

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 czworking123 - 27 Dec 2016 22:42

Sometimes it's a gift to show us that we're on the right path or to give us a pick me up however i think mainly it's from knowing deep down that we're doing the right things and nothing feels better than fixing things done wrong

KOT

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 28 Dec 2016 06:53

just reading old(really old) posts and came across this enjoy

[cordnoy wrote](#):and again...Baruch Hashem!

Much easier to take care of those pesky triggers when one is on a high.

I agree at the same time you have to deal with this[Pidaini wrote](#):Dearest cordnoy,

I just have one problem, let me guess.....you're in a good mood, right?

but what happens when the "weather" is a bit like in London, and then

I think the solution is to recognize that our ability to be "on a high" is dependent solely on ourselves. If we recognize what our mission is so as long as we are breathing and have the ability to accomplish that mission we should be on a high. It's when we lose that focus that things go downhill.

I was thinking about this when I happened to look recently at the iggeres haramban. The ramban starts off by saying: accustom yourself to speak all your words gently, to all people at all times and with this you will save yourself from anger. I was wondering, wait a minute what does my speech or my actions have to do with whether or not this person is annoying me. If I always want to be saved from anger people should stop ticking me off and then I won't get angry. The first lesson I believe the Ramban is teaching us is that our peace of mind comes from within. If we think our happiness will come by fixing everyone else it won't work.

Wishing you much continued hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Markz - 28 Dec 2016 07:12

Funny I decided to checkout the original

The entire post you wrote was a quote from ur-a-Jew

Are you not able to quote properly?

Let me see if I can find the instructions...

Ok [here](#) it is

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 28 Dec 2016 07:30

[ur-a-jew wrote on 29 Oct 2013 18:07:](#)

[cordnoy wrote:](#)

and again...Baruch Hashem!

Much easier to take care of those pesky triggers when one is on a high.

I agree at the same time you have to deal with this

[Pidaini wrote:](#)

Dearest cordnoy,

I just have one problem, let me guess.....you're in a good mood, right?

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Wishing you much continued hatzlacha.

like this?

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 28 Dec 2016 07:31

and whats with the new sig. please explain

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 28 Dec 2016 12:39

Markz,

How come nine of the links in your signature are working?

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 28 Dec 2016 12:41

[Workingguy wrote on 28 Dec 2016 12:39:](#)

Markz,

How come nine of the links in your signature are working?

Out of how many?

nine outta 15 is a pretty good statistic!

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 28 Dec 2016 12:45

I just tried some of the links in Mark's signature, and they did work.

What does anybody think of the Torah thoughts in my last couple of posts?

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They seem to have left everyone speechless.

Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 28 Dec 2016 12:48

I thought you wrote "none" and not "nine" so please just ignore my last post.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 28 Dec 2016 12:56

[Yosef Tikun HaYesod wrote on 28 Dec 2016 12:48:](#)

I thought you wrote "none" and not "nine" so please just ignore my last post.

He wrote nine, but he meant none.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 28 Dec 2016 13:01

Weird thought: I could be totally wrong about this, but whenever (and I don't look for this to happen,

I can assure you) I hurt myself, I think in my mind that maybe it is HaShem giving me a good deal

and a kaparah for my aveiras with this pain I am experiencing.

It's a kind of simin for me that I am growing and getting stronger and ready to move forward.

So HaShem is cleaning me up and getting this chov out of the way, in an easy and not lasting way,

as a huge chesed to me. I sinned and did the wrong thing. And now, maybe days or weeks later, I

go through this tzar and massive (but thankfully temporary) pain for it.

Well, this just happened to me again. And it was with my hand, which to me makes the message

loud and clear. Is there a source for this? Does anybody experience this? Am I crazy? (maybe don't answer that last one).

Have a great day!

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Re: going for 90 days (Feb. 20)
Posted by Markz - 28 Dec 2016 13:55

[Workingguy wrote:](#)

Markz,

How come nine of the links in your signature are working?

They all work

Some are external links

On mobile you gotto hold down the link for a few seconds and "open in new tab"

I'm hosting the karma list privately, so whoever wants to join the party is invited to that Google

Doc in my signature

Im not prepared to see cordnoy and Gevura go from 280+ to zilch. My karma I don't care about

CZ - good to see you figured out how to post a quote,

KOPAT!!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 28 Dec 2016 14:11

Mark, can you please explain?

Nobody would go to zilch.

What do you mean the system crashed?

If I understand correctly, there just wouldn't be a karma point system anymore,

where people could judge other people's posts...and even make them feel bad by giving

them a -1 when they are essentially here for support and encouragement.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 28 Dec 2016 14:21

Shlomo, you wrote something about 10 days ago, that was fantastic,

and I just read it again, and want to thank you for that insight and perspective:

"The 90 day program isn't a 90 day program. If it's a 90 day program then it won't be successful.

Life isn't 90 days long and victory over lust isn't 90 days long.

I have seen countless times someone pass 90 days and then act out later.

The line in the sand that is drawn is quite misleading.

I don't believe that surpassing 90 days means that someone isn't going to act out.

But if someone utilizes the tools of the 90 day program then they may definitely have success.

Life is one day at a time and if the tools are used one day at a time they can be really helpful.

I would give it a shot and make an honest effort. But the 90 day challenge doesn't mean just entering the "race." It means doing something different than before.

For some that means daily posting or calling other strugglers.

For others that means reading various literature the GYE and others recommend.

Still others set boundaries on when they use their smartphones.

Some do all the above and more.

But regardless there needs to be a change in action in order to actually change."

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