

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 czworking123 - 29 Dec 2016 22:52

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i just found some interesting posts that help put things in perspective and quoted them on a different thread i try to find them

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 29 Dec 2016 22:57

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[Hashem Help Me wrote on 29 Dec 2016 12:27:](#)

Hello I think this system is brilliant Such a chizuk to see how it works for so many people Personally i was obsessed with sex I am BH clean for 2 weeks now, and its real! My thoughts dont even wander "there" However I am having a major challenge with withdrawal The discomfort, irritability, and hypersensitive emotions and even physical sensations are similar to withdrawal i experienced when i discontinued a medication a few years ago Other than rigorous exercise does anyone have any ideas how to get relief?

[cordnoy wrote on 13 May 2015 16:09:](#)

Some guy sent me this in an email this mornin'

When the tayvah comes a brewin'

And the desires begin to stirrin'

Need a checklist of actions to do some churnin'

To get rid of this fire that's burnin'

First things first, say it out loud

Scream it from the rooftops; it's not the time to be proud (hear that fellows)

Verbalize to God that I know I aint in control

And then perhaps, take a five minute stroll (in a safe place)

Time to reassess where it is I am holdin'

Go back to Step 1 - to which we are beholden

Make sure I accept that I will always have this struggle

And that's ok... livin' life on a bubble

No; I will not be one who in life is white-knucklin'

For one can get bogged down if he is constantly strugglin'

Review those tools and make sure they penetrate

to go on livin' life in a true happy state

Nothin' to be gained by lettin' in da little sneak

He will never be satisfied with just one click or quick peek

So throw him da hell out! Let him prow! on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that is fit

Not the one ha has in mind, for that's a bunch of \*\*\*!

[Wonder which idiot wrote that!]

sorry for the longy (but the next one is even longer)/[quote]

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 29 Dec 2016 23:01

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here it is!!

[yidtryingharder wrote on 30 Oct 2014 00:11:](#)

I've been reading this thread from cover to cover and want to thank all involved for all the pearls of wisdom that lie here within these quotes are things that struck me as gr8 and usefull (not to say the other stuff wasn't) more to come as I come to the finish line. (im on page55/62)  
Enjoy!!!!!!!!!!!!

and the other one

Dear Yetzer Hara,

As advise from Skeptical and Pidaini, I am writing you this letter. This is what I will be telling you when you come knocking again, and I know you will...you @\$%.

At first, I was afraid, I was petrified

Kept thinking, I could never live without you by my side

But then I spent so many nights thinking, how you did me wrong

And I grew strong and I learned how to get along

And so you're back from outer space

I just walked in to find you here with that sneaky look upon your face

I should have changed that stupid lock

I should have made you leave your key

If I'd known for just one second you'd be back to bother me

Go on now, go, walk out the door, just turn around now

Cause you're not welcome anymore

Weren't you the one, who tried to hurt me with your lie?

Did you think I'd crumble? Did you think I'd lay down and die?

Oh, no, not I, I will survive

Oh, as long as I know how to live, I know I'll stay alive

I've got all my life to live, I've got a family to give

And I'll survive, I will survive, hey, hey

It took all the strength I had not to fall apart

Kept trying hard to mend the pieces of my broken heart

And I spent, oh, so many nights just feeling sorry for myself

I used to cry but now I hold my head up high

And you see me, somebody new

I'm not that chained up little person still infatuated with you

And so you felt like dropping in and just expect me to be free

But now I'm saving all my living for Someone Who's loving me

and that's God...every moment

b'hatzlachah

Hear ye; hear ye!

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So throw him da hell out! Let him prow! on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that's well worth it

Not the one ha has in mind, for that's a load full of ...

Can I hold out for the next day or two?

Doubt it....but I shouldn't be thinkin' about that.

Can I hold out for right now?

Myself....probably not.

With God's help?

He can do anythin'!

Do I need to ask him?

Probably.

Have I?

Not yet.

So what da @\$% are you waitin' for?

"The journey of a mile begins with a single step"

My head is dizzy from all this thinkin'....

God bless ya' all.

I know I am addicted.

I know the lust, desire for.....will always be there.

I thank God that I am learnin' the tools to deal with this.

The big battles I have been winnin' for 15 months.

The last two times, it wasn't even a struggle, which is real good.

the daily battles, issues, temptations, I know when I win and when I lose.

Winnin' feels much better.

To all you addicts out there....

To all you non-addicts out there....

To all ya' guys who are uncertain what you are....

To all ya' fellows who are a hybrid....

hatzlachah

Title

FREE AT LAST (without bein' overconfident)

My wife goin' away

brings back memories

of all that i'd plan

on how I would please

my lustful desires

which knew no limits

what would I start with

and how would I finish?

