

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 cordnoy - 27 Nov 2016 13:32

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 27 Nov 2016 13:34

Probably mikvah.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 27 Nov 2016 13:35

guardyoureyes.com/forum/17-Balei-Battims-Forum/210070-Mikvah-Night---Edition--29

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 27 Nov 2016 14:21

There are EIGHTY-NINE pages on that forum thread.

I am perfectly happy to read something you think may help, but you have to be a lot more specific.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 27 Nov 2016 14:35

[Yosef Tikun HaYesod wrote on 27 Nov 2016 14:21:](#)

There are EIGHTY-NINE pages on that forum thread.

I am perfectly happy to read something you think may help, but you have to be a lot more specific.

See what speaks to you.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 27 Nov 2016 15:17

[Yosef Tikun HaYesod wrote on 27 Nov 2016 14:21:](#)

There are EIGHTY-NINE pages on that forum thread.

I am perfectly happy to read something you think may help, but you have to be a lot more specific.

Start with the first 10

And pray tell me

When you went to illicit websites - you only read 1 page???

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 27 Nov 2016 15:57

I'll try to read the first 10 pages...but I reject the comparison.

It's much more similar to someone saying: "check out this streaming site. There are some really great tennis matches that you would enjoy. Then, you go there, and find that there are 89 pages of games! So, you tell your friend, can you be a little more specific? Which games do you think I should see?

Then, he may say that The Pete Sampras matches from '09 were really special. Also, search for 'overtime matches' since there were a few amazing ones that were real exciting to watch".

The point is that he had something in mind when he suggested it.

Nobody told me to go to a porn site.

And they were all thoroughly indexed, so that I could choose what I wanted to see.

I didn't just read/watch through 89 pages of them, starting from the beginning.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 27 Nov 2016 16:40

Begin at the beginning and go on till you reach the end, then stop.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 28 Nov 2016 13:08

I'm up to 18 days (life)!

Overall, date night was very successful.

We spent time focusing on each other.

And had a pleasant time together.

In fact, she asked me out on another date!

She wants to go out on Friday (early) for breakfast.

This is phenomenal...and a huge step forward from living different lives as roommates.

She wants to spend more time with me. However, I am smart enough and aware enough to know that there is a little "test" involved too, since Friday is a day I can usually wake up a little later.

So she is saying "let's see how much you want to spend time with me. Are you willing to get up extra early, so that we can enjoy a nice time together, or will you selfishly 'sleep in' and choose yourself over me?"

If and when I pass this test, our relationship will really jump-start and move forward...B'ezras HaShem.

I exercise-walked and listened to another shiur part 4 or 5....double whammy!

(the Torah concepts are good and beneficial AND getting out my energy and whatever stress and helping regulate my mood is good).

I am gaining so much from this series that I distributed 180 (life) free CDs to different places around town.

Not only am I helping myself, but I am able to help others too.

In that vein, here are the main points, in my opinion, of The Fight part 1:

We have been given a certain set of circumstances.

A setting for our life. We were born to a given family, with a given set of strengths and weaknesses. Born into a particular time period, to a particular family, given a very exact set of parameters. You will be so tall, so intelligent, have so much of this talent, and so much of this one. Now go out there and accomplish and live your life. Live up to your potential.

We are like actors on the stage who are given a certain role to play. Our measure of success is based on how we played that part. The measure of a man isn't in an abstract sense who he is.

All of the parameters of a person's life are stage settings and props...backdrops against which we are to play our part.

At the end of our days, there is only one measure against which the human is brought...

how much did you accomplish with what you were given?

How much of your potential did you fulfill?

And we are measured by how close we came to accomplishing all that we were able to.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 28 Nov 2016 13:23

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 28 Nov 2016 13:25

Very nice....all around.

thank you

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Re: going for 90 days (Feb. 20)
Posted by Bigmoish - 28 Nov 2016 22:02

[cordnoy wrote on 23 Nov 2016 14:31:](#)

"Bigmoish" post=241686 date=1413938764 catid=17From the many posts and testimonials we've seen today, it seems your attraction to frum, tzniusdik women is not as "weird" as you would like to believe. Does the fact that you feel that your nisayon is different bog you down? (Honestly, I feel this way as well.) Perhaps the first step is accepting that we are truly similar to everyone else here, albeit with slightly different details. Maybe then we can tell ourselves "if they can do it, so can we."

Hard for my ego to resist commenting when I am quoted.

I relate to you, Mr. Yosef.

I relate to your need to connect with someone "similar." (Was it here that I linked the Slonim GLYB thread?)

I will describe myself briefly in the off chance that I pass your requirements.

I am married with kids, been lusting since 10 or 11, masturbating since 12 or 13, have a thing for feet, high heels, breasts or anything else I find attractive. More recently, a crippling obsession with my wife's younger single sister.

