

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 Trouble - 01 Jan 2017 15:43

We do some of the above ways for our children. Big chart in the kitchen with boxes and they get to choose reward when column or row is completed. Mitzvah notes work as well. Wishing you success.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 02 Jan 2017 11:16

I've been reading around a lot. And the best quote I found is Watson's:

"Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and me own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking."

I let youtube in the door to get new music for Chanuka,

and then football highlights, and then news, and then well, you guessed it...

an unhealthy look at body parts.

Closed the door now hopefully for good.

Caught myself in time not to fall further, but feel like a fool regardless.

No streaming is difficult and restrictive, but doesn't let the yetzer hara in the door.

Life is good.

We have to just keep on learning and improving and upping our game,

so that we don't fall for the same dumb tricks it has suckered us into in the past.

Have a great day!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Jan 2017 17:17

I like this one too, from Markz:

"Many, many guys fall because of self-centeredness and depression.

If they would be falling off the chair with laughter,

or better, with positive vibes, they wouldn't be falling..."

Very true.

I also have found that if I fill myself with Torah...

regular learning or listening to awesome, uplifting shiurim,

then I'm in a much better mental place and feel better about myself,

and am much less vulnerable to fall, chas v'shalom.

Also, I have found that youtube is evil. And should be avoided.

Specifically, because there are good, interesting "allowable" things on there,

is why it's so evil. You get sucked into it.

And then, before you know what's happening,

you are watching body parts.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 02 Jan 2017 17:26

My experience with YouTube is that it's not evil. I enjoy YouTube very much.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Jan 2017 17:31

Just in case you are serious, are you telling me that you never find yourself

watching things that are questionable or worse,

even though when you started, it was something justifiable?

That has been my experience EVERY single time

(sometimes, there's a few day time delay).

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 02 Jan 2017 18:29

I am 100% serious. Yes, I have found myself watching questionable things, but now I don't watch those anymore. I watch Football, I watch FBE and React... I am also subscribed to a couple of YouTubers. Just because it's your experience doesn't mean that it's everyone else's.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Jan 2017 19:08

Would you also advise someone on this website to watch youtube,

since there are good, enjoyable things on there,

OR would you realize that it's probably not a good idea,
since the possibility of slipping and seeing questionable or much worse
things on youtube is hard to resist??

This is without even talking about asking a Rav if it's a good idea,
since there is no filter. It's all right there. Once youtube is on,
very bad, spiritually harmful things are available with a few clicks.
Yes, not actual porn, but close enough.

I highly doubt my experience is unique...which is why I wrote what I did
as a warning to help other people, not make the mistake I did.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 02 Jan 2017 19:31

I posted a new story / lesson from Rav Fishel Shechter on the Beis Medrash thread.

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 02 Jan 2017 19:55

[Yosef Tikun HaYesod wrote on 02 Jan 2017 19:08:](#)

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Yes, not actual porn, but close enough.

I highly doubt my experience is unique...which is why I wrote what I did
as a warning to help other people, not make the mistake I did.

I would advise people to be true to themselves. If that means avoiding YouTube, then that's
fine. Whatever is right for them.

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Re: going for 90 days (Feb. 20)
Posted by GrowStrong - 02 Jan 2017 21:30

When you are in an acting out phase of life, then walking down a high street or getting on a bus
or going into a shop or just thinking about things can be a highly triggering experience. Filters
are only good if you are not going to war against them.

YouTube is only one click away from your porn site of choice as is GYE if thats where your head
is.

I like what came out here in the forum yesterday.

Step zero is stopping.

As an aside, for those of us who read all posts using the recent posts function, your multiple
posting of the same post can be a little annoying!

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Otherwise keep up the good work, we both should hit 90 days on the same day

Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Jan 2017 21:48

My point is that youtube itself has tons of forbidden, not quite porn things

to see. And that if one allows himself on youtube, then there is no longer any

filter stopping him from clicking and seeing one of these things.

My filter to stop porn was in place, I didn't have to change the password,

I didn't have to go to a different website. It was all right there on youtube...

and **that's** the problem with it...and what makes it so evil.

You could be watching a Torah class from Aish.com, that is hosted on youtube,

or listening to a great new Jewish song. What's wrong with that?

But then, it can and HAS drifted to other things, all on youtube, all under the

filter's radar, as if there is nothing dangerous or problematic there.

But, I am unfortunately speaking from experience, when I tell everybody

that there IS. Videos upon videos focused on body parts of women.

I can't believe that what I'm saying is getting resistance. Am I really not making sense?

I think I may have just entered the twilight zone again!

I'm going to have a spiked hot tea.

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Re: going for 90 days (Feb. 20)

Posted by GrowStrong - 02 Jan 2017 22:21

Depends on what it is being spiked with!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 02 Jan 2017 22:37

I'm thinking bourbon.

When we make it to 90-days, perhaps we will have a l'chayim together for real...

depending on logistics...otherwise just a virtual l'chayim.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 03 Jan 2017 00:23

[Yosef Tikun HaYesod wrote on 02 Jan 2017 21:48:](#)

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Care to join me?

Yosef,

You're making a lot of sense and most rabbi in would agree with you. I don't know any Rov or Talmud Chacham who as a general rule would say people should be on YouTube, addict or not.

However, people here talk about what works for them, often purely in terms of their recovery and not from a religious perspective. Or, they'll even agree with you in principle but think this is what they have to do for themselves.

You sound like for your situation YY are making the absolutely RIGHT decision. (My first post said wrong)

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