

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 GrowStrong - 23 Jan 2017 12:46

---

I LOVE numbers 1 2 and 5  
number 3 for me is reading the forum constantly  
and number 4 i will check it out.

=====

Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 23 Jan 2017 13:24

---

Gibbor, I email but don't really pm.

There is more than I can deal with, which is why it's so helpful to get people's short lists.

And then pick a few.

Thanks, Watson...I'll let you know about the phone call.

He wrote back in great detail and seems nice.

And I'm going to get the krias Shema al hamita of the Arizal

in Hebrew and English and start saying it, bli neder.

Some people think I'm nuts if I think that saying the Shema and fasting are going to help.

Some have said that not a single person has used that strategy to succeed,

and wouldn't work, wouldn't help, and was crazy.

But I'll take the Arizal and Baal HaTanya on my team any day!

-----

I had a chavrusa who told me that I didn't have what it takes to stay on my diet

and lose all the weight. That sucked and was hurtful/onas devarim.

But it made me want to prove him wrong and actually in a reverse weird way

helped me to lose the weight and stay the course.

=====

Re: going for 90 days (Feb. 20)

Posted by Trouble - 23 Jan 2017 13:39

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 13:24:](#)

Gibbor, I email but don't really pm.

There is more than I can deal with, which is why it's so helpful to get people's short lists.

And then pick a few.

Thanks, Watson...I'll let you know about the phone call.

He wrote back in great detail and seems nice.

And I'm going to get the krias Shema al hamita of the Arizal

in Hebrew and English and start saying it, bli neder.

Some people think I'm nuts if I think that saying the Shema and fasting are going to help.

Some have said that not a single person has used that strategy to succeed,

and wouldn't work, wouldn't help, and was crazy.

But I'll take the Arizal and Baal HaTanya on my team any day!

-----

I had a chavrusa who told me that I didn't have what it takes to stay on my diet

and lose all the weight. That sucked and was hurtful/onas devarim.

But it made me want to prove him wrong and actually in a reverse weird way

helped me to lose the weight and stay the course.

You will never win this lust fight.

You will always be watching streaming clips.

Your finger will always be clicking on those underwear links.

Your wife will never satisfy you, as you will have the films in mind where the woman simply wants to please the man over and over again.

Lust addict for life!

=====

====

Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 23 Jan 2017 14:01

---

I see what you're trying to do...and why your name is Trouble.

Still not nice to read that.

I guess that's the point...to ignite a fire.

The thing is it's just believable enough to be truly hurtful.

=====

Re: going for 90 days (Feb. 20)

Posted by LifneiHashem - 23 Jan 2017 14:24

---

What I said was that I'm sure many in history have been helped by the Arizal shma & fasting etc., but from all the post I've read on this forum, both recent & going back to 2009, I never saw anyone on gye post that their success was due to fasting & saying long Shma.

I wish you much hatzlacha and hope that you will be the first.

=====

Re: going for 90 days (Feb. 20)

Posted by Trouble - 23 Jan 2017 14:38

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 14:01:](#)

I see what you're trying to do...and why your name is Trouble.

Still not nice to read that.

I guess that's the point...to ignite a fire.

The thing is it's just believable enough to be truly hurtful.

If you believe it, why would it be hurtful?

=====

=====

Re: going for 90 days (Feb. 20)  
Posted by Singularity - 23 Jan 2017 15:15

---

[Trouble wrote on 23 Jan 2017 14:38:](#)

[Yosef Tikun HaYesod wrote on 23 Jan 2017 14:01:](#)

I see what you're trying to do...and why your name is Trouble.

Still not nice to read that.

I guess that's the point...to ignite a fire.

The thing is it's just believable enough to be truly hurtful.

If you believe it, why would it be hurtful?

Now now, Yosef is a troubled soul.

=====

=====

Re: going for 90 days (Feb. 20)  
Posted by chizukconstant - 23 Jan 2017 15:24

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 13:24:](#)

Gibbor, I email but don't really pm.

There is more than I can deal with, which is why it's so helpful to get people's short lists.

And then pick a few.

Thanks, Watson...I'll let you know about the phone call.

He wrote back in great detail and seems nice.

And I'm going to get the krias Shema al hamita of the Arizal

in Hebrew and English and start saying it, bli neder.

Some people think I'm nuts if I think that saying the Shema and fasting are going to help.

Some have said that not a single person has used that strategy to succeed,

and wouldn't work, wouldn't help, and was crazy.

But I'll take the Arizal and Baal HaTanya on my team any day!

-----

I had a chavrusa who told me that I didn't have what it takes to stay on my diet

and lose all the weight. That sucked and was hurtful/onas devarim.

But it made me want to prove him wrong and actually in a reverse weird way

helped me to lose the weight and stay the course.

Yosef, I have found success in a similar way. I don't fast or say the Arizal's shema but I do go to the mikvah every morning. I learned that going to mikvah lessons ones taavas nashim and therefore decided to start going. There is something to following what our gedolim say helps "behind the scenes". I find it is also a good time for me to daven that I shouldn't have any nisyonos or fall that day.

That being said, I don't think you can solely rely on these kind of solutions to be a magic cure. You must do them in conjunction with others that work for you and together I think you will be able to succeed.

Good luck!

=====  
=====

Re: going for 90 days (Feb. 20)

Posted by Workingguy - 23 Jan 2017 17:13

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 13:24:](#)

Gibbor, I email but don't really pm.