How about you?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 28 Nov 2016 22:17

I wrote about myself and my background at the end of page 7.

I've been posting pretty much every day.

To make it easier:

I don't know where to begin...

I don't think I have some very big problem.

I am a pretty normal guy, in terms of sexual attraction and sexual release.

I took the SA 20 question test at Dov's request and answered yes to 8 of them -(1, 2, 4, 5, 6, 8, 12, and 16).

If I wasn't a frum guy who wants to grow and be an eved HaShem, I wouldn't even consider myself as having a problem at all.

When I get very frustrated and want to exert a little temporary control in my life and give myself a pass, then I slip up, take off my tzitzis and yarmulka and masturbate. It seems ridiculous writing about it, but I guess it's serving some purpose to help me and hopefully others. So I'll continue.

I find Elul, Rosh HaShana, and Yom Kippur to be especially difficult in terms of gathering the strength and chutzpah and wild, non-fact-based hope that THIS time will be different. This time my teshuva will last. Admitting the sin before HaShem in detail, stopping sinning (not wallowing in the mud...but getting out, cleaning myself off thoroughly, as opposed to staying in the mud or holding onto the sheretz), and regretting that I didn't restrain my tyvahs, but gave in to them like a weak, disobedient, disloyal, immature fool are all no problem for me to do. I mean it's work, but I can do it. I have a heart-to-heart with myself and talk to HaShem. I sincerely want to have a close relationship with HaShem, and realize that doing this aveira of wasting seed does the exact opposite. It brings me further from Him and creates a barrier between me and Him.

It's the commitment for the future that I won't return to this sin, but I will restrain my tyvahs and not give in to them that is very difficult. How likely is it exactly that I will succeed. I need to convince myself that I will, to say it sincerely to HaShem, and yet I wouldn't suppose the odds are too good. Ridiculous, self-defeating behavior that has become a really hard to get rid of bad habit, since it's been repeated so many times and there really isn't a good kosher substitute. Don't get me started talking about marriage. Suffice it to say that I can count with my hands how many times that has helped, but can't even tell you how many hundreds of times that has hurt and made failing more likely to happen. Anyway, I try to do the last step of commitment for the future, and think of ways to improve my chances of success.

Everyday, especially if there is a lot of stress or frustration in my life, is possible that I will act out. There is obviously no schedule. But overall, my year has often looked like this in the past:

1. I almost always will fail around Sukkos time, which is only a few weeks after the Aseres Y'may Teshuva. (this year was on Hoshana Raba of all times!)
2. the next time after Sukkos is Chanuka time. I will almost always fail around Chanuka time.
3. Then, sometime in Shovavim.
4. Then, sometime before Pesach.
5. Sometime in Sefiras HaOmer
6. Sometime in the 3 Weeks
7. Sometime in Av
8. and maybe sometime in Elul.

Occasionally, if I don't "pick myself up" right away, I will wallow in the mud and masturbate again, before doing teshuva. I know that this is a trick of the yetzer hara to convince me to stay down. Unfortunately, about 1/2 of the time, I fall for it. So, I would say that we're talking about 12 times a year. Twelve times TOO MANY!

It doesn't have to include watching porn. Although, sometimes it will start out with an improperly dressed woman in real life or video, and then I decide to look at something more explicit...leading eventually to masturbating and wasting seed. Most times, it is when I go to take a shower. Not exactly a "trigger" I can avoid!

I have listened to shiurim and am listening to The Fight now by Rabbi Shafier.

I have learned with a Rabbi sources inside about this topic.

I have read some posts here and the article on breaking habits.

I am starting to exercise-walk a few times a week.

I am committed to posting my experiences on this going for 90 days forum (and chart).

I am emailing someone anonymously already called ikosherphone/Dovid.

I called Dov twice and MAY join/listen in to his group call.

I am trying to limit my time on the computer to avoid being on at night, since later at night (and Friday afternoons) are the times I am much more likely to fail and watch something specifically explicit...leading to watching porn, which leads to wasting seed.

I don't want to fail again. What helped you (the reader) succeed? What else can I do to help ensure that this time I will succeed and not fall back? I'm looking for some good advice.

Even the Cubs won this year...so anything's possible!

And they lost way more than 20 years in a row, before they had a winning season and became champions. I just want to be proactive, and not just hope that this time will be different.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 28 Nov 2016 23:03

I read a little bit of your going for 90-day posts.

I liked the quote:

The difference between a "Ba L'Taher" and a "Ba L'Tamei" is "**M'sayin** Lo" v. "**Poschin** Lo."
The difference is that one who wants to be Tahor needs help from outside - a siyua - like the gemara says "Ain chavush matir atzmo mibais ha'assurim." Whereas someone who wants to be Tamei only needs a pesach - Hashem gives him a door R"L and he walks through it all alone.

That's why these forums are so awesome.

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