

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 Yosef Tikun HaYesod - 08 Dec 2016 19:51

I'm sorry, Cord. I took it out.

I was kind of "iffy" including it, but I did want to know HOW people think about it, since, unfortunately, it's not just a theoretical case. Maybe email me what you think and/or a good hashkafa for me to make sense of it.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 08 Dec 2016 19:57

In other news, I'm feeling quite good today.

My relationships are getting better.

I'm spending real time with each person,

and the positivity is rubbing off and spreading

throughout the house.

Interesting how responsive everyone has been to my

spending more time with them and less escaping on the computer.

I have to keep it up!!

...and remember this feeling when I want to watch the next thing on the computer.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 08 Dec 2016 23:39

I would think that for agreeing with Cord, and apologizing, and even editing out the end of my post, I would actually gain a brownie point, not lose one.

Please explain.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 09 Dec 2016 00:27

[Yosef Tikun HaYesod wrote on 08 Dec 2016 23:39:](#)

I would think that for agreeing with Cord, and apologizing, and even editing out the end of my post, I would actually gain a brownie point, not lose one.

Please explain.

How did you lose one? Did someone take off karma?

Who are you asking to explain?

Yosef,

How come you are so busy with what people on this site owe you- how they should comment, what you would expect from them?

Making your happiness dependent on other people's reactions isn't so pleasant to be around. If you apologized and did the right thing, be proud because you did the right thing and feel good for that, don't wait for the world to give you applause.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 09 Dec 2016 00:43

Workingguy, I appreciate you trying to reach out to me.

Cordnoy didn't think the end of my post today was helpful or appropriate.

It was a little "iffy" and I, therefore, edited it out of my post.

Then, someone took away a karma point.

When I asked that person, whoever he is, to explain why he did that,

he took away another. I went from 4 to 3 to 2 all today, and I don't get it.

I wish there wasn't any such thing on anybody's posts. Are we supposed to judge other people's posts? Who are we to judge? It was never adequately explained to me.

I'm trying to chronicle my experiences as I become stronger and stronger and head toward 90-days clean. It's natural to want some positive feedback from people going through a similar nisayon, otherwise, I could just keep a journal

for myself. Also, receiving encouragement and constructive suggestions and support,
will probably help me to actually succeed.

Lastly, I want to be able to help and inspire others to succeed as well.

Maybe, people will read what I am feeling and living through, and get the koach to
continue to fight and succeed themselves.

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 09 Dec 2016 00:52

Il believe you can add or deduct karma (whatever da Hell that is) once every sex hours.

My humble suggestion: post on mobile, for then you don't see anybody's karma.

Disclaimer: when I first joined, I would notice the karma points as well.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 09 Dec 2016 00:58

did you spell 6 that way intentionally or subconsciously?

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 09 Dec 2016 01:02

[Yosef Tikun HaYesod wrote on 09 Dec 2016 00:58:](#)

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 09 Dec 2016 01:39

Which way?

[cordnoy wrote on 09 Dec 2016 00:52:](#)

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Disclaimer: when I first joined, I would notice the karma points as well.

TRUTH! Me as well.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 09 Dec 2016 02:23

I check my karma too - And it's good to see when I need to tune up my comments. In my estimation I have probably recieved 15 minus karma - some I may have deserved

If there wouldn't be a karma system I'd be here regardless

But if you're gonna dwell on the negative you are not going to get KARLMER and you will get negative ones too - cos that's what addicts in recovery are like - they despise people that harp on negativity

If you want to be Karmer, try to minimize the labeling and theorising, and share practically how you're **Karma**-ting the lust disease

Try to keep it to 2 short paragraphs cos I do appreciate a lot of your posts but my eyes max out on long posts

KOT

because

TOK

TRUCKING OBVIOUSLY KARMATES

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 09 Dec 2016 08:26

[Markz wrote on 09 Dec 2016 02:23:](#)

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Karma is indeed a weird addition to the forum. But you know, with every wheat there must be some chaff...

though you make a good point that it keeps you in check with what you post. Then when you minus karma, you should get a reason why. Kinda like having to explain why you fell on the 90 day chart.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 09 Dec 2016 12:10

[Singularity wrote on 09 Dec 2016 08:26:](#)

[Markz wrote on 09 Dec 2016 02:23:](#)

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though you make a good point that it keeps you in check with what you post. Then when you

minus karma, you should get a reason why. Kinda like having to explain why you fell on the 90 day chart.

Not gonna happen

Why?

I have written a few amazing posts and got no karma for those. Whereas I've written the most stupid posts or lowest rated joke and got 5

Lesson learned?

In life sometimes it's better not to understand everything. As long as you're not minus 60 karma for MUD and other ailments you're ok

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Re: going for 90 days (Feb. 20)

Posted by jewishfiltergeek - 09 Dec 2016 13:26

A couple of years back, you didn't need to give a reason for a fall. I had suggested that, so that it becomes somewhat like a personal diary. Perhaps suggest to the webmaster to add a feature that requires a short description of why you are minusing karma. Sure would get less people doing it if they need to post an explanation!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 09 Dec 2016 13:28

Over FOUR full weeks clean! Oh yeah!

My wife wanted me to remove the treadmill last night, so she could clean this morning for

Shabbos early.

I did not want to put it away, since I knew that I wanted to use it this morning.

(We are having a guest over for Shabbos who will need the basement).

I suggested that she clean later, after I'm done.

She thought that was the worst idea ever.

So, rather than having an argument over it, I compromised and told her that I would get up early to exercise, and put it away, before she wanted to clean.

AND I kept my word.

Shalom Bayis literally.

I mention this, because a month ago (a short four weeks ago), this would have been an argument.

I would have refused to give in to her "ridiculous idea" of having a fixed set time for cleaning the basement, which could easily have been done last, instead of first.

And I already brought her home flowers that she likes, last night.

It's going to be a great Shabbos.

I hope everyone here has a great Shabbos too!

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