

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 cordnoy - 11 Dec 2016 16:50

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 16:12:](#)

Cord, 90-days is the end of the race in the mushel.

I've VERY rarely, made it that far/long.

If and when I finish the race, I will feel powerful and strong and good...

that I accomplished something real after a lot of hard work.

I understand that then there will be MORE races to run...

but that's not a contradiction.

What does this mean: "Will there be in waiting seventy....?"

B'hatzlachah

Let's talk again when you finish the race.

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Re: going for 90 days (Feb. 20)  
Posted by Shlomo24 - 11 Dec 2016 18:08

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I'm not sure why it's a race. Last I checked no one was getting timed, there was no finish line, and there were no other competitors. Sounds like a hella weird race.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 11 Dec 2016 18:45

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Feeling like I entered the twilight zone again.

I was asked a question by Watson: Why are you so happy with 4 weeks clean when you wouldn't normally fall by now anyway?

I answered with a mushel: there's a runner. At the 5k mark, he always has to start walking. He has never been able to run the whole 10k race without walking. Then, he changes some things up, gets some suggestions and takes some advice, and now he is running another race. At the 2k mark, he says: "2 kilometers...Oh yeah!" So, someone asks him, but you always made it to the 5k mark before you had to stop running. What's the big deal about getting to the 2k mark? The answer is, that he feels good and strong and knows that THIS time, he will probably make it a lot farther...maybe even the whole race.

The nimshal is not a race, doesn't have a finish line, you don't have to wear running shoes, or have a number bib pinned onto your shirt. What is confusing or not clear?

Yes, it's true that I might even fail later today, but I feel good and strong, and feel that I will probably make it a lot farther this time, maybe even my whole life.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 11 Dec 2016 19:45

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 18:45:](#)

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I answered with a mushel: there's a runner. At the 5k mark, he always has to start walking. He has never been able to run the whole 10k race without walking. Then, he changes some things up, gets some suggestions and takes some advice, and now he is running another race. At the 2k mark, he says: "2 kilometers...Oh yeah!" So, someone asks him, but you always made it to the 5k mark before you had to stop running. What's the big deal about getting to the 2k mark? The answer is, that he feels good and strong and knows that THIS time, he will probably make it a lot farther...maybe even the whole race.

The nimshal is not a race, doesn't have a finish line, you don't have to wear running shoes, or have a number bib pinned onto your shirt. What is confusing or not clear?

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 11 Dec 2016 19:55

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(I don't speak fluent smiley faces, so please write or email me in English).

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 11 Dec 2016 19:59

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 18:45:](#)

The nimshal is not a race, doesn't have a finish line....What is confusing or not clear?

In post 299613 you wrote:Cord, 90-days is the end of the race in the mushel.

I've VERY rarely, made it that far/long.

If and when I finish the race, I will feel powerful and strong and good...

that I accomplished something real after a lot of hard work.

I understand that then there will be MORE races to run...

So, are you in a race, or aren't you?

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 11 Dec 2016 20:02

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 19:55:](#)

(I don't speak fluent smiley faces, so please write or email me in English).

As I have written several times (perhaps not on this thread), my keypad sometimes locks me out from posting, that is when I use hyperglipics (yes, I know).

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 11 Dec 2016 20:08

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 16:04:](#)

First, I would like to know what's the difference?

Maybe, I don't care to admit that I went on here before and failed and gave up for many years.

I'd like to say that I feel bad for getting so mixed up in someone's thread. This may be a first for me. I feel like I'm attacking you and can understand why you feel defensive.

So I'm in 2 minds as to whether to try and help you even though it's hurting me, or just leave you to it, hope you sort it all out. If you'd like me to stop posting here, just say the word and I'll listen. I have no desire to write unhelpful things.

The reason why I've posted so many times here is because so many of your posts beg a response. I still have the uneasy feeling that I'm missing something crucial, a piece of the puzzle that will make the picture clear. And I know I've not been helpful there, I've thrown the dialogue off and I apologise for that. Part of me wishes we could start this thread from scratch, starting with the exact situation and problem you face.

