

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: Road to 90 days (how I succeeded, and you can too)  
Posted by Hashem Help Me - 27 Feb 2017 18:56

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Dov, I am always amazed how you analyze a subject and explain your position on it intelligently and where disagreeing, it is done softly; almost apologetically. Your dissection of the above issue is extraordinary.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 28 Feb 2017 11:33

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I went swimming again, which was great...

and even used that guy's private mikveh again too.

While I was in the pool, my goggles kept leaking water in the left eye,

which was really quite annoying. I kept playing with it and adjusting it,  
and even changed it for my son's for a while. Later, I'll have to buy better ones,  
maybe that cover my whole face including nose, for the next time I go swimming, but whatever.

My main point is that I "caught myself" ripped off and threw the goggles, and just had fun in the pool

without the stupid goggles. HaShem gave me an amazing opportunity to swim and enjoy myself  
and recharge...and I almost let a stupid, little thing bother me to the point of not fully enjoying the

experience. Boruch HaShem, I caught myself, removed the bothersome goggles,

and went on to have a fantastic time! And I'm writing about it here, because it is a big lesson for life.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 28 Feb 2017 11:52

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[Yosef Tikun HaYesod wrote on 28 Feb 2017 11:33:](#)

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and went on to have a fantastic time! And I'm writing about it here, because it is a big lesson for life.

Very strong of you.

Most of us are waltzing through life with the wrong pair of goggles ;-)

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

Posted by Yosef Tikun HaYesod - 28 Feb 2017 20:22

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Thanks.

That's true.

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

Posted by Yosef Tikun HaYesod - 01 Mar 2017 14:54

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I was very upset recently that I negotiated a bad deal for something. Instead of meeting in the middle

between my offer and the seller's rebuttal, I ended up SOMEHOW getting confused

and offered only 50 less than his rebuttal. So, he immediately agreed,

and bing, bang, boom, it was all over, before I realized that I paid 150 more than I really should

have.

What was I thinking? Why didn't I negotiate better and offer to split the 300 difference, and end up paying 150 less? My wife said: "drop it, it's done, let's continue having fun; it's not a big deal."

She really didn't want me to talk about it anymore or harp on it and ruin the rest of our evening out.

So, with super-human strength, I stopped on a dime and didn't talk about it anymore. Unbelievable!

I didn't even want to bring it up here right away, for fear that it would keep me "holding onto it" when it's healthier to "let it go." Well, guess what happened? Literally ONE day later, the Rav of the night kollel says to everyone (about 15 of us) that some rich guy really values our learning, and just told him that he wants to give 300 to everyone here! That's never happened before.

HaShem was showing me, as if to say: "Hello. I'm HaShem. I take care of parnasa.

You just keep learning and growing and working on yourself.

Don't be upset about the 150 you think you overpaid. Here's double that...which is exactly the amount of

your original offer to the guy the other night. I love you! And am watching over & taking care of you."

Amazing, huh?!

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p.s. now that I am rethinking it, I will actually end up paying 50 less than my original offer, since the seller agreed to knock off 50 from the price. I guess that takes care of dinner too!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by TzedekChaim - 01 Mar 2017 22:45

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Beautiful, and very inspiring!

B'Hatzlacha!

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Thanks for the amazing share Yosef!!

Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Hashem Help Me - 01 Mar 2017 23:02

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pretty impressive. nice to see the Yad Hashem so clearly.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 01 Mar 2017 23:15

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It sure is!

I wish I saw it every day!

He is always there. It's just that sometimes He makes it more clear,

to anyone who can "see".

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

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Posted by Singularity - 02 Mar 2017 09:42

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[Yosef Tikun HaYesod wrote on 01 Mar 2017 14:54:](#)

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Yoh. That's epic stuff.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 03 Mar 2017 12:28

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18 days = chai bahem.

Slowly but surely I am getting there...

and I'm starting to even enjoy the process.

