

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 Singularity - 24 Jan 2017 08:54

Have you tried meetings?

Nah I'm joking.

I enjoyed your post about "if I weren't Jewish, I probably would do it and be okay".

It got me thinking. I know I've heard about it. But you kindled something. Dov says even if masturbating were a *mitzvah*, he wouldn't do it. Because it will wreck his life.

A good way to understand it is the *Arba Kosos* on Pesach. It's a big *ma'alah* to have real wine. But for an alcoholic, it's a *mitzvah* to have grape juice. And if there is ONLY wine, there is a *mitzvah* to forgo the *mitzvah*. Because it will kill him. This is what he describes as *chamira sakantah m'issurah*.

So for me, well, were I a goy, would I continue lusting? Hmm... why not?

Because I was a goy. I saw the light of the Torah in 2010. Before then, I was driving to shul on Shabbos, enjoying a good KFC bucket. after friday night services. And then my father dropped me home and I hopped onto the PC and indulged in my collection.

Hmmm.

And I was a social recluse. Always blaming others for things going wrong. Making fights with friends because of little subtle things they did. And I had no friends. And when I *Did* have some girlfriend (a *shickse*, *R"L*), gosh I treated her badly. I played mind-games to get what I wanted. Sex, attention, love. I would be sulky if things didn't go my way. And all the while I was lusting, watching porn and masturbating, even though I told myself "I have a girlfriend! Things should be okay!!" And I couldn't understand it.

I told her I loved her so she'd never leave me. So I could always get my fix. But after six weeks, things shot so low and I broke up with her, filled with resentment, fear, disgust, hurt. *How could she? We professed our love for one another? She betrayed me!!!*

And her life carried on as normal. And mine sunk lower and lower. And I couldn't understand it.

So I got more "manly" and went on to download longer and more hardcore porn, roping my friends into it, laughing at how we're over 18 and it's all cool.

And I had no friends, no direction and no happiness.

And then I became *frum*.

But perhaps if I was a *goy*, that would be the point where I found the 12 steps. Because my life was completely unmanageable, yet I was too full of myself to admit it.

And thank God I found the 12 steps not so long ago, or else I'd live my entire life being as messed up as I was before I was *frum*.

And before I found the 12 steps, well, I fought valiantly, because now I *knew* it was wrong. But I will just repeat oft-quoted resources now. For further reading, see Dov's post on the Nuclear

Reset Button.

Huh. Quite a share. Thanks for pulling it out of me, Yosef.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 24 Jan 2017 12:08

Singularity : Kudos to you! What an inspiring story. You took the brave steps in recovering from what looked like an almost impossible situation. What courage! And if meetings saved your life and sanity it was sure worth the initial discomfort.

Yosef : Get in touch with Singularity and go for the gold!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 24 Jan 2017 14:02

Update: I introspected a little bit and feel stuck.

I will be meeting in person with someone who has succeeded long-term.

This is what is going to finally really help me succeed long-term, with HaShem's help.

Forum posts and emails are nice and help with accountability and encouragement and some direction.

And I'll be exercising.

So 4 main moves to do regularly:

1. meeting with someone to help guide me
2. forum and email posting
3. exercising

4. long Arizal krias Shema al hamita

Have a great day, everyone.

nice share, Sing.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 24 Jan 2017 15:13

I heard a quote this morning and thought of you and this thread so I thought I'd put it out there:

"It's not the things you don't know that harm you, it's the things you're absolutely certain of that just aren't true."

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 24 Jan 2017 20:16

found another really brilliant gem on daily quotes

[stillgoing wrote on 10 Aug 2016 16:54:](#)

B'hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 24 Jan 2017 22:43

"Sometimes you face difficulties, not because of something you are doing WRONG,
but because of something you are doing RIGHT." (still not a perfect quote, but whatever)

That one is a real WINNER.

Thank you!

I had a Rosh HaYeshiva who said that any time we are in the middle of learning
and we get interrupted by something or someone,
it's a simin we were learning well.