Several days beforehand

the fantasies would have begun

and nothin' else would matter

no work or learnin' would get done

Mind focused intensely

on fulfillin' (ha...like that's possible) my lust

Slowly buildin' up

for that (slowly) was a must

The porn and the clothin'

plus my object of desire

my blood would be racin'

excitement pulsin' higher

The freedom in the house

the bedroom especially

everythin' would be perfect

the ultimate ecstasy

in my olden days I'd get graphic

every detail I would share

but now that's no longer my focus

so we'll leave the past right there

suffice it to say

that when it was over and it reached closure

a dream come true of lust and sex

and a 'hope' for a 'next time' in the near future

And now I am free again



the wife is away

and im busy at work

there's no time to play

entered my mind

not a thought of fantasy

should I pinch myself

is this sobriety?

In a mode of recovery

there is no room for a stray thought

for there will only be one endin'

death or doom will be brought

So, do I have control?

Am I an addict?

Addicted, I am

I know that I'm sick.

There is just one thin' that I own

and that is the ability

that when that urge invades

I can stay in reality

Acceptance and surrender

Whatever you call it

Is it God or twelve steps

Who gives a @\$%?

I never had time after desire would strike

couldn't hit a button to snooze

Now, there are precious seconds

and it's my life to choose

Do I wanna choose death

where I will be spiralin' outta control

Or will I do the smart thin'

and choose life instead?

Will this freedom always last

so long as this poem does rhyme?

I'll leave that for the thinkers

I'm one day at a time.

thank you all

found them on old threads[/quote]

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 29 Dec 2016 23:09

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[Yosef Tikun HaYesod wrote on 29 Dec 2016 22:30:](#)

But we "feed it" every time we are together with our wives.

The problem is that then I am "hungry" and she isn't interested,  
and/or I am not "hungry" for just her. Now what?

Well, what do you think, Yosef?

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Re: going for 90 days (Feb. 20)  
Posted by Workingguy - 29 Dec 2016 23:24

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[Yosef Tikun HaYesod wrote on 29 Dec 2016 22:30:](#)

But we "feed it" every time we are together with our wives.

The problem is that then I am "hungry" and she isn't interested,  
and/or I am not "hungry" for just her. Now what?

Few things- you CAN feed it when you're with your wife and it can end up causing problems as well.

But one can desire (not Lust) their wife and approach sexuality from a perspective of giving and making the other person feel good, and then they probably won't be feeding it (but careful).

And indeed Yosef, we are supposed to focus on our wife's needs which can help keep that in perspective.

And when you're hungry not just for her or for someone else, of course you'll end up feeding it if you act on it. That's why you CAN'T act on it then.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 30 Dec 2016 01:35

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Where'd you find those gems?

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 30 Dec 2016 01:36

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[cordnoy wrote on 30 Dec 2016 01:35:](#)

Where'd you find those gems?

The above was to czw.

quote button is shaky.

Perhaps someone complained about that.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 30 Dec 2016 01:39

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[Yosef Tikun HaYesod wrote on 29 Dec 2016 22:30:](#)

But we "feed it" every time we are together with our wives.

The problem is that then I am "hungry" and she isn't interested,  
and/or I am not "hungry" for just her. Now what?

It takes time but one can learn not to feed his lust when he is with his wife.

And when I say time I mean it.....It didn't happen by me for almost 25 years. Granted most of the time I wasn't workin' on it.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 30 Dec 2016 06:59

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I wrote: I decided to go on an "eat-anything-I-want" day today.

My last one was Sukkos time.

It helps to keep me on track for about 2 months, knowing that I can eat anything

I want...just not now. I will get it on my special EAIW day.

I've lost a lot of weight doing this...

I **don't** think, however, that this can translate and work

for tyvasnashim though....at all...unfortunately.

We are never allowed to "eat unhealthy foods" [feed it] and have an AIW day, even once in 2

months.

I think this makes succeeding long-term a whole lot harder.

Thoughts?

Workingguy wrote the Chazal about starving it, it is satiated. But then I wrote that we don't live starving/

celibate lives and aren't supposed to.

So, I'm left where I started, with no answer.

What do you think?

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 30 Dec 2016 11:12

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[cordnoy wrote on 30 Dec 2016 01:36:](#)

[cordnoy wrote on 30 Dec 2016 01:35:](#)

Where'd you find those gems?

The above was to czw.

quote button is shaky.

Perhaps someone complained about that.

they were on your' thread tryin page 58 ish i think

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Re: going for 90 days (Feb. 20)

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Posted by Yosef Tikun HaYesod - 30 Dec 2016 11:39

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I don't think there is an answer to my question/difficulty.

Anything that is an aveira, you can't just say I'll do it once in 2 months,

as much as I want for a day,

and then go back to acting in a healthy way,

doing mitzvahs, and growing.

It **does** work very well for my diet/health in general, because having this once in

2 months outlet, helps keep me on track the other 59 or so days.

As long as I eat only kosher foods and say a bracha, HaShem lets.

But with tyvahs nashim, HaShem doesn't let me have an "anything I want" day...ever.

This makes it a lot more difficult to succeed long-term.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 30 Dec 2016 13:08

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2 full weeks clean.

