

Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

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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 gibbor120 - 25 Jan 2017 19:53

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Thanks. I'm glad you liked it.

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Re: going for 90 days (Feb. 20)  
Posted by Hashem Help Me - 25 Jan 2017 22:49

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Yosef, beautifully written! So many quality ideas. Being open on Dov's call is super. That's real humility. May Hashem help you grow more and more.

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 26 Jan 2017 08:07

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[Watson wrote on 25 Jan 2017 18:13:](#)

[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.

How were the calls on days 2 & 3?

Congrats on 10 days.

This is a significant question, please don't ignore it.

You showed tremendous willingness by calling on Monday. The question is, are you prepared to stick with it until you see progress, or do you expect instant results?

I do hope you're prepared to have patience with this, or any other plan. As I've said a few times, there's no on/off switch, it's a journey. Keep putting one foot in front of the other and you'll see progress.

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Re: going for 90 days (Feb. 20)  
Posted by GrowStrong - 26 Jan 2017 08:14

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1. meeting with someone to help guide me

2. forum and email posting

3. exercising

4. long Arizal krias Shema al hamita

He did not mention 12 step Duvid Calls. He's of the opinion iirc that they can be detrimental to non addicts.

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 26 Jan 2017 09:01

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He said live meetings were bad for him, the phone conferences are very different, much lighter in tone.

I just want to know from Yosef himself if it's something he's willing to stick with. For all I know he's called every day, that's why I'm asking.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Jan 2017 11:45

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I only called the once.

It doesn't seem like a good fit for me, like I said.

I am willing to read parts of the big book, that the calls are based on,

(which I've also said, since I like to have an open mind).

I haven't done that yet, though. Nor have I started to say the long Shema either.

I am moving forward.

Slow and steady wins the race.

I told Guard/Yaakov that I would read the guidebook and attitude book cover to cover...

and I will. Calling on Monday was to get a flavor of the 12-step phone conference, which I did.

Once I read parts of the big book, I'll get more of a real feel if it will be good and work for me.

Then, **if** I feel the calls will help me, I won't hesitate to call in.

The new cycle starts after Pesach.

I didn't know how to respond yesterday, so I just didn't.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 26 Jan 2017 12:19

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Yosef, you're a mature guy making decisions on your own, which is what we all do

Just next time if you slip or fall or get dunked c'v sometime soon and come back to ask for sageous advice, you may not get much, even if you ask persistently from specific members

Stillgoings signature is relevant to us

Dr. Seuss - You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the guy who'll decide where to go.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 26 Jan 2017 12:26

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[Yosef Tikun HaYesod wrote on 26 Jan 2017 11:45:](#)

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Can you explain what discomfort you have with the phone call? My personal experience is that the phone calls are very beneficial. I am curious why you wouldnt want to gain from this amazing tool which has amongst many other tools been set up for us at no cost (G-d bless GYE). Maybe rethink it. Continued hatzlocha!

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 26 Jan 2017 12:40

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Mark, what the heck does that mean? (not rhetorical)

HHM, I'll give it more thought after reading parts of the book, that's all I meant.

It's a huge time commitment, and I don't think it will be helpful for me.

It's not that much of a surprise, as it's geared for helping addicts.

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Re: going for 90 days (Feb. 20)  
Posted by Singularity - 26 Jan 2017 12:45

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'f it's uncomfortable, 'means it's growth. r'member that.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 26 Jan 2017 12:48

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Il think that some are tryin' to control yosef's situation.

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Re: going for 90 days (Feb. 20)  
Posted by Singularity - 26 Jan 2017 12:48

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[Yosef Tikun HaYesod wrote on 26 Jan 2017 12:40:](#)

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It's not that much of a surprise, as it's geared for helping addicts.

Maybe the focus is all wrong.

Don't fixate on what/what not is helpful for *me*.

Ask what will be helpful for *othersthrough my actions*.

Just an outlying thought. Probably will be rejected flat out.

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Re: going for 90 days (Feb. 20)  
Posted by GrowStrong - 26 Jan 2017 13:00

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Sing, I dont follow, surely all we have is what works for us at the end of the day.

And Cords...Isn't control something we all have a problem with?

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 26 Jan 2017 13:12

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[GrowStrong wrote on 26 Jan 2017 13:00:](#)

Sing, I dont follow, surely all we have is what works for us at the end of the day.

And Cords...Isn't control something we all have a problem with?

Yes we do.

That'sl why I point it out.

Anyone readin' this thread knows good and well that many gave decent suggestions andl said what worked for them. Yosef took some and told us why many others won't work for him.

People still come back and againl and push and question and force and convince and prod and etc.

This entire site has hundreds of suggestions. The only way and I repeat strongly the only way Yosef will get out of this funk is thru himselfl. He can do so many things, and he will find several that works.

And yes, he is hyperventilatin' now and so are several others here.

B'hatzlachah

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