

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.

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Markz - 19 Jan 2017 14:44

Cord' I really appreciate your reply (always!), maybe Yosef it may help you too

Yosef, I don't see any question to what I wrote in blue on previous page

Feel free to ask, and pls try keep it the post short and sweet as I try too

=====
=====

Re: going for 90 days (Feb. 20)
Posted by GrowStrong - 19 Jan 2017 15:09

[Yosef Tikun HaYesod wrote on 19 Jan 2017 11:56:](#)

But.....sounds nice, but I don't know how to do it.....but I can't act on it.

Will you help me?

I think he wants sage advice from someone with more than 30 days sobriety...

You jumped to actions without clearly defining your reasons to stop.

No-one stops acting out until they have enough reasons to do it.

Whether its rock bottom for us addicts or a 50 point list of reasons for you with GYE fences in front of it for you... until you know why you should stop acting out and why you want to stop acting out no one here can help you.

We cant teach you how to put your brain before your (sorry)

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 19 Jan 2017 15:17
Yosef let me know how your list goes

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

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

in posts:#303547

#303583

#303597 (Mark, check here 1st)

Grow, I responded to you that it will take me some time to think about and make a list.

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Workingguy - 19 Jan 2017 15:26

[Markz wrote on 19 Jan 2017 14:44:](#)

Cord' I really appreciate your reply (always!), maybe Yosef it may help you too

Yosef, I don't see any question to what I wrote in blue on previous page

Feel free to ask, and pls try keep it the post short and sweet as I try too

Yosef,

can you answer a few questions?

1) Do you really want to stop?

2) what is the main reason why you do want to stop if you do?

3) If someone guaranteed you that therapy could make you stop but you would have to take out a loan for \$10,000, would you do it?

=====
=====

Re: going for 90 days (Feb. 20)
Posted by cordnoy - 19 Jan 2017 15:43

[Yosef Tikun HaYesod wrote on 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.

Il respond to things I know about.

=====
====

Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 16:23

Workingguy, good questions:

1. yes
2. needs some thought, same as I said to Grow...

Basically, I want to stop acting out, because my life would be a lot better, fulfilling, and real. This is holding me back in my connection to HaShem. It's not good, fulfilling, or real. It's counterfeit

pleasure. I want to exchange my counterfeit \$50,000 with a real \$1,000,000 dollars. Also, HaShem says that it is destructive and bad for me, and it is a very big aveira. I choose with my bechira to be a tzadik and eved HaShem. I want to fill my days with mitzvahs and avoid doing aveiras. I want to fulfill my potential in this world and have a very close connection to HaShem in this world and the next.

And yet, because it is now serving some real purpose/need, and is such an ingrained bad habit, I am finding it VERY difficult to break free from this short-term pleasure, even though I know that it is counterfeit and destructive...like any bad habit. Also, perhaps making this problem worse, my wife is not helpful and not now part of the solution, but unfortunately, part of the problem.

3. If you change "could" to "would", and add that I would finally break free from this bad habit for good,

and turn my whole life around for the better, and open up the shefa that HaShem wants to give me, but is being blocked by this aveira that I haven't properly dealt with, and lastly add that I didn't have to worry about paying the money back, since I doubt I would have that kind of money, then yes...

and I would start immediately.

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Workingguy - 19 Jan 2017 17:40

[Yosef Tikun HaYesod wrote on 19 Jan 2017 16:23:](#)

Workingguy, good questions:

1. yes
2. needs some thought, same as I said to Grow...

Basically, I want to stop acting out, because my life would be a lot better, fulfilling, and real. This is holding me back in my connection to HaShem. It's not good, fulfilling, or real. It's counterfeit pleasure. I want to exchange my counterfeit \$50,000 with a real \$1,000,000 dollars. Also, HaShem says that it is destructive and bad for me, and it is a very big aveira. I choose with my bechira to be a tzadik and eved HaShem. I want to fill my days with mitzvahs and avoid doing aveiras. I want to fulfill my potential in this world and have a very close connection to HaShem in this world and the next.

And yet, because it is now serving some real purpose/need, and is such an ingrained bad habit, I am finding it VERY difficult to break free from this short-term pleasure, even though I know that it is counterfeit and destructive...like any bad habit. Also, perhaps making this problem worse, my wife is not helpful and not now part of the solution, but unfortunately, part of the problem.

3. If you change "could" to "would", and add that I would finally break free from this bad habit for good,

and turn my whole life around for the better, and open up the shefa that HaShem wants to give me, but is being blocked by this aveira that I haven't properly dealt with, and lastly add that I didn't have to worry about paying the money back, since I doubt I would have that kind of money, then yes...

and I would start immediately.

Yosef,

Thank you for answering. I would encourage you to really work on clarifying for yourself number two that you explains to me. I also want to be very holy, and do many of the things that you said, but that was ultimately something that I didn't really want enough. But for example, looking at pornography gives me tremendous anxiety and I don't want that, so that is a very strong motivation and actually causes me not to do it.

Living a lie by not telling my wife is not an option for me is more, so that causes me not to do it. On the other hand, doing it and telling her often is also not an option so that causes me not to do it.

That doesn't mean that I don't struggle, but those reasons I mentioned are some that are strong enough and it's not something that I want but it's something I am not willing nice to have.

So to clarify, I'd suggest you work out a reason that is absolutely clear to you that you must have. I think a lot of people want to fulfill their potential, and really wants to, and let's still try and fail to make changes, but sometimes there is something that is just too important that is not an option which causes us to change. It takes a lot of soul-searching to figure out what that is.

