

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 Workingguy - 26 Jan 2017 19:02

[cordnoy wrote on 26 Jan 2017 12:48:](#)

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

For sure, because he keeps on asking everyone to.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 26 Jan 2017 19:06

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 26 Jan 2017 19:10

[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.

You 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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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 26 Jan 2017 19:29

You guys know I read these posts, right?

And Shlomo, I love how you write 2 posts how you are refusing to get involved.

I'm not a piece of meat, you know.

I'm a real person, with real feelings.

If you are going to talk bad about me,

which is ridiculous in its own right, at least don't insult me right here!

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 26 Jan 2017 19:33

[Watson wrote on 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.

You 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.

Il thought about the irony before you posted and before I posted.

I am not, however, pushin' or insistin' you do anythin'. I also will not repeat this.

I simply said that I am concerned.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 26 Jan 2017 19:44

[Yosef Tikun HaYesod wrote on 26 Jan 2017 19:29:](#)

You guys know I read these posts, right?

And Shlomo, I love how you write 2 posts how you are refusing to get involved.

I'm not a piece of meat, you know.

I'm a real person, with real feelings.

If you are going to talk bad about me,

which is ridiculous in its own right, at least don't insult me right here!

Il didn't notice shlomo talkin' bad about you.

Some people in recovery can't get involved in conversations that cause tension or pressure.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 26 Jan 2017 19:44

Ah good old Cords, where would we be without you?

Warning: Spoiler!

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 26 Jan 2017 19:44

I just want to say that this has been one of the most psycholigucakky interesting threads ever. It's pulled everyone in, and seeing the dynamics is sad and comical at the same time.

I am fully guilty of what I just wrote. So here's what I think.

We go in a circle- we tell Yosef what he should do, he insists that someone still has to tell him or that we didn't tell him yet.

He tells us off for being too mean, aggressive, etc for which he likely is right.

We tone it down and tell him what might work, he tells us why not.

And it goes round and round, and I don't see how the back and forth will go anywhere.

Both sides are talking at each other. The definitions are different- what does each side mean by willingness, dedication, addiction, trying- so we use the same terms that mean different things to each other.

Yosef, you'll find your way I hope; I think the whole dynamic here is pretty negative.

Shlomo, I'm with you.

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Re: going for 90 days (Feb. 20)
Posted by Gevura Shebyesod - 26 Jan 2017 21:00

[Watson wrote on 26 Jan 2017 19:06:](#)

What is this? It doesn't sound like Sinatra...

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Re: going for 90 days (Feb. 20)
Posted by Hashem Help Me - 27 Jan 2017 02:51

Maybe we can all agree to daven for Yosef's success.....

Yosef I know you are reading this post. You are not a piece of meat. You are a dear neshoma who has obviously had your share of suffering. Everyone wants you to make it, and some feel they have good advice. Others are hear to listen to you share and help you come to your own conclusions. Everyone has a different style. Personally I have a challenging time with those who write in an indirect fashion but at the same time I realize that they really mean well. They put in the time to read our comments and care enough to respond. Where else could you or I share to the extent we do over here? These guys are real heros even if at times cynical, critical, unclear, or too blunt. They deserve our brochos!

Yosef, don't be insulted. Whether or not you appreciate what people are responding (or not responding) we are here for you cheering you along on each and every success. Keep the good news coming.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 27 Jan 2017 08:49

I do daven for Yosef. I do hope for the best for him.

This thread has defeated me. I made many errors of judgement, got sucked in to the problem and have not been part of the solution. That's not Yosef's fault, it's mine. Maybe I learnt a thing or two along the way.

Yosef, I'm sorry I haven't been any help. I hope you continue to strive for growth. I hope to be reading your success story soon.

Have a wonderful Shabbos.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 27 Jan 2017 12:44

What I am looking for at this point is just a friendly, safe place to share my experiences as I journey toward successfully breaking free from this terrible bad habit...

a place to receive encouragement to continue growing and pushing forward,

a place where people who share some idea of the difficulty of the nisayon I'm going through

are willing to hear me out and express their understanding and empathy,

and try to pick me up and support me, so that I don't give up and totally fail.

I'll work out the strategies/game plan on my own from now on, with the help of a live coach/success story.

Enjoy this great dvar Torah from R. Yechiel Spero from a Sefer Emunah Bacharti:

"There is a difference between the term "Melacha" that we refer to when we talk about the 39

things that one is not allowed to do on shabbos, and the term "Avodah". Avodah, hard work is not forbidden. For instance, if one wanted or needed to schlep tables and chairs from the third floor to the first floor, it's entirely permissible, even though you are sweating and working hard. However, if one does a creative action, that is called a melacha and that is strictly forbidden on Shabbos. But that's when it comes to Shabbos.

Hashem, when He asks us to serve Him, it is not called melacha. It is called avodah. We strive to be "Avdei Hashem", we work on our avodas Hashem. Hashem does not need us to do creative things for Him. He doesn't demand of us to finish product. He doesn't necessitate that we do something that is called a melacha. We don't actually have to finish the job necessarily. All Hashem asks of us, is to be an Eved Hashem. To shvitz for the Ribono Shel Olam; to work hard at whatever we are doing. We might succeed, hopefully, we do. But even if we don't, it is still considered to very, very valued and very special in the eyes of Hakadosh Baruch Hu.

That should give us all great encouragement. Sometimes we feel, "C'mon who are we kidding. I am far from perfect". Hashem doesn't need you to be perfect. All He needs you to do is some avodas Hashem, to be His Eved Hashem. Halivay, if one day we can actually earn that incredible appellation."

Have a great day and a beautiful Shabbos.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 27 Jan 2017 13:42

[Watson wrote on 27 Jan 2017 08:49:](#)

I do daven for Yosef. I do hope for the best for him.

This thread has defeated me. I made many errors of judgement, got sucked in to the problem and have not been part of the solution. That's not Yosef's fault, it's mine. Maybe I learnt a thing or two along the way.

Yosef, I'm sorry I haven't been any help. I hope you continue to strive for growth. I hope to be reading your success story soon.

Have a wonderful Shabbos.

Doc,

You are a good man and did/do a great job, and on this thread as well. I disagree with several of your points in this post, but that will be for our other mode of communication.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 29 Jan 2017 17:57

I had a restorative, nice Shabbos
and a great Motzei Shabbos.

TWO full weeks. I'm in a "good head space" now, Boruch HaShem.

My Mother-in-law just called and asked us to visit, and I'm not the least bit upset.

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