

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 MayanHamisgaber - 17 Jan 2017 12:55

welcome back doctor watson

Yosef i'll just say what works for me at times like these

it sounds like you are hurt and confused and for good reason however IT MATTERS NOT if it was Hashem testing or the y"ch these thought cause more harm than good we can't possibly figure out Hashems' wants thoughts or messages the only thing that DOES MATTER is that we pick ourselves up and KOMT by using these times as a stepping stool for growth and success by learning from these experiences.

hope this didn't come off as to hard... let us know how things are going

B'hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Markz - 17 Jan 2017 14:11

[Yosef Tikun Hayesod wrote:](#)

And Mark, I'm still waiting for an email from you.

Gee thanks - that's it?

I thought we were supposed to meet in that ~~mens-only~~ coffee shop

My brother Yosef, you mentioned 34 potshots you're taking. I think gye has less than that number of tools

How many of those have you tried in the sequence shown?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 17 Jan 2017 18:18

[Yosef Tikun HaYesod wrote on 17 Jan 2017 12:08:](#)

The frustration is real.

What can I do to solve this problem?

If I don't figure it out, I'm VERY likely to just fall again, chas v'shalom.

IMO what you can do to solve the problem is stop trying to figure it out.

You don't need to figure it out, others have already [done so](#). Now is the time for action, not thought. In my experience, no amount of thinking or even understanding helped me at all. Only action helped.

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Re: going for 90 days (Feb. 20)

Posted by 360gye - 18 Jan 2017 01:21

Yosef,

I completely understand where you are coming from and i know your frustration, it is hard no one will deny that.

In response to your first post: i think hashem gave you this easy nisayon to overcome to make you feel good, so stop feeling bad and be proud of yourself.

Second:i think you need to take a step back and anticipate the problem, why do you fall? in what situations do you fall? As well, it could be you are going at this problem in the wrong way. it doesn't seem like the time limit and settings is helping you, although it might help someone else. However it could be somethign thtat doesn't help me could help you.

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Re: going for 90 days (Feb. 20)

Posted by unanumun - 18 Jan 2017 18:06

My tayere friend Yosef,

You seem to once again be getting very frustrated with the responses people are giving you. There seems to once again be a disconnect and misunderstanding going on.

I have been watching and following your thread, becoming excited with your progress and sharing in your frustration over your pitfalls.

You seem to feel that you are doing plenty of work and putting actions into place to be able to stop falling and when people seem to be saying that you are not doing anything or the right things for recovery, it confuses, frustrates, and even angers you.

Therefore I would to point out some things.

There are many things that we try in order to get us to finally stop falling. Many of them are focused on the actual falling, the actual watching porn and masturbation. For example, tafsicks (or however the heck you spell it), filters, time restrictions, closing our eyes in the street as we bump into poles and buildings (and hopefully not women), pinching ourselves when we do something wrong and the list goes on and on. (There is probably at least one idea per poster on the forums)

The problem with all these things is that although they may be able to prevent us from acting out, as time goes on their influence and inspiration wane and eventually either they no longer work, stop being done, or our desires (or lust levels) raise up and overcome them.

And we fall again, and again. some work for hours, some for days, some for weeks and some longer. but they are all bound to fail at one point or another.

So you may ask, how is it that there are people that have long streaks of sobriety? How is it that there are people that come to GYE (or SA) and become sober forever one day at a time?

The way I see it, the answer is that the actions that these people take and the sacrifices that they go through, are on a different plane all together. These are the people that are not putting their time and efforts into stopping themselves from falling. They are not focusing on preventing themselves from getting into situations that are triggering and will ultimately lead them down the rabbit hole (I don't really know what that is or if it is just a GYE terminology. And since Cordnoy used the term once I can't google it as I have a kabala not to google anything i hear from

) Yes they may be doing these things as well but it is not their focus.

Their focus is on positive things. Learning how to live life properly. Learning how to live life in a way that doesn't lead us to porn, masturbation, or any other non healthy activities.

They focus on the root of the issue, as we are won't to say "addiction is not the problem, it is the solution" The problem is the things that are causing us to want to escape, or to need to escape. the problem is what is happening inside our minds or our heart when we decide we need to sit down and watch streaming movies, or go on youtube, or watch porn.

They focus on getting to know themselves better and understanding their emotions. How are they feeling inside? Really feeling? honestly feeling? and then they try to figure out what is it that is causing those feelings.

And once they can figure that out, then they are on their way to recovery for they now know where to focus their efforts and actions. By dealing with these main issues. honestly dealing with them because we can't trick ourselves.

And by dealing with these underlying issues we were able to live life without having to escape from them, without having to ignore them, and that is recovery as i understand it.

