false, so I'm trying to figure out the correct response. I'm clueless, so as always all tips are welcome.

I guess it's easier to know the correct external response to an insult - externally no response. Internally is a little more tricky. When we're young we're told (at least I was)

that it's the other guy who has a self-esteem problem, so you can feel sorry for him. Isn't that also putting down the other guy to resolve your own hurt, albeit keeping it in your head? And don't we come back to the same issue of mentally patting yourself on the back for being the

"bigger guy" and not responding?

Also I started noticing the difference in different posts here - some of them almost never refer to themselves, whereas mine have an embarrassing amount of references to "I", "myself", "me" etc. I'm beginning to think it's a telling difference.

Try again - Hi, my name is \*\*\* and I'm an egotist-aholic.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Dec 2016 15:41

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I agree, Mark, that we should all be "friends on this forum that ALL are only here to share our travels together and give each other a daily boost"

The problem is that many, many times I am not feeling a boost,

after reading someone's post to me.

I'm feeling criticized and told I'm doing something wrong.

I've even been continually "reprimanded" and given -1s for opening up

and sharing my honest feelings and experiences. Isn't that ridiculous!?

I've never said that I'm perfect, selfless, always act properly, in control of my emotions, or super-strong.

In fact, I'm here because I am trying to break a very bad habit and I'm weak,

and looking for some help and encouragement on my journey to breaking free.

This forum should be a friendly place, not a place where I always feel I need

to justify my feelings. Can my personal experience and feelings, with all of my

weaknesses and failings and contradictions, actually be invalid or wrong?? NO, of course, they can't.

I am very open to helpful suggestions, and have acted on many of them.

I don't intend to leave before reaching at least 90-days clean.

But I would like my time here to not feel so adversarial.

If you are my friends, then please respond in a way that I can receive and hear it.

If you are trying to make me feel like a selfish, egotistical, animal, who should just admit that he has an addiction, and get live help, and stop posting, then you are doing a great job. But I'm going to resist it, until I break, give up, and leave.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 25 Dec 2016 15:57

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I feel for you, Yosef. I hear and understand the frustration.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Dec 2016 15:58

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"Hi Yosef. Congratulations on your amazing commitment and progress.

If I can offer a suggestion... when you come home and supper isn't ready, pitch in and help! You won't be bored, your wife will appreciate it, and you will be having even more quality time with the family.



"

Thank you, Gevura. I will try that. It's a pretty good idea for the several reasons you mentioned. Stay chilled and enjoy some ~~Wild~~ Cold Turkey!

Plus, I imagine that after a week or so of doing this, she (and the kids) will adapt to the new schedule

and be all ready when I come home anyway, as others have mentioned. So, it's a short-term problem.

A l'chayim of cold wild turkey is in order! L'chayim and Happy Chanuka everybody!

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 25 Dec 2016 19:55

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[Watson wrote on 25 Dec 2016 15:57:](#)

I feel for you, Yosef. I hear and understand the frustration.

I feel for him too, while just writing a rather forward post, but I think what he's asking for isn't what the active people really want to provide. As the newcomer, instead of telling people what the forum should be according to him, why doesn't he follow precedent and watch and follow the way things actually are?

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 25 Dec 2016 19:58

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[Yosef Tikun HaYesod wrote on 25 Dec 2016 15:58:](#)

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A l'chayim of cold wild turkey is in order! L'chayim and Happy Chanuka everybody!  
Stay chilled and enjoy some ~~Wild~~ Cold Turkey!

First of all, I can relate to the frustration. No one on this forum is an angel, besides for Gev, and we can say harsh things. You may feel judged, but they really mean the best for you.

Second of all, it matters not a bit if they adapt to your schedule. You do you and if others change, so be it. But working on yourself in order that others will change is something I've tried and it's frustrating as hell. I only found that others changed once I said "Screw them, I'm doing this for myself." Then a miracle happened. And I'm continually grateful for it. But I don't expect it. Expectation is the mother of frustration. You have obviously lived a certain way for all your life and it will take time to change. Progress not perfection. But I highly suggest you get a psychologist or a trained professional because from what I've seen, that's where your issues lie. But I'm just a lust addict, definitely not qualified.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 25 Dec 2016 20:17

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[Shlomo24 wrote on 25 Dec 2016 19:58:](#)

[Yosef Tikun HaYesod wrote on 25 Dec 2016 15:58:](#)

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~~Stay chilled and enjoy some Wild Gold Turkey!~~

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As I think before clicking the "thank you" button (for, to some, that means you agree with everythin'), here is a prime example where I'm at a crossroads. I agree with everythin' Shlomo

said, and would have written exactly that, except I don't think I'm listened to here (and that's fine). The only issue I have is with your second to last sentence that he needs to see a professional. He might, but he might not.

Continued hatzlachah to all

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