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Here's another great story/joke from Rav Fishel Shechter:

(Enjoy!)

A single guy, down on his luck, decides to travel a long distance to the Sar HaMazel.

He says that he is tired of always doing things for other people, and never for himself.

On his way, he passes a lion, a princess, and a tree.

Each one tells him to ask about their mazel,

since he is going anyway.

The lion is always weak and tired and can barely move.

The princess can't seem to find her life match and is still single.

And the tree feels it isn't growing right, and that something is wrong with it.

I'm always doing for other people and not myself. He keeps complaining,  
but he agrees to ask for them.

When he gets there, the Sar HaMazel says that he can ONLY ask about other people and not himself. He is so frustrated and angry. He is always doing things for others and never for himself. O.K. he asks about the mazel of all 3 of those he passed on his way.

On his way home he passes first the tree. The tree asks him about his mazel.

The guy starts complaining and says can you believe it, I went all the way there, and he wouldn't even tell me anything about my mazel. He did, however, tell me about yours. He said that you have a very big treasure chest buried in the ground that is blocking the growth of your roots. Unless it is removed, you will not be able to grow normal and be healthy. Then, will you please remove it? the tree asks.

Dig it up so that I can live and grow, and it's yours.

No, no. I've had enough! I'm always doing for others and never for myself.

I'm not interested in helping you. And no matter how much the tree tried to reason and plead with him,  
he moved on toward his home.

Next, about 15 minutes before sunset, he sees the princess.

She asks him what the Sar HaMazel said. He starts to complain:

do you know how far I had to travel and walk to get there.

And then, he didn't even tell me about

my mazel. He would only tell me about other's mazel.

So what did he say, the princess asked again.

He said that if you get married today, before sundown, you will be happily married

all the rest of your days. And not only that, but your children from this union

will all become tzadikim. Then, quickly, let's get married this instant, she says.

Nothing doing. I am done helping other people.

All I do is help other people, and I never do anything for myself.

She tries to reason with him and convince him, but to no avail.

And leaving her in tears, as the sun sets, he continues on toward his home.

He then passes the lethargic lion. He says what did the Sar HaMazel say? What's wrong with me. First, the guy complains that the Sar HaMazel had a terrible rule that he would only answer me about others and didn't help me at all. I wasted so much time and effort going there. My life is so awful and filled with frustrations that I don't even know why I bother going on living. I'm sick and tired of always doing for other people and never for myself.

But what did the Sar HaMazel say about me, the lion asked.

He said that if you find a fool who is always complaining, who doesn't see the good in life, and is so closed-minded that he doesn't even see the brachas around him, that HaShem has set up for him to enjoy, and you eat him, then all of your strength will be restored.

We think what an idiot. How ridiculous. What a moron.

But Rav Shechter finished by saying that we are all too similar to the foolish dead guy.

Doing for others, very often is intertwined with really helping ourselves. And we all need to open our eyes and see all the brachas around us that HaShem sets up for us to enjoy.

Good Shabbos! Chanuka Somaach! And Chodesh Tov!

or GSCSACT as some might write.

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Re: going for 90 days (Feb. 20)

Posted by Trouble - 30 Dec 2016 14:46

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As Rav Solomon says: "Oh, it's about a single guy, so it's not relevant to me."

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 01 Jan 2017 00:11

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[Yosef Tikun HaYesod wrote on 30 Dec 2016 11:39:](#)

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This makes it a lot more difficult to succeed long-term.

(trying the official quote feature I think for the first time)

Anyway, my wife had 2 amazing ideas, to get around this problem:

1. find out how many times the negative behavior that HaShem does not want

is happening a month, on average, over 3 months of keeping track.

Let's say the number is 8 times a month. Then, decide that next month that you are

going to cut down and will not fail more than 6 times.

You never actually schedule in a failure day or try to fail,

but each time you do that negative action, you keep track of it.

And once you get to 6, that's it...and you make sure that it doesn't happen again

until at least the start of the next month.

If the next 3 months, you are able to average only 6 times,

then you move that number down to 4...

2. every 15 days you succeed, you reward yourself.

It could be a backrub or a night out for a hot chocolate, whatever.

This will help once you get to about 9, since you are pretty close to the reward/treat/prize.

You are rewarding positive behavior, and giving weight to the accomplishment,

and hopefully, that will give you chizuk to continue succeeding.

These are both great ideas...

and the fact that my wife thought of them and shared them with me,

is a VERY good sign, indeed.

I think the 2nd one will work better for me,

since I am not acting out so often/several times a month.

And look, I am now at 15 days, so I'm ready for my first prize/treat/incentive!

3. I do think that for something like night seder, I can use the "anything-I-want" day approach,

and if I learn 20 night seders in a row, then I can take 2 AIW days,

and those nights go out and do anything I want (within reason).

Looking forward to an "earned" vacation, should help keep me on track and focused

the whole month of 20 night seders.

I hope these 3 ways, will help other people too.

It's the last night of Chanuka; let's make it count!

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