

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 Workingguy - 03 Jan 2017 01:24

[Yosef Tikun HaYesod wrote on 03 Jan 2017 01:08:](#)

I appreciate your post.

But I don't know what this means:

"You sound like for your situation YY are making the absolutely RIGHT decision."

Sorry, it's supposed to say you instead of YY but my autocorrect does that in honor of Rabbi YY Rubenstein's number in my contacts.

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Re: going for 90 days (Feb. 20)

Posted by everchange - 03 Jan 2017 02:40

Yosef,

Couldn't agree more. There is also a problem with bitul zman and bitul Torah (usually) and the comment section doesn't make it any better.

If someone wants to listen to Torah lectures there are apps and websites that offer you just that.

Even if you don't see porn on youtube there are still **Many** problems with shemirat enayim. Like short sleeves, shorts, pants, v-neck, tight clothing, etc. These might not cause you to be motsi zera but you definitely are over on the lav of shemirat enayim.

You can convince yourself that you are not looking at it directly but if its in the background it still goes into your subconscious even if you don't stare at it. Every "look" will add up until at one point your yetser hara will go berzerke.

I used to be addicted to youtube and would spend most of my day watching youtube. I saw it was detrimental to my avodat Hashem both bc of the shemirat enayim problems and bc of the bitul zman.

I said to Hashem that I need to stop and bH I am

3 months without youtube. I can testify that the fun you had with watching videos wasn't real. At the end of the day you feel like crap because you spent hours watching nothingness (you will almost always click on another video) when you know deep down Hashem wants more from you. The first day or two afterwards it feels different because you are forming a new habit; but trust me a week afterwards you will ask yourself what was in those videos that you couldn't let go of them since now you don't even miss them. Listen to lectures and trust me you will feel more satisfied and the aftertaste will be the exact opposite of the feeling you felt from watching youtube.

Once you have the ratson and the commitment you will go great places and reach new heights in your avoda.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 03 Jan 2017 11:14

18 days clean...chai...life!

Hopefully, the start of something permanent and good.

For life!

Fantastic post, EC (unless you want me to call you something else).

How did you succeed at stopping "Cold Turkey"?

I have tried it a few times already, but the pull is so strong

or I am so hooked and weak, that I find myself back on it

watching stuff, wasting time.

I don't even have the full password now, but I still got on,

because I went there for good new Jewish music for Chanuka.

But then eventually, since youtube was available and on,

I ended up watching some football highlights...etc. etc.

many hours later, many days later, I finally turned it off.

No more ability to see youtube (or any streaming).

What I'm asking for is **how** to succeed, perhaps based on

how you succeeded at going Cold Turkey.

By the way, I really like the look of your new posts.

They are much easier to read...

and allow me to focus on the content of your message.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 03 Jan 2017 13:53

Your posts, on the other hand, are very difficult to read.

Firstly, the length, and secondly, what's with the hard breaks after a comma?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 15:37

Cord, maybe you can focus on the contents of the posts.

I'm reaching out, but many, many times the post is largely ignored.

Helpful, constructive comments, will help me grow and break free.

And is largely why I don't just write in a private journal.

I've taken 10 different steps to grow, but feel that I'm pretty much in

exactly the same place as I've been in the past, before coming here.

Mark, check your email please.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 15:50

1. I've tried posting daily,
 2. the 90-day chart,
 3. reading the 20 steps gye book, which I printed out.
 4. reading the attitudes book, which I printed out.
 5. I've tried emailing several people,
 6. emailing a support buddy/coach/sponsor (even trying a few different ones).
 7. I've talked at length on the phone 3 times to Dov.
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8. I talked to someone who set me up with someone to meet.
9. I met him, a success story from gye...and talked at length with him in person.
10. I called a Rov and asked him advice, opening up about the problem
11. and I've listened to many shiurim on the topic from Rav Shafier and Rav Feurman

But I'm not past this by a longshot. Just recently, I was up too late at night watching stupidity on youtube. I want to break free.

But, honestly, I don't know if any of this is helping. Perhaps it is.

I still **seem** to be in exactly the same place I was before I started posting...

I haven't made it more than 2 months clean in a very long time.

The time I waste on the computer hasn't really changed...though that it will (that's at least the plan).

I've rubbed some people the wrong way on the forum,
and have felt quite frustrated on my thread, which is often not so uplifting or supportive.

I need some friendly encouragement and understanding from people who are also dealing with this.

If I wasn't so stubborn, and if I didn't think and hope that once I get to 90 days clean,
people will be able to read my thread and gain from it,

I would leave the forum...or would have left already.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 03 Jan 2017 15:56

[Yosef Tikun HaYesod wrote:](#)

Cord, maybe you can focus on the contents of the posts.

I'm reaching out, but many, many times the post is largely ignored.

Helpful, constructive comments, will help me grow and break free.

And is largely why I don't just write in a private journal.

I've taken 10 different steps to grow, but feel that I'm pretty much in exactly the same place as I've been in the past, before coming here.

Mark, check your email please.

You clever guy - you wrote to me in the last line of your posts

Cos I often read only the first and last line of posts that are longer than 3 sentences

I got your email brother, but didn't see any question so I didn't answer any, also I'm not the most responsive fellow - my wife suffers from it too

3 sentences? Ok I'm done

By the way 10 steps are awesome, but may not reduce lust at all.

I think there were Helpful, constructive comments at the beginning of this thread

KOT!

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 03 Jan 2017 16:01

Yosef: There is no magic pill that will make you stop lusting. You have been doing these behaviors for how many years? And you expect them to just go away in a month? ODAAT, brother. Progress not perfection.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 16:03

But I don't see or feel any progress.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 03 Jan 2017 16:10

I do.

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Re: going for 90 days (Feb. 20)

Posted by Eyeglasses - 03 Jan 2017 16:14

Those who completely avoid youtube (and everybody should) are in much safer, healthier, position than otherwise.

Reb Yosef, looks like you indeed grew much, keep going, positively.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 16:16

in me?

I fell and acted out after 36 days...par for the course.

I have spent countless hours on the computer, not doing what I am supposed to be doing.

(learning, working, davening, sleeping, spending quality time with the family, etc.)

And I don't feel like I'm succeeding or "holding my breath", just living, but not free.

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Re: going for 90 days (Feb. 20)

Posted by GrowStrong - 03 Jan 2017 16:30

So you feel no difference between today and six months ago when you were not trying to remain clean?

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Re: going for 90 days (Feb. 20)

Posted by Markz - 03 Jan 2017 16:38

[GrowStrong wrote:](#)

So you feel no difference between today and six months ago when you were not trying to remain clean?

I don't understand the question

Who wasn't tryin to stay clean before gye??

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