

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 GrowStrong - 03 Jan 2017 16:47

Very good point!

I would suggest that starting a post thread on GYE is a turning point in most peoples lives,
where they have come to a point that they are ready to take some kind of next step in their
recovery.

That alone is a massive change.

Then going more than 50 days with only one fall is a massive improvement from being out of
control.

So i worded it wrong....I meant:

So you feel no difference between today and six months ago when you were not more than 50
days clean with only one fall and were not actively doing a bunch of things to reign in your
addictions?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 03 Jan 2017 16:49

Firstly, breathin' would help.

Secondly, KOT!

Thirdly, if people aren't commentin' (although it seems to me that they are), switch your manner of postin'.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 03 Jan 2017 16:59

[GrowStrong wrote on 03 Jan 2017 16:47:](#)

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So i worded it wrong....I meant:

So you feel no difference between today and six months ago when you were not more than 50 days clean with only one fall and were not actively doing a bunch of things to reign in your addictions?

If you look at my signature and my threads you will see that there were long periods of success and then..... Not. You gotta learn how to dust your seat pants off and get back in the saddle. Each time I grew and took another step closer.

And guess what? Given the right opportunity, I'd still fall (although I'd make sure it'sl really good), but does that get mel down? Hell no!

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Re: going for 90 days (Feb. 20)

Posted by GrowStrong - 03 Jan 2017 17:11

I am on about page 33, its a long thread....

I will get through to the end though!

The point is that even if you are falling in recovery, its a way better place to be than falling into the abyss.

Real structured recovery.

What lust addict would say no to the lust experience of their dreams?

But that doesn't mean you live your life in denial - holding your breath.

Because you are in recovery.

Its a state of mind.

And not an unstructured recovery where you keep a spreadsheet between you and the sheets counting days.

But a full fledged recovery plan including LOTS of elements - all to help YOU recover.

Yosef are you seeing a Therapist? After three conversations with Dov, are you thinking about going to SA?

Maybe you arent really an addict and thats why you don't feel any different.

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Re: going for 90 days (Feb. 20)

Posted by everchange - 03 Jan 2017 17:13

Yosef,

Here is something I read in Orchot Tsadikim

(Yes, I am quoting a sefer!!):

If a person separates himself to what is

mutar to him then when the yetser hara will

tell him to do a sin then he will make the following

kal vachomer (fortiori): "????? ?????? ?? ?? ??? ????????"

This statement helped me push to distance myself

from youtube. Hope it helps you too.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 17:31

I don't think that I am an addict, and have never said that I am addicted.

Thanks, EC.

Thanks, everybody! I am feeling better now.

I was just really feeling down and that it's all pointless and nothing is helping.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 03 Jan 2017 17:35

[Yosef Tikun HaYesod wrote:](#)

I don't think that I am an addict, and have never said that I am addicted.

Thanks, EC.

Thanks, everybody! I am feeling better now.

I was just really feeling down and that it's all pointless and nothing is helping.

Yosef I'll say this only because you were asking for my input

IMHO the first and last sentences contradict each other

In my dictionary (and mine only - it's copyright) "nothing helping" is a sure sign of addiction

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 03 Jan 2017 17:41

One second: what's making me feel better, is that people are saying that things I'm doing **are** helping.

Now you say: well, if you thought that nothing is helping, then you are an addict, and should go to SA.

If I thought it would really help, I would go to a meeting tonight.

But I don't want to go, unless I really have a strong indication that it is the right place for me.

Yes, I want advice.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 03 Jan 2017 17:49

Who said that addicts need SA?

I'd recommend therapy - because that's what I do - not necessarily for lust issues.

A good shrink will tell you if you need SA

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 03 Jan 2017 17:52

if a very good one could be found and if a way could be worked out to pay for it,
then I would certainly be willing.

But these 2 "ifs" make it near impossible.

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 03 Jan 2017 18:25

There's an organization called Relief that might be able to help.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 03 Jan 2017 19:15

[Shlomo24 wrote on 03 Jan 2017 18:25:](#)

There's an organization called Relief that might be able to help.

Il am not sure if relief helps in his area.

Additionally, as a general rule, they do not provide fundin'.

One point: when it came time (overtime) for me to see a therapist, I invested a lot of time, disclosure and eventually money to do just that.

Every situation is different.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 03 Jan 2017 19:26

I believe it is not free but a lot cheaper.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 03 Jan 2017 19:45

[Yosef Tikun HaYesod wrote on 03 Jan 2017 16:42:](#)

Six months ago, I was certainly trying to stay clean.

I think. Maybe I wasn't doing any of these 11 things, but I was still an observant Jew, trying to do mitzvahs and restrain from doing aveiras.

And I fell, about once every 1-2 months.

Now, that I'm really putting a lot of effort into breaking free, I still fell after 36 days, (and am now 18 days clean).

Perhaps, in the past, I would have failed on Chanuka or last night.

And this time, I didn't. There probably has been some improvement, but I don't really see or feel it.

I've seen you grow as a person on this thread in the way you relate to other people.

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