

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 Yosef Tikun HaYesod - 20 Dec 2016 16:50

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Gevura, I think your signature line says it all!  
I am guessing the meaning of those initials: Keep On Making Commitments To grow  
Otherwise, please enlighten me.

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Re: going for 90 days (Feb. 20)  
Posted by Markz - 20 Dec 2016 17:03

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[cordnoy wrote:](#)

Il commend you for talking to your Rav.

Very nice.

Ditto

Keepz

On

Monstah

Craz

Trucking

Mark'

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 20 Dec 2016 19:07

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Keep

On

Monstuh

Cold Turkey-in'

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Re: going for 90 days (Feb. 20)  
Posted by czworking123 - 20 Dec 2016 19:13

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wow great things await you for having the strength to open up and to keep going even after those that are close to you "went against you" and gave you a hard time i've had some major ) but the feeling of doing the right thing is far better than the feeling of doing the things that HE wants us to do just had that today (check my last post at group 198) and as a rebbe once told me HE may bounce back but sooner or later HE loses his bounce and stops!!!

May we all be zocha to see that day soon!

P.S. some of us might be the right hand while others will be the left

(I happen to be a leftie)

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falls from that in the past (been fighting this for 15-20 years!!)  
Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 20 Dec 2016 21:07

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Keep

On

Monstuh

Cold Turkey-in'

This is awesome! It has given me a sustained, genuine smile.

Thought you should know.

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 20 Dec 2016 21:21

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[Yosef Tikun HaYesod wrote on 20 Dec 2016 16:18:](#)

I read everything, and actually called a Rov.

Yosef I am impressed. I didn't think you had it in you but I was completely wrong there. Well done, you did good. You did really good. This made my day. Asei lecha Rav ve'histalek min hasafek. Beautiful.

KUTEW (keep up the excellent work!)

Hats off to you. +1 karma. I wish I could give you 2.

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Re: going for 90 days (Feb. 20)  
Posted by Markz - 20 Dec 2016 21:25

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[Watson wrote:](#)

[Yosef Tikun HaYesod wrote:](#)  
Wow wow wow.

I read everything, and actually called a Rov.

Yosef I am impressed. I didn't think you had it in you but I was completely wrong there. Well done, you did good. You did really good. This made my day. Asei lecha Rav ve'histalek min hasafek. Beautiful.

KUTEW (keep up the excellent work!)

Hats off to you. +1 karma. I wish I could give you 2.

Wow wow wow  
Watson I'm your shliach ;-)

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Re: going for 90 days (Feb. 20)  
Posted by Singularity - 21 Dec 2016 08:32

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Yay, Yosef! Yosef, Yay!

It takes a very expensive pair of pants to strap up and call a Rov. May you drown in your riches!

**Vayeishev.** It's your parsha. Shine!

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 21 Dec 2016 12:41

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I am up early. The benefit of not staying up late on the computer!!

Man, I really wanted to watch those episodes! But the truth is that once I would watch those 47 "stupids", as my son calls it, there would be 10 or 15 more, I'd be interested in! It's literally never-ending. They are free, available, enticing, numerous, and growing all the time. Eventually, and perhaps inevitably, spending tons of time watching stupids/ streaming videos, leads me to watching porn and masturbating and wasting seed. I know that my personal nisayon is that I am way more strongly pulled to the former, (to watch regular videos), than to the latter (to watch explicit stuff and masturbate and waste seed).

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Anyway, both are very bad habits that I am breaking free from, with HaShem's help, and though I wanted to work on it differently, cutting down on the "stupids" slowly over time, I have been "boxed in" as a support buddy called it, to do it faster with the Cold Turkey method. I was VERY reluctant to try a 3rd helping of Cold Turkey. First of all, it sucks. Second of all, I tried it twice already and both times it lasted less than a week! But, I am coming to terms with it. And this time, I feel a lot less alone. My whole family is involved, I feel you guys are involved more and rooting for me, and my Rov is involved! AND I don't have the easy ability to just change it, since I no longer have the whole password!! I tried to express this in numbers on a scale, but we're not going there again

Gevura asked: "So after all is said and done, do you think you can hold out for 2 weeks?"