The yetzer hara is giving you a haskama that you were learning real Torah,
which it then wanted to interrupt and stop.

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 25 Jan 2017 10:32

[Yosef Tikun HaYesod wrote on 24 Jan 2017 22:43:](#)

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BH!!

I would interrupt my learning for hours on end

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Jan 2017 11:48

I hit double digits today.

I hope to hit triple digits soon enough...or should I say, one day at a time!

Sing, I'm guessing that you're joking.

But in case you aren't, what the Rosh HaYeshiva meant was

if something from the outside comes and interrupts your learning,

not if YOU interrupt your own learning.

I feel some progress was made. I've set up to meet someone to get unstuck.

And perhaps Gibbor will email me.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Jan 2017 11:55

Enjoy and be inspired (from R. Yechiel Spero):

When R' Moshe M'Kobrin once met a 43-year-old soldier, he said that he noticed there was a very special holiness inside him. So, he asked him, is there something particular that you did

that would earn you this incredible glow. The fellow answered, "There were a few things that I did". But none of them seemed to make an impression on R' Moshe that would have warranted this fellow to have such a special neshama glow. The fellow soldier told over that he was given the job of being a soldier in his commanding officer's home. He was meant to guard him. He was on watch, and then one night he heard it would be Sukkos. He remembered as a young child of 7 or 8 the thrill of sitting in a sukkah. The thrill of going to shul, shaking lulav and esrog, and sleeping in the sukkah. He had a tremendous desire to go once more and fulfill that mitzvah, even though it had been decades since he had last performed the mitzvah. But he knew that if he would leave his post, and be caught, he would pay with his life.

A few hours into the night he decided he didn't care. If it meant giving up his life, so be it. He was moser nefesh. He went to a nearby town. He found a sukkah and he knocked on the door, and inside was a peasant. At first, the peasant was scared, but the soldier reassured him that he just wanted to sit in the sukkah. He sat for a few moments and he cried, remembering what it was like to sit in the sukkah. He ate a little bread and quickly ran back to his post. During his entire run back, his heart was beating wildly. If his commanding officer would realize he was gone even for a moment, he would pay with his life.

But R' Moshe was still not satisfied. He said there must be something more. He asked the fellow, "What did you do when you ran back? Was there something you did?" He said, "No, I was terrified. I ran". He said, "But what did you feel like other than terror, any other emotion?" He smiled and said, "Yes,

as scared as I was, I was so happy. I started to skip like I was 7 again". He smiled at R' Moshe, and R' Moshe said that was it. If someone can smile in middle of his mesiras nefesh, that causes one's neshama to glow!

A powerful story for us, even though this is difficult breaking free, we need to do it with a smile!

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 25 Jan 2017 12:19

Yosef thanks for the inspiration and mazel tov on the double digits! We all know you can keep it up! It is so exciting to celebrate with you after seeing how you had stated almost unequivocally that it couldnt be done. The road ahead is going to be challenging - urges, withdrawal, etc. As you said it's one day at a time and we will be here cheering you on!

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 25 Jan 2017 12:53

Hooray! Go Yosef! We're rooting for ya!

Though if I take it one day at a time, I only end up hitting single digits

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Re: going for 90 days (Feb. 20)
Posted by MayanHamisgaber - 25 Jan 2017 14:02

MAZAL TOV YOSEF

may you continue growing with hashems help.

wow that was a surprise i lost track of where you were holding amazing to think that you are doing so well even though you are having a hard time finding something to do that you feel works for you hope you are not having to white knuckle to much..

singing: why does one day at a time not workk for you?

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Re: going for 90 days (Feb. 20)
Posted by Gevura Shebyesod - 25 Jan 2017 15:19

[Yosef Tikun HaYesod wrote on 25 Jan 2017 11:48:](#)

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Re: going for 90 days (Feb. 20)
Posted by Watson - 25 Jan 2017 18:13

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

You can make a 90 day chart for that
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.

How were the calls on days 2 & 3?

Congrats on 10 days.

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