

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 Shlomo24 - 21 Nov 2016 17:38

If that's what you're doing then Kol Hakavod. "The answers will come if your own house is in order." Recovery, in my experience at least, takes a lot longer than it does to orgasm. KUTGW.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 21 Nov 2016 17:59

[Yosef Tikun HaYesod wrote on 21 Nov 2016 17:02:](#)

I feel like I'm in the twilight zone again!!

Please post right here whatever solutions and ideas you have.

I'm interested.

I clicked on the secret button, then the solutions button, then read about 8 levels...very nice.

It said: exercise, read articles, join the forum, get a sponsor.

I'm literally doing ALL of that.

I read over the changing habits article and heard the TED lecture that the rat video was based on: Addiction-caused by not what you think by Johann whatever.

I changed the routine from acting out to exercising. This is exactly what the changing habit article says to do. What am I missing? Why do I constantly feel that I am speaking a different language?

I may need more "spiked Scotch" (though I don't want to start another bad habit!)

I did awesome this morning!

Nice to visit, but time to get the Hell outta there!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 21 Nov 2016 18:16

By KUTGW, I'm guessing that you mean:

Knowledge Utilized, Tzaddik...Great Work!

Believe me, I don't want to be in the twilight zone.

It's just that many of the responses my posts are generating seem so weird and foreign to me.

I'm expecting a call from Dov tonight.

He spoke a different language too...but he thinks he can explain things to me in my language within 15 minutes...so we'll see.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 21 Nov 2016 18:26

[Yosef Tikun HaYesod wrote on 21 Nov 2016 18:16:](#)

By KUTGW, I'm guessing that you mean:

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It's just that many of the responses my posts are generating seem so weird and foreign to me.

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He spoke a different language too...but he thinks he can explain things to me in my language within 15 minutes...so we'll see.

here is what i think of when readin' your posts (besides the figure of a guy pacin' the floor, chain smokin' with his shirt tail out, one hand on his phone and the other hittin' the refresh button on his gye page, and mayonnaise in his beard from the cole slaw he is eatin' with his fingers):

There was an episode of The Twilight Zone from 1985 called [Wordplay](#). As the name suggests the episode is related to language, and it really struck a chord with me as a language learner.

The protagonist, Bill Lowery, is a salesman who has been tasked with remembering the names of the new set of medical supplies he is to sell. He finds the task difficult and even has trouble pronouncing the words.

Throughout the next day he starts to notice that the words people are using in regular conversation don't make any sense in the context. A neighbor refers to the breed of his dog as 'encyclopedia'. A colleague asks his advice on where to go for 'dinosaur', referring to lunch. He asks his wife to define the word 'lunch' to him, to which she responds that it's a color.

Eventually, all the words in the English language have changed in meaning, and Bill can't understand anything. The episode ends with Bill reading one of his son's picture books. He looks a picture of a dog and repeats the word 'Wednesday'.

The episode resonated with me because if you think of the story in reverse, it's very similar to how you begin when you start learning another language (such as GYE, or addiction, or 12 steps, or stoppin' habits). Especially if you join an existin' group of strugglers and recoverers and immerse yourself.

Playing the story in reverse, Bill starts to learn new words. First learning the word for dog 'Wednesday', but the majority of the language he can't understand. He is unable to communicate with people, relying on gestures and the reactions of his wife to other people speaking. Gradually he learns new words, such as 'lunch', 'dinosaur' and 'encyclopedia' until eventually he is able to have a conversation.

Obviously this is a lighthearted look at the process of learning a language, and doesn't take into account the etymology of the words used – though maybe in this alternate world it does make sense. The best thing is Bill's frustration when he is unable to communicate and people look at him bewildered as he shouts in English expecting people to understand him. Anyway, if you're learning Chinese, or any language, you should get a kick out of this episode.

Moral of the story.....

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 21 Nov 2016 19:04

Imagine how the guy in the episode felt. I don't want to feel that way.

I'm looking for a coach...someone who I can look up to and emulate, who will show and teach me how to succeed...and then eventually be a coach for others.

The beauty of the coach/sponsor concept is that rather than floundering on one's own, he accelerates and helps the person's progress by speaking his language while teaching him new skills.

Any successful, non-addicts available (preferably non-smokers)?

In the meantime, I think I will keep posting here, because I think it may be helpful for me, and there is a possibility that my personal experiences and struggles will inspire and help others to succeed.

p.s. your description of the refresh button was unfortunately quite on target. No comment on the rest.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 21 Nov 2016 19:17

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Re: going for 90 days (Feb. 20)

Posted by Eyeglasses - 21 Nov 2016 19:54

No ketchup for the fries?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 22 Nov 2016 13:08

HaShem loves me and is rooting for me to grow and change for the better.

I just picked up the free cd that contains the 12-part series "The Fight" by R. Shafier. I know it's available here too, but I am not going to sort through tons of shiurim here so fast.

This was in my face, so I took it.

Well, this morning, I listened to the intro and part-1 WHILE I exercise-walked!

So far, I highly recommend it.

Still looking for an appropriate (see above posts) sponsor to get more individual help,
and still clean.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 22 Nov 2016 13:23

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Just for the record, I do not think you will get an individual sponsor. I may be wrong, but I haven't heard.

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 22 Nov 2016 13:43

[Yosef Tikun HaYesod wrote on 21 Nov 2016 19:04:](#)

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p.s. your description of the refresh button was unfortunately quite on target. No comment on the rest.

I think the idea of a sponsor is that he himself is a recovering addict. Don't know how effective a non-addict will be...

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 22 Nov 2016 14:28

Why WOULDN'T I get a sponsor?

This site has been around for years and there must be people who were in roughly my place a year or two ago who are very well suited and willing to help me with their wisdom gained from personal experience.

The more similar to where I am the better he will be able to help me out.

And since I am not addicted, it would stand to reason that my sponsor/coach wouldn't be either.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 22 Nov 2016 14:45

[Yosef Tikun HaYesod wrote on 22 Nov 2016 14:28:](#)

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Keep us posted.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 22 Nov 2016 15:29

It would be great if potential sponsors were listed as being recovering addicts or not.

I think that the experiences and even the language and terms used are WAY different.

It would make finding a good match a whole lot easier.

Anybody reading this who can alert whoever is in charge to possibly make this distinction, please do so.

Meanwhile, I am not going anywhere. I intend to keep posting here.

And I am emailing 1 guy/sponsor so far. I just think it would be helpful to have more than 1 guy
(especially since my guy doesn't have too much experience).

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 22 Nov 2016 19:16

Finally spoke again to Dov.

His best advice was to join a live phone group.

What do you think?

But isn't that for addicts only?

Also, it took a lot of courage to talk to him. But talking to many people seems even scarier.

Maybe someone will know me.

Real advice please...then a joke or two.

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