Maybe by then you will find that you don't miss it quite as much as you are afraid of right now."

The answer is yes. I am giving it a try for 2 weeks. My plan was that I intended to test the idea of not having the whole password for 2 weeks, to see if I actually spent significantly less time



on the computer, with a strong filter that doesn't allow anything explicit,  
but with emails and posting, and all the streaming videos I could do in the time limits I set.

And you know what they say: "Man makes plans, and HaShem laughs".

Now, it has also turned into a test of how I deal with giving up the stupids for 2 weeks...

and hopefully, for good!! (a 3rd and hopefully final helping of Cold Turkey!)

I think you are 100% right, that I will find after the 2 weeks, that I don't miss it quite so much.

I suspect that hopefully (Caution: mushel ahead) my lungs will start to clear up,

and I will breathe fresh air for 2 weeks, and I will start to see the possibility and benefits of

not inhaling poison into my lungs, over and over and over again.

(I am overweight and have a bad habit of stress-eating and celebratory eating,

which I am working on, eating healthy, exercising, and losing weight,

but I am not a smoker, Boruch HaShem.)

5 days clean...and 1 full day stupid-free/Monsta Cold Turkeying.

And I don't think I am "holding my breath" as I think Singularity asked,

but rather I feel I am finally breathing fresh air...(but still want a cigarette or 47!)

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 21 Dec 2016 16:18

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Yosef,

You're doing great! I totally relate to your struggle; I don't have a strong pull to pornography presently but I LOVE movie trailers, entertainment news, and the occasional streaming episode. But, it just doesn't work- the women on these things are all over the place, enticing, and it just has to lead to more and more and then something bad.

So I've also realized and struggled to come to terms with two things. 1) That I can't partake in this stuff and think it's not going to end badly or at least make me struggle more.

2) That for the frum person I supposedly am and the person I am trying to be for my kids and for the household I want to have, viewing this stuff is living a lie.

I realized from Dov's post the other day that the issue isn't that I don't masturbate or watch porn so I'm getting better; the issue is that as much as I am still involved in seeing any sort of stimulating or titillating stuff, I'm living some sort of level of lie.

Like you say, it sucks, it's hard, and the entire secular culture makes it that there is free indecency everywhere to make you want to read the entertainment site, watch the trailer, go searching for those pictures, stream the video, look at the magazine, get HBO or NetFlix, click on the click bait on the side of the page, read the entertainment pages in supposedly reputable papers, or trashy ones.....and like the Maccabeats said- it goes on and on and on....and we don't want it to be "until our soul is gone!"

So we gotta do it, and you've made a great push!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 22 Dec 2016 12:47

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I made a little chart to keep track of these 2 weeks.

I went to bed again on time. And learned night seder for the first time in over a month!!

And I learned a daf of Gemara, that I wouldn't have found the time for. So, this is already having VERY positive effects.

The urge to watch stupid is still there, but it's mainly out of sight, out of mind.

I wrote a long email, which means this will be short and sweet (relative to my usual posts).

My family is still "catching up to me": having dinner and family time together when I come home, since for so long, I have pacified myself with the computer.

I came home, sat at the table, and nobody was ready. Nobody was there.

I think they are a bit in shock that I am seriously doing this.

Dinner and quality family time (real life) is way better than watching stupids.

I tried a frum suspense/thriller book, but couldn't take how bad it was after 20 pages.

Any suggestions? I read a Mishpacha in bed, but not too impressed with that either.

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Re: going for 90 days (Feb. 20)

Posted by TzedekChaim - 22 Dec 2016 18:10

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Kol Hakavod Yosef on speaking to your Rav!! Outstanding!