Yes sometimes we relapse and we forget to deal with life, but we have not fallen out of recovery because we are on the way to living life properly and healthily.

When people tell you are not doing the right things for recovery, i believe this is what they meant. And this is the path that has worked for others and only this path has worked for them. To try to do something else and get sobriety is like driving on the other side of of the road in the wrong direction. You can make lomdus and chakiros fun heint biz morgen but at the end of the day you are going about things in a more difficult way and the chances of crashing before you get to your destination are very very high.

I hope I have been able to shed some light and help you my dear friend.

Una

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Re: going for 90 days (Feb. 20)
Posted by gibbor120 - 18 Jan 2017 18:44

Thanks Una. Very articulate.

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 18 Jan 2017 18:47

Una,

That was some post.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 18 Jan 2017 20:31

Nice post. I do need to introspect and figure myself out and what makes me tick.

I doubt I can do that alone, though. Maybe over a coffee with you or Mark.

For me to truly understand what I'm "doing wrong", however, please tell me which things

that I've tried are "going the wrong direction headed for a crash" (not including #13, which the Rov said was worth a try):

1. posting daily updates on my experiences and feelings, as I keep trucking along
2. updating the 90-day chart daily
3. reading the 20 steps gye book, which I got printed out
4. reading the 30 attitudes book, which I got printed out
5. emailing several people from the forums
6. emailing a support buddy/coach/sponsor (even trying a few different ones, to find the right one)
7. talking at length on the phone 3 times to Dov (well over 4 hours total)
8. talking with Cord, and deciding to meet someone who he thought to set me up with.
9. meeting him, a "success story" from gye...and talking at length with him in person (for several hours)
10. removing all streaming capability from my computer "Cold Turkey"

11. putting on time limits when I can access my computer
12. talking and opening up to a Rov about my problem and the possibility of giving my son 1/2 a password
13. giving my son the second 1/2 of my password, so that I cannot change the time or content settings
14. listening to the 12-part series of shiurim by Rav Ben Zion Shafier on tyvah called The Fight
15. emailing him and receiving his notes on the lectures, and then transcribing the shiurim
16. listening to the 17-part series of shiurim by Rav Simcha Feuerman on The Chasan Shmooze
17. taking notes on them, so it sinks in better and in order to eventually email him some questions
18. emailing Yaakov for help, and deciding to try his suggestion of the taphsicshevua
19. figuring out all the components of the shevua, to give it the best chance of working
20. davening daily to HaShem for help to succeed and break free (this should have been 1st)
21. listening to Rav Fishel Shechter shiurim on Yosef HaTzadik and Chanuka and the parsha
22. transcribing some of the main points/insights and stories
23. exercise-walking regularly (&maybe running) to relieve stress and tension and get in shape
24. strengthening my night seder of learning with my son
25. posting on several new guy's forum threads, trying to welcome them and help them
26. making a few "date nights" with my wife, giving her more positive attention
27. going to a big Rav and having the chutzpah to ask how to succeed long-term and become a tzadik
28. instituting or reinstituting quality "family time" when I come home for dinner
29. opening up to a friend in real life, in person on a long walk
30. taking the SA are you addicted test / and a more involved 50 question test too
31. taking the actual shevua (hasn't happened yet, because I'm still deciding on the nusach)

- 32. going to the mikveh (hasn't happened yet, because I really dislike going, but I will once)
 - 33. listening to music and trying to relax and "breathe" and calm down
 - 34. reading a long article and watching a couple of videos on breaking bad habits,
- and probably a few more things that I left out and can't think of now.

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Re: going for 90 days (Feb. 20)

Posted by 360gye - 18 Jan 2017 20:56

Firstly, i am not sure we can tell you what to do or not to do, we can only give suggestions. at the end of the day you need to figure out which one of these 34things are working for you and which aren't.

My opinion: I'm not sure#2,3,4 will help you stop, i think they'll just make you feel guilty when you fall, but i know there are different opinions on that.

I do think there is a benefit in doing #1,5-9-although not sure if the talks need or should be that long.

#10-13 i don't think will work as you have tried them in the past and...

#14-17, 21,22 i could see that helping

#24,26,28,29 i think will be very beneficial as those would strengthen your bond with your family and encourage you to stop

#33,34 i can also see as being beneficial

Again, everyone has their own opinion and it boils down to what you think helps you

Feel free to inquire more from me or to explain

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Re: going for 90 days (Feb. 20)

Posted by Watson - 18 Jan 2017 20:59

That's quite a list. I blinked at it a few times and a few things struck me, which I'll try to write

soon. But then it struck me how much you mirror the Big Book. From page 31:

"We have tried every imaginable
remedy. In some instances there has been brief
recovery, followed always by a still worse relapse.....

