

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: going for 90 days (Feb. 20)

Posted by Watson - 01 Dec 2016 19:26

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YTH, OK, I just saw your other posts.

I think your attitude in general is great. You seem to be a go-getter, the guy who likes to get things done. Every community needs one like you. Full of energy, it's great. And your heart's in the right place, which is a jolly good start.

Just remember, Rome wasn't built in a day. These things take time and patience.

Growth is slow. Don't believe me, go and watch a sunflower grow. You can stare at it all day but you won't notice a thing. But go about your business for a few days and come back to it - wow, how did it get so big so fast?!

So get comfy, wear comfortable slippers and dressing gown, pick up your violin and pipe and sink into your armchair next to the roaring fire.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 01 Dec 2016 19:33

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[Watson wrote on 01 Dec 2016 19:26:](#)

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So get comfy, wear comfortable slippers and dressing gown, pick up your violin and pipe and sink into your armchair next to the roaring fire.

Violin, pipe and heroin.

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Re: going for 90 days (Feb. 20)  
Posted by Markz - 01 Dec 2016 19:48

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Everything in moderation

That's why cords is a moderator

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 01 Dec 2016 20:09

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Is porn OK in moderation too?

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Re: going for 90 days (Feb. 20)

Posted by Markz - 01 Dec 2016 20:27

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You are seriously hacking someone else's thread

If you haven't totally overdosed on your heroin, please go to your thread and see if your question was discussed there already - I don't remember

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Re: going for 90 days (Feb. 20)

Posted by Markz - 01 Dec 2016 21:04

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OborMottel der moderator [claims](#)

*ALL oil undergoes heat treatment at proccessing (save for extra-V\*\*\*\*\*,i.e. without experience) which is why ALL oil needs a hechsher (save for extra-V\*\*\*\*\*), and yet they all make a claim of containing more or less omegas so I don't quite get your point there.*

*The motto in this kitchen is "Everything in moderation except masturbation", so a little canola oil*

*won't hurt anyon?e*

Does this help you?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 01 Dec 2016 21:12

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[Markz wrote on 01 Dec 2016 21:04:](#)

OborMottel der moderator [claims](#)

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*The motto in this kitchen is "Everything in moderation except masturbation", so a little canola oil won't hurt anyon?e*

Does this help you?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 01 Dec 2016 22:39

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[Markz wrote on 01 Dec 2016 20:27:](#)

You are seriously hacking someone else's thread

You're right. I'm sorry. I'll stop.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 01 Dec 2016 23:17

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Those four emojis spell a word that admin couldn't strike out.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 01 Dec 2016 23:19

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[Markz wrote on 01 Dec 2016 20:27:](#)

You are seriously hacking someone else's thread

If you haven't totally overdosed on your heroin, please go to your thread and see if your question was discussed there already - I don't remember

Il don't agree with the concept of "hacking someone else's thread." This is a public forum and one thing leads to another.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Dec 2016 14:08

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Another day clean.

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I woke up early and went out to breakfast with my wife.

She enjoyed it a lot. I think it was too far away and a little too expensive.

It was definitely a connecting experience, though, which is exactly what I was going for.

She said that I gave with my heart,

whatever that means.

We walked out of there stuffed.

(I will really have to exercise a lot to make up for that all-you-can-eat buffet)

It was nice spending time with her alone without the kids.

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Have a good Shabbos.

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p.s. Dov said that he is starting a phone conference in another 2 weeks or so.

I may join it, I don't know. But if he is going to be a "super-stickler" with using my real name that my wife calls me, then I won't do it.

I told him that I may rather meet someone, than join a phone conference with many people.

But he said that most people he knows, would think that it's a **waste of time** to talk to me, since I'm not addicted. He compared it to a "kiruv professional" talking to a goy

about Judaism. Yes, he literally said that!

So, if that's the case, then the people he knows, I don't WANT to meet.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 02 Dec 2016 14:13

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I'm addicted.

I would meet with you and I would want to meet you.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 02 Dec 2016 16:56

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Likewise. I'm on GYE for a reason, and I know that most people here aren't addicts but I still want to offer ESH.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 04 Dec 2016 21:09

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Another clean day.

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Out of boredom and escapism, I turned back on streaming videos Motzei Shabbos and today.

Not too good...not too smart.

And of course, I went to bed way too late.

I didn't fall all the way down, but it was an unnecessary risk that I was stupid to take.

Monday will be a better day.

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