

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 cordnoy - 25 Dec 2016 21:12

[Shlomo24 wrote on 25 Dec 2016 21:09:](#)

I'm personally a big fan of therapy, even if it's for a short while or not such a pressing issue. But everyone has their opinions. I appreciate the thank you.

Il am as well, but I don't push it on others.

not sayin' you did.....

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 25 Dec 2016 21:35

I'm not a big fan at all. I've tried going with my wife several times over the years.

Never met with any real success.

Often, not always, I think the people who go into therapy need it the most themselves.

Maybe, I just never found a good shaliach who could help me and my situation with my wife.

I have been extremely open to trying to improve things, like I said going to different people over the years. There are some real issues. This bad habit is certainly one of them.

Also, I get the impression that my wife does not really want to see anyone that may ask of her to change.

She denies this, but whatever. Experience has shown otherwise.

Also money is an issue, and would have to be worked out.

If you actually know of someone very matzliach and very good,

you can email me. Cord has my email.

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 25 Dec 2016 21:48

i feel the same as yosef but you are going the right way about it

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 25 Dec 2016 21:48

I started to listen to the Rav Simcha Feurman Choson Shiurim series.

He sounds real down to earth...and he said he speaks with 20 years counseling experience.

I will go through the whole series, bli neder, taking notes.

Maybe, I could email him my questions and comments, and really gain from it.

I know that HaShem gave my wife to me, and that dafka through

passing nisyonos being married to her, is how I can best grow.

But that doesn't make it any easier living day by day.

The way she acts toward me, makes it specifically harder to pass my nisayon with tyvah.

And in that way, she is not such a helpmate, but actually hurting me and setting me up for failure.

Why I am so honest, opening up with you guys, is beyond me.

I guess I believe that everyone here IS interested in trying to help me.

Just please respect my limitations.

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Re: going for 90 days (Feb. 20)

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you can email me. Cord has my email.

Organization in north America called relief.

They have good referrals.

In Israel, there's a fellow named Shlomo zalman jessel. He is good for different things.

There used to be a link here on top for a list of good therapists.

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 26 Dec 2016 00:26

I can attest to Rabbi Feuerman. He's excellent.

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Re: going for 90 days (Feb. 20)
Posted by serenity - 26 Dec 2016 03:09

One of the advantages **for people like me** about going to 12 step meetings is that as a general rule there is no cross talk. That means that I share what's on my mind and people don't respond with criticism, wisdom or advice. I have a sponsor and a sober network that I can go to for that on an individual basis. I also have a very specific program that works **for me and for many others like me**. Some people need the chizuk and advice that can be found in these forums and for others it can be detrimental. I've only gone through pages of this thread and haven't rally read enough to know your story, if it's even in here. One of the comments I read is that you are reaching out to people here by email. Taking steps like that is something I can relate to as being helpful, particularly if the people you are talking to are people who you can relate to and they are actually in long term sobriety.

Hatzlacha, chaver

?PS, I'm a people pleaser and need validation from others to support my self worth. You relate to that much?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Dec 2016 06:13

Shlomo, do you think he would answer email questions and comments on his chosen lecture series?

Does he have a sliding scale to meet 1 on 1 and be affordable?

Not sure what your haskama was going on.

Something thought-provoking happened to me:

I put my jacket down, draped over an empty chair across from me,

and sat down to learn in a Beis Medrash, with many more empty seats than filled seats.

An hour or so later, a guy comes and asks me using hand gestures if he can take that chair

and move my jacket to another empty chair.

O.k. whatever, I don't care. Go right ahead.

But then it occurred to me, that it was so odd that he had to ask me to move my jacket,

when there were tons of empty chairs around the Beis Medrash. It made no sense!

Oh well, back to learning.

Then, when we got up to daven, I realized that the chair my jacket was on,

was, in fact, one of the ONLY ones without armrests, and this large fellow wanted

specifically, that chair, since it was more comfortable for him to fit in/ sit in/ and learn in.

What seemed so odd and nonsensical at the time, I now understood and it made a lot of sense.

This is a lesson for life that HaShem wanted to teach me!

Many times I don't understand something.

