

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 Yosef Tikun HaYesod - 07 Feb 2017 12:18

I was kind of wondering the same thing. Anyway, great job. I'm happy to hear that you are
having real progress...and you are rewiring your head for the better.

I've been under the weather. No real energy, no real voice even.

Lots of hot tea and coffee just to get through the day.

I think today I'm already on the mend, Boruch HaShem.

Fleeting thoughts of failure yesterday, but I said no way. And, thank G-d, they left.

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 07 Feb 2017 12:24

not maybe based on this thread you are really rewiring

KOMT

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 07 Feb 2017 12:26

Warning: Spoiler!

Happy to hear youre doing well. Rewiring is great, just dont electrocute yourself.....

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 08 Feb 2017 13:56

I heard a great thing from R. Simcha Feurman who is speaking today at noon New York time.

On his chason shmooze #9 he says, that there is no Hebrew word for "failure".

There is "stumble" and "fall" but there is no concept of "failure".

If you stumble, get back on track/back on course.

If you fall, get back up.

But NEVER think in your mind that you failed or that you are a failure.

That is just a trick of the yetzer hara to destroy you.

Have a great day!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 12 Feb 2017 17:38

We had a siyum in our house with my son, Motzei Shabbos! It was awesome!

We worked really hard on it...and will hopefully keep going strong.

Today, starts Kodshim.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 12 Feb 2017 17:42

Talk about contrasting emotions and events, but I also just went to a levaya for someone I knew,

and it was pretty sobering to be right next to the niftar (within a few feet), for an hour while everyone gave hespedim. A shiver went through my body when I first walked in the room.

No escaping death. We have to use our time here wisely...and fill our days with Torah and mitzvahs. Wow.

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Re: going for 90 days (Feb. 20)
Posted by tiger - 12 Feb 2017 18:06

We have to start realizing that being connected to God has nothing to do with uunderstanding.

Being a Jew has nothing to do with what makes sense.

Do you think it makes SENSE why you are even posting on GYE???????

Why do you keep on smiling?????

Why do you still want to be good???

Why do you still have hope that THIS time will be different?????

My friend it is only.....

Because you are not alone in this fight,God is giving you the strength to go on.

Now the question is are you doing your part???????????

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 12 Feb 2017 18:34

I don't understand a word of that.

It seems somehow hostile, which I don't appreciate.

Also, how did it connect with anything I wrote?

And who are you?

Anyway, I do feel that HaShem is giving me the strength to go on and that I'm not alone.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 13 Feb 2017 00:14

Yosef, mazel tov on the siyum! Beautiful to celebrate especially with your son. You are up to 28 which equals koach - the gibbor is the one who is kovesh yitzro - bli ayin hora you are doing great. Imagine the simcha in shomayim for each moment that you are omed b'nisayon! You are an inspiration for all of us! Wishing you the best!

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Re: going for 90 days (Feb. 20)

Posted by tiger - 13 Feb 2017 02:12

Sorry for giving you a feeling of hostility, that was not my intention at all, maybe my own frustration with my own struggles were coming through ?.

I understood from your words In your mind you don't see how GYE can help you??? But what I really heard was a cry of giving up in your words(I can be wrong)

My answer to you was that without realizing it you are really a fighter but only cause hashem is helping us, and then I asked you all those questions to prove to you that you are still alive and kicking, by you being on GYE it's just another's way of not giving up the fight! Will it help we don't know but if it brings you one step closer then before is it not worth it???

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Re: going for 90 days (Feb. 20)

Posted by tiger - 13 Feb 2017 02:17

AAnd more importantly,we have to do whatever is right for us even if we don't understand with our minds, sometimes our minds only get us into more trouble instead let's listen to what it says in the holy books.

as to who I am I'm just another sweet jew

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 13 Feb 2017 02:18

[tiger wrote on 13 Feb 2017 02:12:](#)

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The moment I begin to fight is the moment I know the fall is imminent.

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Re: going for 90 days (Feb. 20)

Posted by tiger - 13 Feb 2017 02:23

You are so right we think that we are fighting and we are in charge of our lives

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Re: going for 90 days (Feb. 20)

Posted by tiger - 13 Feb 2017 02:25

I learned pretty quickly that I screw my life up. But I still have a hard time giving my life over to hashem

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