

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 Singularity - 14 Feb 2017 14:20

Sorry to hear. May you be matzliach in the future!

shas nisayon?

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 14 Feb 2017 14:37

By "shas nisayon" I mean the following:

I tried to set up the incentive system before falling, which may have really helped, but couldn't.

A few days later, I had a strong urge, almost resignation, almost acceptance that it is going to happen now.

But then, instead of just giving in, watching explicitly usser things (porn) and masturbating and wasting seed, I instead wrote 2 different support buddies, and distracted myself for several hours. This is a willpower win...says R. Shafier, even though I eventually fell hard. I didn't fall right away. I lasted quite a few rounds, and took some pretty good punches. Wife being usser "forever", guy in my minyan dying, etc.

I checked back repeatedly, hoping to be talked off the ledge. Neither wrote back or helped.

I could have posted here. In retrospect, that would have been smarter. I also could have emailed a few more people too. But I didn't think about it, and it is kind of embarrassing to be so vulnerable and say that I'm about to fall. Not blaming anyone, just explaining.

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Re: going for 90 days (Feb. 20)
Posted by bb0212 - 14 Feb 2017 14:44

[Yosef Tikun HaYesod wrote on 14 Feb 2017 14:37:](#)

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Just wondering if you're part of a GYE mini group?

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Re: going for 90 days (Feb. 20)
Posted by bb0212 - 14 Feb 2017 14:48

[Yosef Tikun HaYesod wrote on 14 Feb 2017 13:58:](#)

Picking myself up once again.

Thought of starting another thread, with today being day 1.

But, I don't know, maybe it belongs all here,

as this is all part of my journey to break free.

Yeah, I called it "going for 90 days (Feb. 20)"...and stumbled a few times.

Maybe I can get rid of the "(Feb. 20)" in the title.

Please don't start another thread. You're going to succeed at reaching your goal. That's why you're here. When you do succeed and people see that you had to fight, that it didn't come easy, they won't be able to make the excuse "he was different, by me it's just too difficult".

To update the title, edit the title in the first post on this thread.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 14 Feb 2017 14:49

I'm wondering the SAME thing!

I just emailed a couple of the guys.

There used to be about 6 or 7 of us who would regularly comment on Group 196.

Then, there were 5 or 6 of us.

Now, it seems that nobody is posting there. Perhaps it will totally fall apart.

I would like to at least continue to email a few of the guys. If you want to email me, send me a private message with your email address.

Alternatively, you can just post on 196.

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Alternatively, you can just post on 196.

We just started group 201. Let's see if it takes off, if not, I may convert to a 196er...

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Re: going for 90 days (Feb. 20)

Posted by GrowStrong - 14 Feb 2017 14:55

Did you do anything this time that was different?

Did it feel different in any way?

You say you fell twice.. in a row?

How did it feel like watching and then playing... Did it feel any different?

Did you trick your computer into working late night?

What can you do differently next time...

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POWERFUL words! Thank you!!

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Re: going for 90 days (Feb. 20)
Posted by GrowStrong - 14 Feb 2017 15:00

More importantly...

You need to analyze where it started...

What happened a few days ago...

So you were getting all horny... wife was ossur... you need to analyze what you went through over those few days that brought you to fall.

Were you more lax with your eyes? with your fantasies? Outwardly you were on a real high (over here) - was that the case inside? Remember that its the emotion behind the action that we need to focus on and nurture and repair.

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Re: going for 90 days (Feb. 20)
Posted by bb0212 - 14 Feb 2017 15:00

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POWERFUL words! Thank you!!

You're welcome. I saw a similar post somewhere in this forum, not sure where from who. I'd love to give credit where it's due

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 14 Feb 2017 15:31

That's a lot of questions:

1. Did you do anything this time that was different? (not sure what you mean, but I did meet someone)
2. Did it feel different in any way? (same answer, but I don't think so)

3. You say you fell twice.. in a row? (Once late at night, and again when I woke up late)
4. How did it feel like watching and then playing... Did it feel any different? (not sure what you mean)
5. Did you trick your computer into working late night? (turned it on until 3am...no trick, just stupid)
6. What can you do differently next time...(incentive system, better support, reach out to more people)
7. What happened a few days ago? (couldn't get the incentive in place, wife said she is still usser and can't go to the mikveh, big stress pulling off this siyum, organizing all the food, all the people to confirm they could come, and most importantly, doing all the learning to make sure there actually WAS a siyum, guy in my minyan dying, standing a few feet from the body for a solid hour during the hespedim, carrying the mitah, morey heter getting in my head saying that I should just give in now before the incentive starts, almost nobody writing on the thread, difficulty starting Kodshim, house leaking, etc.)
8. Can you analyze what you went through over those few days that brought you to fall? (just did)
9. Were you more lax with your eyes? with your fantasies? (no)
10. Outwardly you were on a real high (over here) - was that the case inside? (I've been completely honest with my feelings and quite open about everything)

If you clarify some of these, I'll be happy to answer them.

