

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 Watson - 26 Jan 2017 13:35

Like I said 2 days ago, it's not the things you don't know that hurt you, it's the things you know
for sure that are just not true.

btw, willingness to do only the things that you decide you want to do is not called willingness.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 26 Jan 2017 13:57

Look, I know that everyone is trying to help me, and I need the help as well.

But both of these statements are cryptic and I can't figure out either one.

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 26 Jan 2017 14:00

I think we're all cryptic. But I find if you crack the code, you'll gain so much more than if we were just straight-forward.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 26 Jan 2017 14:30

I've said all this before but you don't seem able to take it in.

i think this is too hard to do on a forum, that's why I think you need the phone calls. You seem to still obsess over finding the quick fix which is why I think you need Duvid Chaim to guide you to grow slowly in this. But you're not willing to really try it (unless you get approval from the newbie who's own thinking caused the mess).

B'seder, I don't take it personally, do whatever you want.

I'm not trying to be sarcastic, I really wish you all the very best. Behatzlocho.

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Re: going for 90 days (Feb. 20)
Posted by hired247 - 26 Jan 2017 14:36

[Watson wrote on 26 Jan 2017 13:35:](#)

willingness to do only the things that you decide you want to do is not called willingness.

Like:like:

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Jan 2017 15:24

Watson, I know that you really want the best for me.

But you yourself have written several times that the steps to recover

that someone who is addicted needs to take, and the steps to break free

that someone who is getting rid of a very bad habit needs to take,

are going to be different.

The 12-step phone conferences which slowly go through the big book

are not going to be right for both types of people.

This is not following some newbie's advice. But your own.

And like I mentioned, I will still read sections of the book and may even call in the future.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 26 Jan 2017 15:31

[Yosef Tikun HaYesod wrote on 26 Jan 2017 15:24:](#)

Watson, I know that you really want the best for me.

But you yourself have written several times that the steps to recover

that someone who is addicted needs to take, and the steps to break free

that someone who is getting rid of a very bad habit needs to take,

are going to be different.

The 12-step phone conferences which slowly go through the big book

are not going to be right for both types of people.

This is not following some newbie's advice. But your own.

"So there!"

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Jan 2017 16:09

I liked your response a lot better before the edit.

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Have a great day!!!

I'm going to a Bar Mitzvah tonight of a COMPLETE stranger (no joke).

And I'm going to love it and snap out of my funk, hear great music, and dance!

The DJ I am VERY likely taking for my son's Bar Mitzvah is playing tonight,

and he invited me to see him perform.

I can't wait. I'm taking my son too. It's going to be awesome!

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 26 Jan 2017 17:24

Doc,

I'm concerned.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 26 Jan 2017 18:17

Why's that?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Jan 2017 18:21

knock, knock?

What are you talking about "concerned"?

BTW, I strongly disagree with cryptic is better. If people don't know what you are talking about, then it is only frustrating and doesn't help nearly as much as if someone is open and straightforward.

?At least that's how I feel.

A small example: if I thought there was a chance everyone didn't know what BTW means,

I would spell it out the first time I used it.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 26 Jan 2017 18:23

[Watson wrote on 26 Jan 2017 18:17:](#)

Why's that?

For you are gettin' overly involved.

Youl are pushin' him towards a decision you want him to make, and perhaps it even frustrates you if he's not fully listenin'.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 26 Jan 2017 18:30

[cordnoy wrote on 26 Jan 2017 18:23:](#)

[Watson wrote on 26 Jan 2017 18:17:](#)

Why's that?

For you are gettin' overly involved.

Youl are pushin' him towards a decision you want him to make, and perhaps it even frustrates you if he's not fully listenin'.

Sure. Do you see the irony in your post though?

In any case, I'm not going to go on about it anymore. I officially give up.

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 26 Jan 2017 18:36

[cordnoy wrote on 26 Jan 2017 18:23:](#)

[Watson wrote on 26 Jan 2017 18:17:](#)

Why's that?

For you are gettin' overly involved.

Youl are pushin' him towards a decision you want him to make, and perhaps it even frustrates you if he's not fully listenin'.

I have not read this thread. I am abstaining from this conversation. Even with my very limited exposure, I think Cordnoy's concerns are valid. That's it, I'm out.

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