Here are some of the methods we have tried: Drinking
beer only, limiting the number of drinks, never
drinking alone, never drinking in the morning, drinking
only at home, never having it in the house, never
drinking during business hours, drinking only at
parties, switching from scotch to brandy, drinking
only natural wines, agreeing to resign if ever drunk on
the job, taking a trip, not taking a trip, swearing off
forever (with and without a solemn oath), taking more
physical exercise, reading inspirational books , going
to health farms and sanitariums, accepting voluntary
commitment to asylums--we could increase the list
ad infinitum."

Can you see how their list was "going in the wrong direction?"

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 18 Jan 2017 21:02

just some words by dov (to get a perspective)

In my case, focusing on my struggle as having to do with my normal "*Yetzer Hara*" (evil inclination) was a sure recipe for failure. It made me simply try harder, use new tricks, and get yet more support. The message of AA to me (through SA) was not about any of those. It was about accepting the fact that I am fundamentally different from non-addicts, and accepting that I am not a BAD person getting GOOD, but rather a SICK person getting WELL - with help from Hashem.

I think that some *frum* (religious) people, especially those who feel strongly about either beating the Yetzer Hara(evil inclination) themselves as a supreme *kiddush Hashem* (divine sanctification), or who feel that the answer must be in the Torah if they only look hard enough, may have a hard time with this approach. But I doubt they would use that approach with any other disease. For me, it was too confusing to mix *mussar* concepts with the 12 steps, particularly early on. It was toxic, actually.

Yes I know that lust - i.e. using and acting on lust, is not exactly like alcohol, as it involves *aveiros chamuros*(serious sins), while drinking alcohol is not an *aveira* per se. Nevertheless, hanging onto the purely religious approach would have left me as I was for twenty years: looking for the answers with **broken eyeglasses**.

The way I read them, the 12 steps are about getting my eyes (mind and body) fixed and THEN getting *frumer* (more religious), not about getting *frumer* in order to stop. In fact, I got very *frum*, but the *frumer* I got, the sicker turns my addiction took! I grew quite disgusted with myself along the way, to put it mildly.

Please don't get me wrong. I am not saying that any other approaches are wrong, I'm just sharing what worked for me. Even though the principles of the 12-Steps are Torah-based, AA, in my experience is a **sanity-building tool**, not a religious one.

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Re: going for 90 days (Feb. 20)

Posted by unanumun - 18 Jan 2017 21:19

1. posting daily updates on my experiences and feelings, as I keep trucking along

This is great but most of the posts and experiences that you posted about focused on details that are related to the first sort of stuff I discussed. Not all but most.

2. updating the 90-day chart daily

This doesn't deal with any underlying issues at all. Most people start updating less and less as they get more and more into recovery.

3. reading the 20 steps gye book, which I got printed out

How much of the twenty steps were implemented? Reading is nice and a great thing but recovery comes from implementing, not only reading.

4. reading the 30 attitudes book, which I got printed out

Same as above. How many attitudes have you implemented into your daily life. That's the barometer you should be focusing on.

5. emailing several people from the forums

Friendships and reaching out are great ways to learn from others how to recover and to express yourself when you have things you need to get off your chest. The only question is are the conversations about stopping acting out or about living life properly?

6. emailing a support buddy/coach/sponsor (even trying a few different ones, to find the right one)

same as #5

7. talking at length on the phone 3 times to Dov (well over 4 hours total)

Similar as above but with a k'neitch, There is a great benefit in joining gye, learning the ropes and understanding what it is all about. the question where the focus moves once we get comfortable in GYE. It took me time also to start to understand what to focus on. (Have you read my thread yet?)

8. talking with Cord, and deciding to meet someone who he thought to set me up with.

same as #7

9. meeting him, a "success story" from gye...and talking at length with him in person (for several hours)

10. removing all streaming capability from my computer "Cold Turkey"

Good prevention- doesn't deal at all with the main issues

11. putting on time limits when I can access my computer

same as #10

12. talking and opening up to a Rov about my problem and the possibility of giving my son 1/2 a password

talking to a ruv is great but I believe the focus once again was stopping and not dealing with the underlying issues.