I relate completely with the movie/streaming video thing. Not for inappropriate content, rather more for entertainment (escaping from reality into a wonderful entertaining land). In fact, I would prefer if the movies would be clean, because then I could watch them with a clean conscience. In a way it is a bracha that everything has gotten so inappropriate since that makes justifying the watching that much harder.

I don't like TV generally, but if I get sucked into watching a show/series, then I found myself binge watching the whole thing, which made me realize that I have a problem. (I think, for me at least, the movie watching is an attempt at void filling which my addiction also does). For the past bunch of months I have basically stopped watching movies or tv shows. I find that I have a lot more time and that I don't need it at all. (btw watching movie trailers or season premiers is problematic for me since then it gets me all fired up with a big taiva to watch the show/movie. )

to paraphrase what you have said so eloquently no matter how many movies we watch it will

never be enough.

Another thing I found was that when I was bored, or feeling lonely, I would choose a movie to fill  
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Its a challenge, but the draw to watch gets less with time, and I am not saying that I wont watch a movie ever, just that I don't need to watch one now (or today) Seems to be working pretty well for me, but who knows.

the time. (the movie obviously didn't fix the lonely part  
These are just some of the things I have found that relate to me in terms of movie watching. I don't know if the same would apply to you or not, but this works for me and if your situation is in any way comparable then this is what works for me.

Wishing you much hatzlacha!!!!

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Re: going for 90 days (Feb. 20)  
Posted by gibbor120 - 22 Dec 2016 22:11

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It sounds like you have taken some very postive steps. KUTGW!

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Re: going for 90 days (Feb. 20)  
Posted by Yosef Tikun HaYesod - 23 Dec 2016 12:39

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Again, dinner wasn't ready, the table wasn't clean,  
nobody was there and waiting for me, when I came home.

Nobody "gets it" that we are operating on a better, upgraded system of reality now, with the family eating together and spending real quality time together for the first 45 minutes to an hour after I come home every night. They have all gotten so used to the broken, bad system of behavior with everyone doing their own thing, that they are "caught off guard" when I ask where everyone is.

It takes over a 1/2 hour to get everyone and the table and dinner together, and I feel a strong urge, with the force of a really bad habit, rise up inside of me. I just wanted to escape and put on the computer!!!

The computer, that was always there for me, and soothed me, and kept me calm and entertained...plugged into the matrix, filling my head with tyvahs and garbage, wasting my life, and hurting my real connections to HaShem and to my family...but always there for me.

But now it wasn't available!

And my son wasn't even home to put in his 1/2 a password, so that I could change it!

Wow...

The desire and frustration was real. I told everyone that if I am no longer going to have the computer to escape to, then I want/need to have dinner and everybody ready to spend family time together...on time, when I come home (which is a known time within 5 minutes or so).

So, we were running very late. I was frustrated, but finally ready to start learning.

First, my son says it's too late to start learning. I got so frustrated, I yelled at him

(not proud of that reaction). Then, we finally started, and within the very first Mishna, we kept getting interrupted. My wife just wanted to ask him something, and then another thing, they are talking in whispers using hand gestures back and forth, as I read out loud the Mishna, and I got so frustrated, that I left the table. NO learning, no shalom bayis, but no computer, and no late-night either. I slept well, until I heard an animal on our roof at 5:00 in the morning.

I will make up with everyone today, so that I/we go into Shabbos with shalom. I think I'm only 2 full days into Cold Turkey...I sure hope it gets easier, because last night sucked!

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An interesting thing to think about: Rabb Fishel Shechter gave a shiur on the parsha, and said in the name of the Sfas Emes, that Yosef was a smart man. He must have known what she would/could do with his clothes, so why didn't he go back to pull it away from her, before running out of there? The Sfas Emes answers that Yosef was indeed a very smart man, and he knew that if he went back to grab his clothes away from her, HE might get stuck in her grasp and do the aveira with her. He had to just run away, right away, without making any cheshbonos, even knowing full well that it might get him in trouble later.

He eventually went to prison for many years based on this "evidence" of leaving his clothes behind.

Have a good Shabbos and Happy Chanuka everyone!

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