Thanks for caring!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 14 Feb 2017 15:55

Going "cold turkey" on all the streaming videos again. This time with some real support from someone who did it...and says it's a crucial component to long-term success.

So this is really day 1 for "the whole package". Watching hours of streaming videos, which I could never justify to a Rav, where there are inappropriate scenes and

inappropriate women's attire, is, after all, a little incongruent with calling/counting that a "clean day".

The problem is that I have unfortunately developed such a strong bad habit, that I haven't gone more than a week without watching anything in a very long time. Success will probably be quite difficult. I need to break that unhealthy attachment to them.

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Re: Road to 90 days (how I succeeded, and you can too)

Posted by GrowStrong - 14 Feb 2017 16:20

My first two questions were regarding the fact you have been 'active' on the forum for the past few months...

3rd question...the second 'fall' sounds interesting.

4th question... What did you feel while you were doing it.

5th question... Based on my personal experience with these things the moment you changed the clock settings on your computer was the moment you really fell. The rest was just on autopilot.

6th question.. What if you decide to masturbate and eat your chocolate bar afterwards? What if there is no one around you to support you again when you need it? What if more people just make you more annoyed?

7th question....What will happen when you finish Kodshim?

I don't know why but I used to always act out within a few hours of a funeral or really bad news...Actually i'm beginning to understand now a bit more about that.

8th question...What if the morey heter never go away? (they sound interesting by the way)

9th..... So the streaming videos and seeing light sex on the screen with flesh and beautiful women is not part of it you think?

10th question....To who?

One new question:

This time with some real support

from someone who did it.

What will happen if hes not able to give you the support when you actually need it.

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Re: Road to 90 days (how I succeeded, and you can too)

Posted by Yosef Tikun HaYesod - 14 Feb 2017 17:26

Confused what's still left to answer. I'll go in order. If there are still more questions, just ask them fully:

4th) It felt exciting watching the videos and touching my body and feeling those sensations for the first time in about 30 days. Then, the release felt exactly like that...a release. When I woke up late, I felt that I still hadn't gotten it all out of my system and needed to release a little more. This is a weird question, I hope you know, but I'm answering it honestly. Why not? After that second time, I felt I was now ready to pick myself up again and start again strong. It actually accomplished exactly what I thought it would...only that it was usser. As mentioned before a few times in this thread, if I wasn't Jewish or it wasn't usser, I wouldn't even think that I have a real problem. I exercised a lot of restraint in the last 30 days. The problem is that I am a Jew and it is against ratzone HaShem. Therefore, I am breaking this bad habit, so that I never do it and go against HaShem's will. I don't want to do aveiras. I want to connect to Hashem and have a close relationship with Him. Yes, I'm having quite a difficult time of breaking this bad habit, since it's been going on for so long, and it is a real need (unlike smoking poison).

5th) Changing the time settings was part of falling, for sure. It started days earlier, as I mentioned.

6th) No chocolate bar involved. The incentive is something outside of myself,

that I will only be given when I succeed.

The idea to email and involve more people is to increase the chances that someone will respond

and say the "right words" to talk me "off the ledge". More people won't make me annoyed **if** they give support, empathy, and encouragement without judgment or criticism. Actually, the more people the better.

7th) When I finish Kodshim, I'll probably review Nashim. Though I would like to learn Taharos,

I think that since it's so long, I may forget Nashim (that I didn't review enough) if I just keep going.

8th) Incentives fight against the morey heters. It will be easier to talk myself out of falling, if it means that I am going to really lose out on something great or big if I fall. And, I will actually get that significantly desirable thing, if I "find the inner strength" to continue and push forward.

9th) Streaming is evil and is certainly part of falling...which is why I'm going "cold turkey" again.

10th) I've been open and honest with everyone about my experiences and feelings and needs.

11th) That's the point of emailing more people and possibly posting here when I feel I'm about to fall...

in order to increase my chances that someone will help, as mentioned.

Also, once the incentive is in place, it works in the background...and in my mind.

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