

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 markz - 04 Dec 2015 00:11

[Lizhensk wrote:](#)

Why does every day have to be a fight? I'd prefer NOT to have to fight
This conflicts with your signature

"Life is Like a Bicycle: If its easy, you're going downhill"

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Re: Success Story

Posted by cordnoy - 04 Dec 2015 02:21

[markz wrote:](#)

[Lizhensk wrote:](#)

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Good question, but lemme answer please.

Liz...you can be honest and lemme know if you approve or not.

His signature is referrin' to one's work ethic in recovery....if your mehalech is lackadaisical, then you are traveling backwards. If you are puttin' in an effort, then you are movin' in the right direction.

Regardin' lust, however, it shouldn't be a fight....we surrender and let God. To get to that point is not easy, for we work a program, but when the desire hits, we surrender....We don't engage in battle.

Thank you for the question and givin' me the opportunity to explain that; t'was beneficial for me.

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Re: Success Story

Posted by markz - 04 Dec 2015 03:26

[cordnoy wrote:](#)

[markz wrote:](#)

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In other words

"Life is Like a Bicycle: but we don't recommend rock climbing with a bike"

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Re: Success Story

Posted by ysftw - 04 Dec 2015 10:21

[cordnoy wrote:](#)

[markz wrote:](#)

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How does this work? We surrender when the desire hits?

I'm assuming that's not the same thing as giving into the desire.

I understand Hashem is a crucial part of the process but surely so is one's battle against the yetzer?

Anyway as always I can't post tonight so shabbat shalom to all and much hatzlocho in your endeavours

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Re: Success Story

Posted by cordnoy - 04 Dec 2015 11:38

[ysftw wrote:](#)

[cordnoy wrote:](#)

[markz wrote:](#)

[Lizhensk wrote:](#)

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Ystfw....Read the white book please.

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Re: Success Story

Posted by Lizhensk - 04 Dec 2015 13:07

[markz wrote:](#)

[cordnoy wrote:](#)

[markz wrote:](#)

[Lizhensk wrote:](#)

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As I've been working the program, I've learned that **Honesty** is key. And therefore I will admit that when I added that line to my signature, I was referring to MarkZ's interpretation. I haven't really paid attention to my signature since then.

However, I do like Cordnoy's interpretation. So now, that is what that line means to me.

Thank you for the chance to be honest

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Re: Success Story

Posted by ysftw - 05 Dec 2015 16:33

21 down 69 to go.

22 down 68 to go.

Again just realising when sid is talking and blotting it out is proving effective, although I'm preparing for his more mischievous ways.

Shaugh tov

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Re: Success Story

Posted by ysftw - 06 Dec 2015 22:29

23 down 67 to go.

Chanukah sameach!

So I held back my ego and reread the key sections of the white book about fighting. And some other parts

I spent the whole time assuming that it isn't me that it's talking about. That I'm stronger and that I can find find a better way than recommended.

of course it is me it's talking about. And I can't.

And willpower won't last long term.

I'm following the advice and surrendering the fight to Hashem..sid can beat beat me, but not Hashem.

I'd love to understand how others view what it means to surrender the fight to Hashem. For me it means to pray that that day He'll take care of sid.

Watcha think?

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Re: Success Story

Posted by markz - 06 Dec 2015 23:18

[yfstw wrote:](#)

Watcha think?

I like it!!!

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Re: Success Story

Posted by Shlomo24 - 07 Dec 2015 19:18

baby i like it, the way you post on the forum, baby i like it, i i i like it!

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Re: Success Story

Posted by ysftw - 07 Dec 2015 20:17

24 down 66 to go. Bh

To clarify I was not after validation...just after how others understand what surrendering the fight to Hashem should be. To compare and contrast and grow.

Still interested.

That being said it's day 2 of surrendering the fight to Has hem and thus far it's good. Every time Sid rears his head I acknowledge I can't deal with him and pray that Hashem will fight for me.

Day 2 of chanukah too, the fight for religious practice. Definitely giving me extra koach.

Can't explain it, but it works so well.

Bh

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Re: Success Story

Posted by ysftw - 08 Dec 2015 22:50

25 down 65 to go.

Sid was very active today. I want to share the ways in which he was active but I realise that sometimes on this forum it's bad for people to come across descriptions of temptation.

But essentially he put a fair few images into my head which were addicting and inappropriate.

It turns out that I have to leave the fight to Hashem because I am certainly too weak alone.

Hopefully if I walk in His ways and pray He will fight fore

I just must remember to not be drawn into the fight.

Just for tomorrow I want to be a tzaddick Hashem!

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Re: Success Story

Posted by ysftw - 09 Dec 2015 20:04

26 down 64 to go.

Hashem I can't fight this desire please fight it for me. Hashem I desire this desire please rid me of it.

Works.

Now I must work on doing his work in this world.

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Re: Success Story

Posted by ysftw - 10 Dec 2015 23:00

27 down 63 to go. With thanks to Hashem

WHY AM I ALWAYS SO TIRED.

Still Bh we can each be a Korban tamid...A daily constant service to Hashem

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