

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 czworking123 - 23 Dec 2016 13:04

markz

true to pin recovery on someone else but i think what was meant that i need your help
but there definitely needs to be a change of how to say it

KUTGW

HAHACS and AFC

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 23 Dec 2016 13:06

I agree. But what should I do?

I don't want to wait around for 1/2 hour, with a huge tyvah bad habit

that I'm trying to break..."calling out to me".

I want to have family dinner time together, which is reasonable.

And I don't want to have that vacuum, which the computer used to (and still can) fill.

HAHACS and AFC ---please explain what this means in English. I can't even guess.

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 23 Dec 2016 13:13

What worked for me was to learn mishnayos for my father zt"l read some biography help in the kitchen or around the house

basically you need to find a pasttime or hobby for times like this

Hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 23 Dec 2016 13:35

O.k. I'll guess:

HAppy HAnukah Cool Shabbos, and Apple Filled Chicken

or

even better:

HAppy HAnukah, Chanuka Somayach, and A Freilicha Chanuka

The 2 A's after the H's are throwing me off though.

HH would be Happy Hanukah.

Maybe you mean: Ha Ha like you are laughing.

Maybe I should get off the computer now.

GS and CS everyone!

(Good Shabbos and Chanuka Somayach)

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Re: going for 90 days (Feb. 20)

Posted by Watson - 23 Dec 2016 14:24

[Yosef Tikun HaYesod wrote on 23 Dec 2016 13:06:](#)

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And **I don't want** to have that vacuum, which the computer used to (and still can) fill.

Live life on life's terms.

It's not about what you want it's about what Hashem wants.

That's not always an easy mindset to have, especially when I'm hungry.

I once heard an amazing sholom bayis shtick, to always stop off at the bakery on the way home from work and buy the most delicious cookie / doughnut / whatever. You take the cake all the way home, get ready to open the door, eat the cake then go in. Suddenly, dinner can wait those

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 23 Dec 2016 14:26

My apologies.

I wanna break a habit.

~~extra few minutes~~
I want a family dinner.

I wanna learn with my son.

I don't want a vacuum.

I don't wanna wait.

Nobody got the memo that there is change going on here.

It's all about me.

That attitude is the one that needs to change.

And my friend, I am not picking on you. This was my life. I had my escape. I had my wants and desires. My wife wasn't following my fantasies of life. I was/am egotistical and a self righteous

pig. The habit I needed to break was not thel damn movies, but the damn self. That was what was broken.

It took weeks and months and years to change the feelingsl and the hurt of the past. It is still a work in progress.

Please think about this a little.....especially before responding. Please, I beg of you. Take it to heart. Yes, I may be way off and you are the most selfless person, husband, father in the world, but your posts (and perhaps it is your writing style) tell a different story.

May you be blessed with joy, serenity, simchos, nachas and all the other good things.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 23 Dec 2016 14:33

And now a word from the Mashgiach Ruchani / Executive Mashpia of GYE

who says "you need to tell you..."

Right click [HERE](#)

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 23 Dec 2016 14:41

[Markz wrote on 23 Dec 2016 14:33:](#)

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Right click [HERE](#)

Left clickin' links don't work on mobile.

(external sites are not allowed....yada, yada, boo)

Il don't know how to right click on this.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 23 Dec 2016 15:02

[cordnoy wrote on 23 Dec 2016 14:41:](#)

[Markz wrote on 23 Dec 2016 14:33:](#)

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You'll get a pop up with options to view the Mashgiach in a new window

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 23 Dec 2016 15:51

[Markz wrote on 23 Dec 2016 15:02:](#)

[cordnoy wrote on 23 Dec 2016 14:41:](#)

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Thank you for instructions and the link.

thatl is super!

You go!

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 23 Dec 2016 16:02

[Markz wrote on 23 Dec 2016 14:33:](#)

And now a word from the Mashgiach Ruchani / Executive Mashpia of GYE

who says "you need to tell you..."

Right click [HERE](#)

Who dat?

I know...