13. giving my son the second 1/2 of my password, so that I cannot change the time or content settings

No comment

14. listening to the 12-part series of shiurim by Rav Ben Zion Shafier on tyvah called The Fight

focusing on fighting (????? ??????) and not underlying issues

15. emailing him and receiving his notes on the lectures, and then transcribing the shiurim

same as #14

16. listening to the 17-part series of shiurim by Rav Simcha Feuerman on The Chasan Shmooze

can't comment because I don't know what he says

17. taking notes on them, so it sinks in better and in order to eventually email him some questions

same as #16

18. emailing Yaakov for help, and deciding to try his suggestion of the taphsicshevua

definitely focusing on stopping and not underlying issues

19. figuring out all the components of the shevua, to give it the best chance of working

same as #18

20. davening daily to HaShem for help to succeed and break free (this should have been 1st)

maybe Hashem answered your tefilos by getting me to crazily spend so much time on this

21. listening to Rav Fishel Shechter shiurim on Yosef HaTzadik and Chanuka and the parsha

not sure what this has to do with recovery. Learning is always a good thing though

22. transcribing some of the main points/insights and stories

same as #21

23. exercise-walking regularly (&maybe running) to relieve stress and tension and get in shape

This is a very good way of dealing with the underlying issues. Perfect

24. strengthening my night seder of learning with my son

It seemed to me at the time that your focus in doing so was to prevent yourself from acting out,. So it is probably another preventative thing, but it definitely is a good habit that can help you to deal with the underlying issues.

25. posting on several new guy's forum threads, trying to welcome them and help them

Great way of making yourself at home on GYE to be able to learn how to work on recovery. But not quite dealing with underlying issues.

26. making a few "date nights" with my wife, giving her more positive attention

Very Very Good. (By the way you haven't mentioned anything about doing it again recently. This is one of the things you should stick to through thick and thin. I also try but get too busy)

27. going to a big Rav and having the chutzpah to ask how to succeed long-term and become a tzadik

Are you doing what he recommended?

28. instituting or reinstituting quality "family time" when I come home for dinner

Very Good. But there were comments you wrote about how you were getting frustrated from aspects of this, How have you been doing in working on your patience and accepting the fact that not everything goes the way you want? That would really be a great opportunity to work on underlying issues.

29. opening up to a friend in real life, in person on a long walk

And what came out of the conversation?

30. taking the SA are you addicted test / and a more involved 50 question test too

Nu Nu. You didn't seem to really connect to the results (but I might not be remembering

properly)

31. taking the actual shevua (hasn't happened yet, because I'm still deciding on the nusach)

What didn't happen, didn't happen. Definitely doesn't help recovery or even prevention if nothing was done.

32. going to the mikveh (hasn't happened yet, because I really dislike going, but I will once)

same as #31

33. listening to music and trying to relax and "breathe" and calm down

Great to learn how to deal with stress, This is definitely a tool for real recovery

34. reading a long article and watching a couple of videos on breaking bad habits,

Have you implemented those things that you saw?

and probably a few more things that I left out and can't think of now.

First of all mazel Tov on your 300th post. keep them coming, (Pretty appropriate post for such a round number)

I can't figure out how to put this intro before the quote so I am putting it here.

I was pretty blunt and brutal in my response to your list. I don't want you to get frustrated or disappointed while reading them, However I am sure that you know that I really am writing it for your benefit so please keep that in mind while you read.

All in all you definitely have been making great progress, and are very dedicated. keep focusing on the right things and Hashem should help you learn to live life properly.

A few things that were missing from the list:

Understanding what was making you go to the computer to watch streaming. What was making you want to test the filters,

Thank G-d because this was enough to comment on as is.

We once discussed several issues that were bothering you at this stage of life. Have you done

things to deal with them and resolve them? Either through wholesome acceptance or through actual actions?

KUTGW!! and KOMT!!!

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 18 Jan 2017 21:27

I'll add something from a CBT therapy session that I just had. What I struggle with now is that sometimes, especially if I am feeling low, what I will do is test the boundaries of my filter. I will actually not look off and even if I find something that comes through, which makes what I am doing even crazier.

I asked him how do I stop doing this? He said to me that people stop things that are very hard to stop when they find a reason that is compelling enough for them to really want to stop.

He told me that in Russia in the 1950s what they used to do to alcoholics was implant in them something that released enzymes that were toxic when they came into contact with alcohol. Then, they gave them a tiny dose of alcohol which made them violently sick and show them that if they take any alcohol they probably would die. He said they found 100% success rate.

I didn't google this to see if what he saying is true, but the pointy saying is that you have to really want to stop. Wanting to stop isn't enough necessarily, but if you don't really want to stop and don't have a real compelling reason then you probably won't.

Perhaps it's sort of like recognizing powerlessness or hitting rock-bottom, but do you really really really wanted to stop? Or would you just love to if you could but don't really need to at all costs? Many people if not most stop when they realize that they can't go on any longer the way they've been going on.

I am not saying yes or no, but I don't remember what you are super compelling reason that you just cannot go on any longer like this was.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 18 Jan 2017 21:42

[Workingguy wrote on 18 Jan 2017 21:27:](#)

He said they found 100% success rate.

I wonder if they were happy joyous and free, but I take your general point.

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