But, in the future, I will understand everything...why it had to be that way.

How everything fits and makes sense.

Interesting, huh?!

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 26 Dec 2016 06:42

great eye opener thanx:

it really is interesting to be able to "see" the real picture and realize that not everything is so black and white

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Re: going for 90 days (Feb. 20)

Posted by Watson - 26 Dec 2016 08:49

[serenity wrote on 26 Dec 2016 03:09:](#)

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I wrote a few paragraphs about how live SA meetings are where newcomers are supposed to shut up about the problem and learn the solution from the example set by sober members

), whereas online forums lend themselves to talking mainly about the problem and debating the solution.

(Cords, I said supposed to
Then I realised that it would lead to an argument so I deleted it. Even these few lines is probably too much.

(For clarification: Yosef I am NOT saying you should attend SA.)

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 26 Dec 2016 12:47

Watson, you are a genius. You figured out a new way to communicate secretly.

I appreciate both of your last posts AND I appreciate even more
how and why you decided to delete them.

CZ, everything may very well be black and white.

It's just that what I/we may think looks black, is really white...and vice versa.

We make judgments and think things don't make sense,
when in reality, they make perfect sense.

No learning last night, and went to bed too late

(growing pains trying to start a new good habit).

But I spent a lot of quality bonding time enjoying my family.

And I didn't do any streaming episodes...still want to.

I had a l'chayim, and actually fell asleep on the couch!

Not usually such a lightweight. I must have been TIRED.

Eventually made it out of my clothes and into bed.

How I feel great now, is a mystery/Chanuka mini-miracle.

I did have a HUGE steaming mug of coffee mixed with cinnamon and cocoa...yum!

Double digits clean....cane yirboo. I want triple digits.

(check out the Beis Medrash for a great insight...and check out the Beis Medrash forum too!

Wow, I really am in a good mood today.)

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 26 Dec 2016 13:18

Yosef: Please email me at iam24zman@gmail.com.
Don't worry, I know, I will do it one day at a time (ODAAT)

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 26 Dec 2016 20:36

I got presents for the whole family.

I got each of them something they wanted.

That's very nice and warm and fuzzy...

getting them, giving them, seeing everyone's reactions.

But then I read the following, which is just awesome, and must be shared:

"This is the time of year that we shower children with gifts.

This year, let's take a few moments to focus on the greatest gifts money cannot buy.

1. Time

Children crave time together with loved ones. They're hungry for positive attention.

Kids seek some type of affirmation of love, of our pleasure when we spend moments with them.

We mistakenly throw toys and electronics at them, thinking that will make them happy,

and then we wonder why they're whining minutes later.

It's not the things that matter; it's what we do with them that counts.

Do we sit down on the floor and play the game, even once?

Do we watch as they try the scooter down the block? Do we delight in the doll?

More presence. Less presents. Time is the one gift that can never be replaced.

Ask your child what he would like to do with you this holiday.

Some children would love to watch a ball game, others to go ice skating,

paint pottery, experience rock climbing or even build a model airplane together.

Whatever it is, when you give the gift of time be sure you give with all your heart.

Don't seem disinterested. Turn off your phone. Don't go grudgingly.

You will never regret time spent together. The memory will remain with your child forever.

2. Smile

Sometimes the easiest gifts are the ones we find most difficult.

We smile when we cradle a newborn in our arms or when we're having a fun night out.

But parenting brings challenges. As our children grow we are stressed and pulled in

so many directions and we forget to smile. The joy is missing.

Even if you don't really feel it, give your child a smile. Smile when you see him

in the morning and when he comes home from school. Brighten your home,

bring sunshine into the room. Show that you are happy to see him.

When my mother was a little girl in Bergen Belsen, my Zayda told her that she has a very important mission.

“Here? But I am just a child?”

“Smile at each and every person,” my grandfather said.

“When they will see your smile you will give them hope. You will make their hearts sing.”

My Zayda’s wise words speak to us all. If a child’s smile could bring light to such a terribly dark world, imagine the joy each of us can create today.

3. Model an Attitude of Gratitude

Stop the complaining. Stop comparing lives. Stop awfulizing.

