

Success StoryPosted by ysftw - 13 Nov 2015 12:39

Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

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Re: Success Story

Posted by unanumun - 01 Dec 2015 12:50

[ysftw wrote:](#)

It was a lot of Sid vs Me.

Got bad news for you buddy. Sid IS you as well.

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Re: Success Story

Posted by markz - 01 Dec 2015 13:04

[unanumun wrote:](#)

[ysftw wrote:](#)

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Got bad news for you buddy. Sid IS you as well.
Got bad news for you un a numan, i disagree with you

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Re: Success Story
Posted by unanumun - 01 Dec 2015 13:21

[markz wrote:](#)

[unanumun wrote:](#)

[ysftw wrote:](#)

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Got bad news for you buddy. Sid IS you as well.
Got bad news for you un a numan, i disagree with you

not bad news for me.

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Re: Success Story
Posted by markz - 01 Dec 2015 14:29

[unanumun wrote:](#)

especially since i know i am right

[markz wrote:](#)

[unanumun wrote:](#)

[ysftw wrote:](#)

It was a lot of Sid vs Me.

Got bad news for you buddy. Sid IS you as well.
Got bad news for you un a numan, i disagree with you

not bad news for me.

escpecially since **i know i am right**

*"escpecially since **i know i am right**"*

That was the SID inside you talking

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Re: Success Story

Posted by unanumun - 01 Dec 2015 15:04

Ever since Our Great Great Great Grandmother had her encounter with the nacash, and he was "matil zuhamoso Bah" the yetzer harah has become mixed in with us.

Chazal say that there are two kidneys, one gives the good advice and one gives the bad advice.

I also never really translated that to a practical level until I showed up on GYE. Back when I started, apparently there was more talk about this point than there is nowadays.

Realizing that when the "yetzer hara" is trying to influence me, it is really a part of my own self pushing myself towards that direction, was a big step in my recovery. (I am not sure why, I just know it was)

I came to be more aware of myself. When the "Yetzer Hara" was pushing me to do something I tried to understand what it is about myself that wants to push myself there. I got to understand

the underlying issues that were the main fodder for my yetzer hara. I realized that I was disturbed by things, that I was sad or even depressed by things, or under pressure, and that was why the yetzer hara was pushing me to escape to porn and acting out. I then finally understood that it was me that was pushing myself to do these things, and that is how the yetzer hara which is in me, and a part of me, was working.

I have since seen that is true with every issue that i blamed on the yetzer hara. I realized that indeed I am being lazy, I am itching to tell that juicy piece of loshon hara. And that voice to do it is coming from within.

Again, I am not exactly sure why that made it easier to deal with the yetzer hara, but nonetheless it did.

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Re: Success Story

Posted by cordnoy - 01 Dec 2015 16:22

[markz wrote:](#)

[unanumun wrote:](#)

[ysftw wrote:](#)

It was a lot of Sid vs Me.

Got bad news for you buddy. Sid IS you as well.
Got bad news for you un a numan, i disagree with you

There are instances where the y"ח is from the outside, but that is more general in nature. What many of us experience is the y"ח in us, and as una stated so eloquently, he is us.

I know by me that this yesod was an integral part of recovery.....for many reasons.

B'hatzlachah

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Re: Success Story

Posted by ysftw - 01 Dec 2015 18:02

18 done. 72 to go.

I don't want to get lost on the side route of whether the yetzer is me. Of course it's me. Sid is my animalistic side which is obviously a part of me.

Just like "Me" is me. My higher part.

Growth will come to listening to Me and not to Sid. Naming him Sid is crucial to identifying his voice. Isolating him is crucial to minimising his power.

Perhaps I could fix Sid and work out my deeper issues in this area. The truth is that definitely on some level there aren't deeper issues, Sid just craves the fastest route to maximum pleasure. This is one route he has got used to. And shutting him out and not indulging him is good. Because the less u grant his requests the less hungry he gets.

Perhaps I can use him. Use his desire for self importance to attach self importance to this pursuit and use his ego to drive me on.

Either way it's taken me this long to realise that Talmud torch prevents a respite for sid. When I learn he seems to be elsewhere. Strange. Great. A blessing. Still.

Onwards and upwards I'll continue to ignore Sids request and act in the way I know to be right.

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Re: Success Story

Posted by yehoshua - 02 Dec 2015 06:14

what is sid?

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Re: Success Story

Posted by unanumun - 02 Dec 2015 11:33

If there are no underlying issues, and it is just a tayva issue, perhaps spending a quarter of an hour a day contemplating tayva vs. nitzchiyus issues (a.k.a. mussar) might be a big help.

(Despite the risk of getting too involved in the torah approach, I would also recommend going through aley shur chelek rishon, third section. He gives alot of understanding in how all the different pulls and yetzers and middos all come together to influence our actions.)

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Re: Success Story

Posted by ysftw - 02 Dec 2015 21:25

[yehoshua wrote:](#)

what is sid?

19 done 71 to go.

Sid is my yetzers pet name.

I will hopefully delve deeper into muss at sfarim to understand myself better. And utilise my kochos. Still, one of the things I think is important is that we know what to do, and perhaps don't even need to go too deep into it. We just need to do it.

Ignore sid. Simple.

Have to say I am happy to have done so thus far. With the help of Hashem of course.

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Re: Success Story

Posted by cordnoy - 02 Dec 2015 22:28

[ysftw wrote:](#)

[yehoshua wrote:](#)

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19 done 71 to go.

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Ignore sid. Simple.

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Great to hear.

How was Hashem helpin'?

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Re: Success Story

Posted by the.guard - 03 Dec 2015 15:01

test 613

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Re: Success Story

Posted by the.guard - 03 Dec 2015 15:02

614

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Re: Success Story

Posted by ysftw - 03 Dec 2015 20:44

20 down. 70 to go.

I'm feeling slightly confident on this which is a bad sign. Everyday must be a fight. Waking up raring to go.

How has Hashem helped, because I've tried my upmost, well close to that, maybe 80%, who knows, to ignore Sid. And Hashem has made sure that until now I have not been overpowered.

I am grateful to say the least.

The struggle continues...

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