

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 Workingguy - 02 Feb 2017 18:06

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Una,

I agree with you completely in theory, but somehow I find that things are more stressful and harder now than before I was dealing with this. It is more real and more meaningful and so I wouldn't necessarily trade it, but I don't know if I can say that things fell into place as much as that I've been constantly challenged to confront issues

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Re: going for 90 days (Feb. 20)  
Posted by Workingguy - 02 Feb 2017 18:12

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Re: going for 90 days (Feb. 20)  
Posted by Workingguy - 02 Feb 2017 18:20

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 02 Feb 2017 18:47

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I have NO idea how HaShem works everything out in this world.

I do think the timing of really growing in this area of kedusha,

finishing Zerayim, which was very hard for me,

and this happening are somehow connected.

But at the time, I really thought I could be in trouble with the boss...

and who knows? Given his temperament, I could have even been fired.

What would we have to say then?

That HaShem is in charge. He knows what He is doing. And He is just preparing me

for something better. But it would be hidden and difficult to deal with, for sure!

I'm also getting A LOT healthier and have lost significant weight, which would fit in very nicely with what you are saying.

Anyway, HaShem loves me and is taking care of me....as He is with all of us.

It's just a whole lot easier to feel His love when He helps you

!

I pray for everyone to feel HaShem in their lives, and pray also for this to continue.

Your post, Una, gives me hope and reason to be optimistic.

(ignoring your last line which you edited in there, I suppose, to cover your bases)

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 05 Feb 2017 13:03

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HaShem blessed us with last minute Shabbos guests.

finish a difficult Seder, and then the next day, gives you a big raise

This is uncommon enough, that I feel that He is giving me more and more opportunities

to do mitzvahs and get close to Him.

And my wife, to her credit, agreed to have them.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 05 Feb 2017 13:43

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Yosef you are up to 21! Gematria "Ach" tov vochesed yirdefuni kol yemei chayai!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 05 Feb 2017 22:13

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Boruch HaShem, some Yiddin are rich.

A guy I know has an indoor swimming pool in his house, and invited me and my son to swim!

He didn't have to ask twice, that's for sure! Anyway, after a quick change of plans, we had a blast. The kids got on a huge raft, and the "shark" (me) had to swim underwater and try to capsize the "boat" and "eat" (hug) the kids.

We did some laps, played catch with a ball, and had a lot of fun.

The guy just hung out in the jacuzzi and didn't swim at all.

Anyway, after tiring myself out, I left the pool and walked around.

Amazingly, there was a mikveh there off in the corner. It doesn't get any easier than that, and it doesn't get any cleaner or more private than a personal mikveh in a private home.

So, seeing that HaShem "pulled all these strings" and led me to this mikveh,

I overcame my aversion and went in. I pray that I will stay tahore and not waste seed ever again.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 05 Feb 2017 23:35

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Sounds like tons of fun! Nice to be hear about some plain, clean, stress free fun that people from the forum get to have.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 06 Feb 2017 01:13

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[Workingguy wrote on 05 Feb 2017 23:35:](#)

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Watchin' the super bowl can be stress free fun unless you have the pats minus three.

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Re: going for 90 days (Feb. 20)  
Posted by Hashem Help Me - 06 Feb 2017 03:22

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[Yosef Tikun HaYesod wrote on 05 Feb 2017 22:13:](#)

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Swimming is a great form of stress relieving exercise. Make sure to stay good friends with this guy! Keep up the great job you are doing - it wasn't so long ago you were convinced you couldn't do it. Don't you feel liberated?! Now that you got over your aversion enjoy the mikva more often.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 06 Feb 2017 03:32

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[cordnoy wrote on 06 Feb 2017 01:13:](#)

[Workingguy wrote on 05 Feb 2017 23:35:](#)

Sounds like tons of fun! Nice to be hear about some plain, clean, stress free fun that people from the forum get to have.

Watchin' the super bowl can be stress free fun unless you have the pats minus three.

Then again, all's well that ends well.

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Re: going for 90 days (Feb. 20)  
Posted by Singularity - 06 Feb 2017 10:02

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Beautiful to hear your progress.

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Re: going for 90 days (Feb. 20)  
Hook me up with your friends. Sounds like fun  
Posted by Hashem Help Me - 07 Feb 2017 05:32

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Day 54 bli ayin hora

Hard to believe how changed my life has become. It's almost as if I gave in my brain to the mechanic and he did a tune up. Maybe some of you think I am exaggerating so read on. Those who have followed my thread (My story and G-d bless GYE) are aware that for the last approx. 4 years I have been on psychiatric medications. The doctor who boruch Hashem saved me from cracking up rch"l has had me on a "cocktail" of 3 medications, all at a very low "maintenance" dose. Being that GYE has refurbished my "kop", with the doctors permission I weaned myself off from one of them successfully, bli ayin hora. This had been attempted in the past but had not been successful. What should I say? You guys along with all the other GYE tools have simply rewired my brain! Fortunately most of you don't really understand the ramifications of this, just believe me - this is NOT maasim b'chol yom. Lav b'chol yom misratchesh nisa. It would be nice to dream that maybe I could soon try the next med but from what I understand, that's very risky (of course it would only be attempted with dr's full haskama)- but you never know.....

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Re: going for 90 days (Feb. 20)  
Posted by Singularity - 07 Feb 2017 08:59

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[Hashem Help Me wrote on 07 Feb 2017 05:32:](#)

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Methinks the thread got hijacked :-D

But shkoyach nevertheless

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