While it’s true that we have no choices about the situations we sometimes face,

we can choose how we will react. Our children watch us. They hear our griping. They internalize our discontent. They mimic our attitudes. What are we teaching them?

Show me a happy person and I will show you a person who appreciates life.

Gratitude means we develop a positive eye, an ‘ayin tovah’.

We focus on that which is good instead of that which gets us down.

We either allow ourselves to fall into a drama pit of never ending problems

or we pick ourselves up and discover the secret to resilience.

Developing a spirit of optimism is one of the greatest gifts to give a child.

A can-do attitude, an eye for all that we have been blessed with,

instead of constantly comparing and feeling that we fall short.

4. Identity

Children need roots. They need to feel that they belong.

When we give our children an identity we bestow our children with a solid sense of self.

Our culture forges an identity with the brands that we wear,

the type of sneakers on our feet, the cars that we drive.

When our children feel that they are not keeping up with the Goldstein's,

there's a sense of inferiority. Sadly, their self-confidence suffers.

Traditions, joyful rituals, pride in our legacy and heritage teaches children

the true source of a greater self. It is not our 'things' but rather our spiritual dynasty

[the Avos and Imahos and Tzadikim and Nashim Tzidkonios that are all part of our collective heritage]

that reveals our inner wealth. Holidays and traditions give children time together as a family,

as well as a positive connection to their roots.

Acknowledging values reinforces convictions that we hold dear.

5. Safe Spaces

Family means loyalty, kindness, sacrifice, and giving.

Our children feel loved when they feel safe. Homes where sarcasm, unkindness,

selfishness and criticism flourish do not allow our sons and daughters to connect.

We must live love. Bonding between siblings, between parents and children

cannot happen if children feel shamed. Constant criticism tears children down.

One of the greatest gifts we can give as parents is creating a home

filled with compassion and gratitude, forgiveness and connection, peace and holiness.

This Hanukkah give your family the greatest gifts.

The gifts of your heart will speak to them long past this holiday season."

Slovie Jungreis Wolff, daughter of Rebbetzen Esther Jungreis

Wow...something to think about and act upon!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 27 Dec 2016 16:30

Here is another gem, all from a shiur he gave: Rav Fishel Shechter is returning his car lease. And he has to go through a whole inspection. They say he needs to get a car wash. Why would they need him to do that? Then the inspector tells him the point of the car wash, it's easier for us to see the little scratches and the dents on it afterward!

The Ribono Shel Olam knows what generation we are living in...that we are a living in a very weak generation. In the previous generations, the neshamas were very, very clean, so every little thing showed up. The maaleh of living in this generation is that (you can't dump extra dirt or get dents on purpose, but) every little thing doesn't show up. He doesn't look at every dent. It's not so visible, because He knows the kind of environment we are living in...the world that surrounds us.

The problem is that we have to realize the koach of our mitzvahs. We have to know that...the koach of our tefilas, of our learning and everything good we do.

He had to print something. But he didn't know how to print. There was no printer there. So, getting frustrated, he kept hitting the print button, over and over and over. The secretary came upstairs to him and said here are all your papers, stop hitting the print button! We don't realize what every shemoneh esrai does. Every holding yourself back, every davening, every minute we learn something, we don't know what it does! We don't know the koach we have.

The posuk says that Reuven hears what is going on and he saved Yosef. But did he really save Yosef?no

The Sfas Emes says: he did what he could at that point. To the extent of what he could do, he did his best. HaKadosh Borichu judges us by who we are at trying times...how hard we try, not on success and failure.

If we sincerely try our best, He considers it as done!

We don't realize what our actions do down here.

Next, it says that if Reuven knew that what he was doing would be written in the Torah, had he known, he would have carried Yosef home on his shoulders. The Sfas Emes says that we are all full with this "had I knowns". We see the world in terms of accomplishments. But if Reuven would have realized that it will be written down forever after, then he would have done more. We

would go a lot further too, if we understood how far a mitzvah goes, the impact and the power of standing up to a nisayon in shmiras ainayim or any nisayon. We would go a lot further. But to maintain bechira, we are not shown everything.

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