

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

Posted by Yosef Tikun HaYesod - 30 Mar 2017 10:58

It's been a few days since I've updated here.

Not in the mood to post.

Several people, myself included, going through a hard time now.

WOW. But we are getting through it...together.

Haven't wanted to write anything for a little while.

Many posts I've read lately are even depressing and I don't have anything helpful to add.

I am going to just focus on positive things, mitzvahs, Pesach, learning, exercising, helping.

And not let the "bad apples" of the world, that might be our neighbors, upset us

and get us thrown off balance.

The tests of life are meant to be tests...and I intend to pass them!

In other news, I didn't get the job I really wanted and thought would be "perfect" for me.

Oh well. Another test! HaShem knows best, and does things that are always in my best interest.

I think I would be in a much better mood, had I gotten the job though...just being honest.

My cell phone sucks. And I am going to get a new one. It always drops calls and that is VERY frustrating. The guy fixed the internal antenna and said that my phone was fine...but it isn't. He said that he will apply the fee toward a purchase of a new phone, if it still dropped calls...let's hope that he honors his word. I really have to limit or eliminate the amount of frustrating things in my life to fight the fight and succeed at breaking free.

I've listened to Rav Shafier The Fight shiur 11 now THREE times. I may need to listen to it even MORE.

If I "nail" this - keeping calm, not getting thrown off balance, not spending emotional energy on life's frustrations and nonsense other people do I can't control or change, then I will succeed long-term with HaShem's help, of course!

I feel like I'm in a powerful plane that is on the runway, but has not yet taken off.

Hopefully soon!

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

Posted by Yosef Tikun HaYesod - 30 Mar 2017 15:04

Update: he didn't honor his written contract with me, even though he signed it and everything.

Unbelievable...tailor-made test for me. Will Yosef get angry? Get thrown off balance?

Get stepped on? Try to see it from his perspective and look to make a compromise and move on?

I chose option 4 and I'm glad I did, since that's the best option that was available to me!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by GrowStrong - 30 Mar 2017 16:49

[Yosef Tikun HaYesod wrote on 30 Mar 2017 15:04:](#)

Update: he didn't honor his written contract with me, even though he signed it and everything.

Unbelievable...tailor-made test for me. Will Yosef get angry? Get thrown off balance?

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Yosef.

Read [this over a few times](#).

Tell us your thoughts.

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 30 Mar 2017 17:17

I read it. I don't see eye to eye with him. NO surprise.

It's his feelings. I'm not falling into the trap of sharing my thoughts on it

and debating anything. Nice try, yetzer hara. No thanks!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by GrowStrong - 30 Mar 2017 17:20

[Yosef Tikun HaYesod wrote on 30 Mar 2017 17:17:](#)

I read it. I don't see eye to eye with him. NO surprise.

It's his feelings. I'm not falling into the trap of sharing my thoughts on it

and debating anything. Nice try, yetzer hara. No thanks!

Its about attitude

its not about surrendering vs fighting.

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

Posted by Yosef Tikun HaYesod - 05 Apr 2017 22:19

Still alive, still moving forward...

very busy, pre-Pesach, running around.

doing hishtadlus for more parnasa.

occasionally, I read the whole first page of the recent posts...

just not interested enough to invest the time to respond.

kind of a mini-funk perhaps...not sure.

Thanks for listening.

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

Posted by Workingguy - 05 Apr 2017 22:32

Yosef,

Good to see you and hear you're ok. Have a great Yom Tov!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by bb0212 - 06 Apr 2017 05:37

Yosef, nice seeing you post! Hang in there

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Singularity - 06 Apr 2017 13:00

Yay! Go Yosef! Halfway there!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Ikosherphone - 20 Apr 2017 07:07

Whats the deal, Yosef?

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 20 Apr 2017 17:43

Sorry that it took me a while to get back on here.

I got out of the groove.

Pesach was great. I ate WAY too much matzah and potatoes...but who doesn't?

We had several guests, which was fun.

I've been trucking along nicely...

getting frustrated at life's frustrations, BUT then after validating my feelings

that the episode I just went through was indeed very frustrating, I am moving on...

and moving forward...accepting it as G-d's will and hopefully a kaparah for something.

I spoke with Yaakov before Pesach, which was very nice. I always gain a lot when I speak to him.

I hope everyone is trucking along nicely too!

Let me know.

Someone called me today, and that was AWESOME...and I really dislike talking on the phone.

Thank you for reaching out to me and encouraging me to post a long overdue update!

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

Posted by Workingguy - 20 Apr 2017 19:37

Yosef,

REALLY Nice to see you here. I'm speaking for myself but I get the feeling that everybody else feels this way too, but when you aren't here posting your presence is really missed. You bring a certain vibrancy to this thread and to the forum

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

Posted by Shlomo24 - 20 Apr 2017 20:30

[Yosef Tikun HaYesod wrote on 20 Apr 2017 17:43:](#)

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Thank you for reaching out to me and encouraging me to post a long overdue update!

You sound like you're in a healthy place.

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

Posted by Hashem Help Me - 20 Apr 2017 20:32

Welcome back. Happy to hear you are doing well. You were missed.

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