But to answer your question, of course you may choose which details you tell us and which you

don't. You don't have to tell us anything. But you came here asking for help, yet you're making it very difficult for any of us to help you.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 11 Dec 2016 20:28

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Thank you for clarifying your question.

Reading it over again, what I wrote IS a little confusing,  
since I am switching back and forth. I apologize.

I will clarify what I meant.

The answer, of course, is that I am NOT actually in a race.

The race is only a mushel to help me describe what I'm feeling,  
in order to answer Watson's question to me (see 299545).

Then you asked me:

When does the race end?

What does the finishing line look like?

Will there be in waiting seventy....?

I answered your first 2 questions:

Cord, 90-days is [compared to] the end of the race in the mushel.

I've VERY rarely, made it that far/long [with tyvah test/nimshal].

If and when I finish the race [using mushel language to describe 90 days clean],

I will feel powerful and strong and good [as I would after finishing a hard 10k race]...

that I accomplished something real after a lot of hard work [with tyvah test/nimshal].

I understand that then there will be MORE races to run [again, using mushel language to describe further clean day goals in the future]...

but that's not a contradiction [to there really being no end to this tyvah test].

What does this mean: "Will there be in waiting seventy....?"

[which, of course, I never got an answer to...and may have been a crude joke referring to what arab terrorists THINK they have waiting for them when they die].

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 11 Dec 2016 20:32

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 20:28:](#)

Thank you for clarifying your question.

Reading it over again, what I wrote IS a little confusing, since I am switching back and forth. I apologize.

I will clarify what I meant.

The answer, of course, is that I am NOT actually in a race.

The race is only a mushel to help me describe what I'm feeling, in order to answer Watson's question to me (see 299545).

Then you asked me:

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I've VERY rarely, made it that far/long [with tyvah test/nimshal].

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that I accomplished something real after a lot of hard work [with tyvah test/nimshal].

I understand that then there will be MORE races to run [again, using mushel language to describe further clean day goals in the future]...

but that's not a contradiction [to there really being no end to this tyvah test].

What does this mean: "Will there be in waiting seventy....?"

[which, of course, I never got an answer to...and may have been a crude joke referring to what arab terrorists THINK they have waiting for them when they die].

can you explain please your two words "of course"?

Thankl you

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 11 Dec 2016 20:42

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Watson, I would very much like for you to try to help me.

You can get my email from Cordnoy.

I appreciate that you have a sense of how I feel now.

I am trying to be quite open about my experiences and feelings.

By the way, you did not answer my question, which was

what difference does it make?



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Cord, the first answer is arrogance, the second answer is that my fingers just hit those keys without thinking, and the third answer is that I don't think anyone would really, honestly suggest that we are in a race.

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Re: going for 90 days (Feb. 20)  
Posted by cordnoy - 11 Dec 2016 20:46

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[Yosef Tikun HaYesod wrote on 11 Dec 2016 20:42:](#)

Watson, I would very much like for you to try to help me.

You can get my email from Cordnoy.

I appreciate that you have a sense of how I feel now.

I am trying to be quite open about my experiences and feelings.

By the way, you did not answer my question, which was

what difference does it make?

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Cord, the first answer is arrogance, the second answer is that my fingers just hit those keys without thinking, and the third answer is that I don't think anyone would really, honestly suggest that we are in a race.

Take care.

Il wish you only the best.

I will watch from the sidelines.

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 11 Dec 2016 20:47

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Please explain.

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My 3 answers were to this "of course":

"The answer, of course, is that I am NOT actually in a race."

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 11 Dec 2016 22:31

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I don't know what is going on?

If I have somehow offended someone, this was not my intention.

Perhaps email is a better way to have an ongoing discussion with someone.

I think I will continue posting here, since it may help me and many others...

others who are reading this, and may be inspired, but don't often, if ever post here.

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