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Markz - 19 Jan 2017 18:03

[Yosef Tikun HaYesod wrote on 19 Jan 2017 15:17:](#)

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

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

in posts:#303547

#303583

#303597 (Mark, check here 1st)

Grow, I responded to you that it will take me some time to think about and make a list.

Can you do me a favor and repeat and explain the questions here in brief (120 words max)

I personally don't buy or sell the idea of much reasoning

I can't define all the issues why I don't want to lust

I don't want to and gye helped me find a way how.

IMHO cut the theory and start with actions

Thats what I did

Now, if you don't have a strong drive to sobriize, figure out why that is so. We're here to get into overdrive, so KOT!!

=====
=====

Re: going for 90 days (Feb. 20)
Posted by Workingguy - 19 Jan 2017 19:54

Markz,

Action is definitely a great place to start, but if you don't want to really stop, or claim you want to but don't really know why you want to, then chances are that you won't stop.

Not that knowing why you want to means you'll be successful, but without it it's very hard.

That's what I see in so many of the people who post here- You know, I really SHOULD stop, and I really COULD be a holy guy, and I'd love to stop because of HaShem- but it's the guys who say "I CAN'T afford to do this anymore, or I WON'T"- those guys seem to way ahead of the game.

=====
=====

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

This thread is an unhappy merry go round.

You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say.

When does the merry go round end? How many quarters did you put in there?!

====

Re: going for 90 days (Feb. 20)

Posted by Markz - 19 Jan 2017 20:44

[Watson wrote on 19 Jan 2017 20:13:](#)

This thread is an unhappy merry go round.

You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say.

When does the merry go round end? How many quarters did you put in there?!

Watson you are right and wrong

As I wrote on the previous page we (at least I) come here with baggage

Yosef is on a merry go round - True

But something / someone other than himself gave it a big push

He doesn't know how to get off

His head is spinning

MOMMMMMYYY!!!!

WAAAHHHHH!!!!

Yosef you have it within you to jump off and join cordnoy

One (big) step at a time

=====
=====

Re: going for 90 days (Feb. 20)

Posted by gibbor120 - 19 Jan 2017 20:56

I have to admit I didn't read every post. I was a couple of pages behind. Una had a very good post.

I think you have gotten many good suggestions. It's up to you now. No one can recovery for you. We can only share our experiences, and what worked for us.

Personally, as wonderful as mussar and extra tefillos are, I have yet to find someone one GYE say that it was the extra mussar, tefillah, mikvah, fasting etc that helped them.

Reaching out to real people can help. Working on relationships with spouse and/or friends can help.

Finding something positive to be busy with can help.

Practicing a change in attitude can help. When things are stressful, you can think. "I am not in control, Hashem is in charge, Hashem loves me, all I can do is try to do his will to the best of my ability and he is in charge of the rest etc. etc." Making those thoughts into habbits can help.

The coach can give advice, but you have to get in the game and hit the ball.

I think you are trying too hard. Simplify a bit. Try a couple things, especially ones that are harder to do. I don't mean fasting. I mean things that you have a natural resistance to. Those are usually the things that really help.

Take responsibility for your recovery. Try a couple of things. See what works. Don't try to do too much at once.

That is my stream-of-consciousness advice.

=====
=====

Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 22:15

IF you read only the bold words, there are 120.

Mark,

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

(instead of saying read a whole long thread)

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?

Just like I've written concrete things I've tried, if you can give me concrete, well-defined

things I can actually do that will help me, then I will do them (bli neder).

But, to introspect and figure out underlying reasons why I feel the need to escape and self-soothe,

and then figure out how to meet those needs with some other fulfilling (but not destructive) activities,

sounds nice, but I don't know how to do it...so it gets filed away under "nice idea in theory" but I can't act on it. **Please help me also with Tool #5.**

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.**

=====
=====

Re: going for 90 days (Feb. 20)

Posted by cordnoy - 19 Jan 2017 22:23

[Markz wrote on 19 Jan 2017 20:44:](#)

[Watson wrote on 19 Jan 2017 20:13:](#)

This thread is an unhappy merry go round.

You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say. You ask for help. You dismiss what people say.
You ask for help. You dismiss what people say.

When does the merry go round end? How many quarters did you put in there?!

Watson you are right and wrong

As I wrote on the previous page we (at least I) come here with baggage

Yosef is on a merry go round - True

But something / someone other than himself gave it a big push

He doesn't know how to get off

His head is spinning

MOMMMMMYYYY!!!!

WAAAHHHHH!!!!

Yosef you have it within you to jump off and join cordnoy

One (big) step at a time

Why me?

Besides I, my life is such a mess right now, I don't think anyone will gain from my paddle boat.

I'd like to say one thin' about this thread and specifically the last three pages, and I don't believe it was said yet: Yosef, perhaps you should keep doin' what you're doin' and move da Hell on! So, you get urges!? Maybe you even caught a glimpse of an elbow and you even looked again. Perhaps you even clicked on a link of princess Elizabeth or one of her friends. So what? Just stay on the damn road and keep pumpin' gas! Perhaps you drive a telsa, so then find the nearest chargin' station. Like I wrote in my first post on this thread I believe, just breathe! Stop pantin'! Stop thinkin'! Stop hyperventilatin', and everyone else should as well. Stop waitin' for gevurah to respond to your so well thought out ~~BAD WORD REMOVED~~ post. Don't do anythin different. Fast when you please. Listen to shmuezer when you want. Post, read and learn mussar. Keep doin' the 56 items on your list or skip 20 if you want. What is all the screamin' about?

=====
=====