

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 - 19 Jan 2017 13:21

[GrowStrong wrote on 19 Jan 2017 13:05:](#)

[Markz wrote on 19 Jan 2017 13:00:](#)

Dear Yosef

Many many of us lust because of emotional issues caused by our childhood

(Which is why + karma helps us)

Dear Markz,

Thank you for bringing this up. Maybe you can tell me what I'm doing wrong. Due to the issues in my childhood, the prolonged absence of karma is starting to give me a complex.

I was considering opening a barter thread offering 2c for each karma point but I'm not sure if incentivizing is allowed on the forum.

Any and all advice will be immensely appreciated.

Yours always,

GrowStrong.

Just to add to this that this was slightly tongue in cheek and i hope to look back at this post in a year with a lot of karma - but its interesting to note that maybe my problem with karma is related to my problem with sex.

Instead of waiting for it and anticipating and then being let down - i need to give it up and it will come.

Adding to this even though its not my thread, that my actual progress in this issue is really going well.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 19 Jan 2017 13:37

[GrowStrong wrote on 19 Jan 2017 13:05:](#)

[Markz wrote on 19 Jan 2017 13:00:](#)

Dear Yosef

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(Which is why + karma helps us)

Dear Markz,

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Any and all advice will be immensely appreciated.

Yours always,

GrowStrong.

If incentivicizin' would be allowed (which it is) and your karma would be plussed, what would it then do for you?

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 19 Jan 2017 13:39

Il wrote the previous post before I saw your latest post.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 19 Jan 2017 13:41

Mark, nice post.

What were your reasons? Can you briefly give them to me here?

I am too lazy or time pressured to read a whole long thread now.

Asking a sensible, Rov, who understands these things AND me
is in the "nice idea, but not actionable" category.

I don't have such a person I can call.

Disclosing everything is a good idea. But what does that mean? Should he read these 300 posts?

Who is a big, sensible Rov who would agree to do that?

Is everything here on this website just a bluff...and only going through the big book, white book, phone 12-step meetings, live 12-step meetings, admitting you are powerless and an addict, and forget all the teshuva talk, you are sick and need to get a refua like chemotherapy, is going to help??? That can't be!

At the entrance to twilight zone...someone please pull me back.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 19 Jan 2017 13:50

Il don't believe that 12 steps are detrimental for non addicts, and I also don't believe that one should be pushin' another (especially one who thinks he's not addicted) to go to meetings.

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 19 Jan 2017 13:51

[Yosef Tikun HaYesod wrote on 19 Jan 2017 13:41:](#)

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At the entrance to twilight zone...someone please pull be back.

Well I think you have to ask yourself.

Am I an addict?

No! I just fall every now and then.

Yeah? Like, every few months?

Well, every few days. Actually, I'm falling right now. On another web tab.

Oh. But you're not an addict?

No. It's just nisayon ha'Dor

Oh. But every few days?

Well, yes.

And on Shabbos, that one time..

Really? ya know, *Zri'ah* is a *Melocha* on Shabbos.

Yeah, but that's only when it's matz'miach.

Oh. I see.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 19 Jan 2017 13:56

[Singularity wrote on 19 Jan 2017 13:51:](#)

[Yosef Tikun HaYesod wrote on 19 Jan 2017 13:41:](#)

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Oh. I see.

Ilmho, this post is uncalled for and missed the boat. (And I don't fully understand some of it, but that's probably due to my lack of education.)

(Agav, even if one, in recovery, falls everyl 40 or 110 days, he still may bel an addict, as I can attest to.)

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Re: going for 90 days (Feb. 20)
Posted by Markz - 19 Jan 2017 13:58

[cordnoy wrote on 19 Jan 2017 13:50:](#)

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Before I continue I just want to express a little gratitude to the dev for fixing Mobile quote and I think after I submit this post the date of the quote will show

THANK YOU!

Cord' - I was only talking about what I'd do.

Now can you pls explain to me.

Isnt Watson fond of repeating that 12 steps in ones cave won't get one sober, and he'll continue continue drawing cartoons of cavewomen on his wall of honor?

What are the social ingredients of 12 steps? Is group or partner necessary?

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 19 Jan 2017 14:00

Sing, like I said before, you're nuts!

And I mean that.

Your posts are not helpful right now.

I'm being mocked for saying that I'm not an addict?

Are you serious?

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Re: going for 90 days (Feb. 20)
Posted by Markz - 19 Jan 2017 14:02

[Yosef Tikun HaYesod wrote on 19 Jan 2017 14:00:](#)

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And I mean that.

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Are you serious?

Singularity mentioned previously that he's insane. He just confirmed it

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 19 Jan 2017 14:04

Mark, could you address my comments to your earlier post?

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 19 Jan 2017 14:06

[Yosef Tikun HaYesod wrote on 19 Jan 2017 12:49:](#)

Grow, that's a nice idea. It will take some time.

Sing, you're nuts.

Live 12-step meetings are said (on this very website) to be detrimental for a non-addict.

Rav Twerski's book may put a smile on your face, but the idea to fast in order to repair the damage caused by this aveira as part of one's doing real teshuva, is talked about by the Baal HaTanya and the Arizal.

It isn't something little ole' me is making up.

Yosef,

Rabbeinu Yonah says that we shouldn't fast but rather do Taanis HaRaavad which is to leave a little over at the end of the meal. Almost all the Sefarim I've seen including I believe the Steipler say today we should not be fasting but rather learning, or eating a little less than we'd like.

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Firstly, my comments weren't addressed to you. I do not recall (and I read and follow every post on every thread) you pushing someone to go to meetings.

Secondly, I will allow the good doctor to fend for himself.

Thirdly, I wasn't differentiating between steps and meetings.

Fourthly, in response to your question, imho, if one seriously works the steps with another person, he can gain, even without attending a meeting.

Fifthly, my main point was a non addict should not be pushed to work the steps or meetings. Perhaps encouraged if he shows some willingness.

Finally, I apologize for the g's.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 14:19

I started today's post off with 3 things I may (bli neder) try this Shovavim:

saying the special, long krias Shema al hamita of the Arizal,

learning more Torah (an extra 1/2 hour or even an extra hour a day),

fasting once.

I'm not talking about fasting all the time, or making a personal fast from my own head.

I mentioned that it is discussed and advised by the Baal HaTanya and the Arizal

to help one do real teshuva in this area.

The fast of the Rived is certainly good too. But that misses the point I'm making.

I'm talking about now during Shovavim.

Mark, Una, Cord, Gevura, Guard, Watson, any experts:

I'm still waiting for a real answer and response to my reasonable, honest questions.

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