Have a good Shabbos.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by bb0212 - 03 Mar 2017 13:43

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[Yosef Tikun HaYesod wrote on 03 Mar 2017 12:28:](#)

18 days = chai bahem.

Slowly but surely I am getting there...

and I'm starting to even enjoy the process.

Have a good Shabbos.

Enjoy it. Enjoy every win. Enjoy a beautiful ???!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Hashem Help Me - 03 Mar 2017 13:51

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Celebrate a "lively" Shabbos!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 05 Mar 2017 12:58

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Warning - Crazy story ahead:

So my wife has not been available/muteres for a LONG time.

This Shabbos she is. Friday night is going to be amazing!

Then, later that night, she tells me she's very tired and would prefer tomorrow.

We'll send the kids out to play with friends and it will be much better.

Fine. The next day, I'm in a great mood. I slept around 10 hours! I make a big coffee and get ready to daven. I'm the 3rd to arrive in the minyan. I have a great davening. We start to have a great seuda.

And then BOOM - during the meal she "starts" being passive/aggressive with me,

which she knows drives me nuts. She starts acting not normal and refuses to have a normal conversation.

After arranging all the kids to be out of the house, so we can finally be together,

she gets up to leave herself! And walks out! I'm sooooo upset that I open the door and call out:

You're a moredes! (not a good move, I know) Unbelievable!



She picked a fight with me, and escalated it, and used it as an excuse to leave and avoid being with me! WOW.

I now have the WHOLE house to myself, for several hours, VERY frustrated, emotionally and sexually...

And now HaShem (and l'havdil, the malach called the yetzer hara) both sit back to see what I am going to do...

How will I react to this VERY difficult situation I was just put in?

First, I think: well, that's it, I'm going to masturbate big time! What choice do I have? It's her fault!

I didn't want to do this. I wanted to have normal relations with my wife!

Then, I take a step back and think: wait a minute. Think it out. I'm being TESTED.

This is so obviously a setup!

I have an opportunity now to show HaShem that I love Him and restrain my tyvahs.

I don't have to give in to them! Masturbating is actually the **worst** thing I can do now.

I can choose a WAY better reaction than that. I will give her the space she needs, and not even follow after her to the few likely places she went to. Instead, you know what?

I'll take a nice nap. That's right, even after sleeping almost 10 hours the night before.

I proceed to take a several hour nap!

I wake up rested and feeling better, and my son, who just came home, asks

if I would like to have shalosh seudas at a friend's house. Mommy is already there.

He was put in charge of gathering everybody up...and giving me the message that she is sorry things got out of hand, and is willing to accept an apology AFTER Shabbos is over.

**If** I can meet those guidelines, then we can all have a great shalosh seudas together.

Unbelievable! O.k. this is fine with me.

I'm married long enough to know that's about the best apology from her that I'm going to get!

So, I take it. (Rav Simcha Feurman says in his chosson shiur 14, I think (which I recently heard), that we have to be smart and accept any overtures toward shalom from our spouse, however, and whenever they happen).

I passed the test, Boruch HaShem!

We had a good time at our friends' house. She was warm to me the whole time.

After Shabbos, I apologized to her unconditionally...I'm not stupid!

And then, after everyone went to sleep, we had the best sex in probably 3 years...

and snuggled afterward for about a half hour.

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

Posted by Hashem Help Me - 05 Mar 2017 13:47

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Yosef, you dealt with an extremely challenging situation incredibly well. I think i would have acted out big time. The buildup, the desperation, the disappointment must have been overwhelming. How you even had the ability to stop and think at that point is amazing. You are an inspiration to all of us in your growth in so many areas. Your ability to apologize under those circumstances shows what a humble person you are becoming - and realizing you cant control others around you. I am very happy for you that the episode ended well with your being together in a way you enjoyed - and in order to do so you obviously had successfully put any bitter feelings toward your wife and the whole situation behind you. From such a union Moshiach can be born.....

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