There is more than I can deal with, which is why it's so helpful to get people's short lists.

And then pick a few.

Thanks, Watson...I'll let you know about the phone call.

He wrote back in great detail and seems nice.

And I'm going to get the krias Shema al hamita of the Arizal

in Hebrew and English and start saying it, bli neder.

Some people think I'm nuts if I think that saying the Shema and fasting are going to help.

Some have said that not a single person has used that strategy to succeed,

and wouldn't work, wouldn't help, and was crazy.

But I'll take the Arizal and Baal HaTanya on my team any day!

-----

I had a chavrusa who told me that I didn't have what it takes to stay on my diet

and lose all the weight. That sucked and was hurtful/onas devarim.

But it made me want to prove him wrong and actually in a reverse weird way

helped me to lose the weight and stay the course.

Did you speak to any Daas Torah or Rov who thinks that this is what you personally are supposed to do? To me it sounds like a BAD idea- placing the emphasis in the wrong place.

You ask for advice of what to do, people are telling you what didn't work for almost anyone on the forum- and yet you go ahead with it.

Are you taking people here seriously?

How about stopping to look at women- I wrote that and many others have to; what do you think about that?

=====

Re: going for 90 days (Feb. 20)  
Posted by gibbor120 - 23 Jan 2017 17:44

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 13:24:](#)

Gibbor, I email but don't really pm.

why not?

[Yosef Tikun HaYesod wrote on 23 Jan 2017 13:24:](#)

There is more than I can deal with, which is why it's so helpful to get people's short lists. And then pick a few.

If 10 people post 5 ideas, you are back to the same problem - 50 ideas!

Stop putting it on others to tell you what to do. You have enough ideas. YOU make a list.

Either way, just do something and tell us how it's going (if you wish).

=====



Re: going for 90 days (Feb. 20)

Posted by Workingguy - 23 Jan 2017 17:56

---

The way I figured out what works for me was reading other people's threads and asking them questions in their experiences.

Yosef,

Markz has links in his signature or somewhere else to people's threads who've succeeded.

Why don't you ask him to post it, and instead of putting the burden on everyone else to tell YOU what to do, why don't you read successful people's threads and ask them questions?

I've read many; I think when I came on GYE I read Cordnoy's entire Mikvah night and Tryin threads. You'd have the time if instead of writing long posts, you READ long posts.

Gibor, AlexEliezer, Neshamaincharge, Cordnoy, Markz, unanumun- there are so many people's stories to read to learn from. Can you do that?

=====

Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 23 Jan 2017 18:24

---

I just got off the phone with Dovid Chaim and a few others (and 8 or so silent people).

I asked him a few questions, in a full hour call, and he is very nice.

I'll read some of the big book to give it a chance.

I doubt that this is for me, but I have a pretty open mind...evidenced by my calling in the first place.

I am not the kind of guy to sit for hours reading other people's whole threads. I could only make it through the first 5 pages of my own. Everyone is different. Workingguy, no need for an aggressive tone.

I sat down and asked a Rosh Kollel about azeervas hachate. Is it a whole drawn out, long process?

What good is fasting and that long Arizal Shema and other things he mentioned, if in a few days or weeks my friend will probably just act out again?

He said azeervas hachate is immediate...takes an absolute decision to separate from the behavior, which can be done in a few minutes. How? He said once you realize how chamur the aveira is, you want to leave it and not continue doing it. Plus, the 7 things: fasting, special Shema, mikveh, reading Zohar, doing teshuva, learning Torah, and saying the tikkun haklali will not only help repair the damage, but will also help protect my friend from falling back into the aveira.

=====  
=====

Re: going for 90 days (Feb. 20)  
Posted by Workingguy - 23 Jan 2017 19:50

---

Yosef,

You never cease to surprise me; this has been one of the most entertaining threads in my whole GYE history.

=====  
=====

Re: going for 90 days (Feb. 20)  
Posted by Markz - 23 Jan 2017 20:11

---

[Yosef Tikun HaYesod wrote on 23 Jan 2017 18:24:](#)

I just got off the phone with Dovid Chaim and a few others (and 8 or so silent people).

I asked him a few questions, in a full hour call, and he is very nice.

I'll read some of the big book to give it a chance.

I doubt that this is for me, but I have a pretty open mind...evidenced by my calling in the first place.

I am not the kind of guy to sit for hours reading other people's whole threads. I could only make it through the first 5 pages of my own. Everyone is different. Workingguy, no need for an aggressive tone.

I sat down and asked a Rosh Kollel about azeervas hachate. Is it a whole drawn out, long process?

What good is fasting and that long Arizal Shema and other things he mentioned, if in a few days or weeks my friend will probably just act out again?

He said azeervas hachate is immediate...takes an absolute decision to separate from the behavior, which can be done in a few minutes. How? He said once you realize how chamur the aveira is, you want to leave it and not continue doing it. Plus, the 7 things: fasting, special Shema, mikveh, reading Zohar, doing teshuva, learning Torah, and saying the tikkun haklali will not only help repair the damage, but will also help protect my friend from falling back into the aveira.

That is not Azivas Hachet for you or me

Brother - do you recall I asked you last week to get yourself a Rav just for life in general.

And you asked my opinion.

A personal Rav will give personalized advice.

You aren't allowing yourself that

So today you go to this Rosh Kollel, next week it will be a Chacham, the following week a Rebbe, then a Mekubal...

I have a Rav and a Shrink. Just in case you wanted to know what works for me

=====