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 23 Dec 2016 16:29

[cordnoy wrote on 23 Dec 2016 14:26:](#)

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May you be blessed with joy, serenity, simchos, nachas and all the other good things.

That's also what stuck out to me. A hell of a lot of self going on.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 23 Dec 2016 16:29

[Yosef Tikun HaYesod wrote on 23 Dec 2016 13:06:](#)

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Yosef,

Come on buddy, you gotta recognize that you sound very self centered. The first time that my wife found out that I looked at pornogrpahy, she said that we wouldn't be together for a while, and I had been clean for two weeks. I said "But how will I stay clean?" She really let me have it about how selfish I am. Here she is in shock and I only care about my program.

Yosef, you decided to change and they 1) haven't seen it for a long time so don't necessarily believe it, and 2) who says that hey have to change just because you want to?

You can tell them as the father that you want to have family supper, and that might be meaningful to them, by to tell them that you want family supper because you're not looking at he computer or bc YOU want to isn't very inspiring.

And we still love you and aren't picking on you, but try to see the self centeredness here.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Dec 2016 07:00

One's environment can make it easier or harder to pass the nisayon. That is a fact.

I am writing about my personal experiences trying to pass this nisayon, so I think it's fair that

I write about how my family not being ready for dinner/family time, makes it more difficult for me to pass the nisayon, since it creates a vacuum, which the yetzer hara then pushes to fill.

Of course, my writings about my experiences will be from my point of view,

"centered around myself", but is this something wrong...being self-centered? Suppose, I was on a weight loss forum, writing about my experiences trying to lose weight, and someone said:

man, all of your posts are about you, you, you. What you can't eat. How the holidays are difficult

for you, because of all the special treats. Why can't you ever look at it from someone else's

perspective? Just because you are on a diet, does that mean that your wife and family have to change?

Let them make and eat their latkas and sufganiot and pizza and popcorn, and just have a salad in the corner on your own. Think of their happiness.

I don't think so, but maybe. But I would think they are mistaken too. Where else am I going to open up about my experiences and difficulties and challenges? Who else would/should understand where I'm coming from? My family may not get it, but at least the people on the forums will get it and offer me

support and encouragement.

Hey stop being so selfish. Let them eat their cake and just change yourself, is not what I'm looking for. That is not going to be the uplifting message to help me stay focused on my diet.

Does anybody truly think that it is? That you can only give tough love,

and say work on yourself. You are the only one responsible for what goes in your mouth.

Stop focusing on externals.

I personally feel that this is NOT the best way, and would motivate me and push me in the OPPOSITE

direction towards feeling isolated and alone and giving up and eating whatever feels good right now.

Then, I heard a great insight from Rav Fishel Shechter, who basically says that it IS all up to me,

and that I can't use my environment as a valid excuse for my failing (I wrote this on the Beis Medrash forum, but I will copy it over here, so more people will see it):

Parshas Vayayshev is the story of Nisyonos.

The Beis Avraham from the Slonimer, says an amazing insight.

The end of the parsha talks about the cheit of Er and Onan, which is the cheit of motzeishichvaszera. And it comes right after the nisayon of Yosef HaTzadik.

And he says the point of the posuk is that you have 2 sons of Yehuda, Melech Yisroel, growing up in Eretz Yisroel,

and you have Yosef, who was without his father, totally separated from his brothers, with the guilt and anger of what happened to him, thrown into a pit

and then sold as a slave by his own brothers, who were tzadikim doing it l'shem shamayim.

So, he is all alone, in a foreign environment, with all the excuses in the world to act out and go off the deep end...

and yet he passed his huge nisayon and was successful.

And you have, Er and Onan, who grew up in a loving home, with Yehuda as their father, in Eretz Yisroel, and they blow it.

This comes to teach us that environment isn't everything/isn't the factor.

Sometimes, it's just an excuse. Don't blame your environment.

If a person really tries, there is a siatad'shemaya to keep us going and be successful.

In a similar vein, Rav Hutner said that the ikker nisayon in America is apikorsus,

and the biggest apikorsus is that a person doesn't believe in himself...

in the power of his tefilas, the power of a mitzvah, of a blatt Gemara.

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