

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 Workingguy - 20 Nov 2016 19:40

[Yosef Tikun HaYesod wrote on 20 Nov 2016 17:40:](#)

Awesome post, Markz. I read ALL the posts from about 5 years ago...and feel much better.

I'm not in the twilight zone...or am I...

Several posts expressed my feelings on the matter. Perhaps the most was:

"I think that for some people (maybe me) there could be a risk that even using the word
'masturbation' or 'porn' could cause them to start thinking about it, and that can quickly turn into
a sort of, 'Well... Don't you really want to do that?'

To be very blunt, and perhaps rude, but it's the only way to really express what I am basically
saying:

It's like saying the word: FULL-CREAM-VANILLA-ICE-CREAM!!!!mmmm....

in a location where everyone is on a diet."

We are all trying to avoid looking at women, and pictures of women, and thinking of sex, and watching porn, and avoid masturbating, and wasting seed. So, let's all talk about it as explicitly as possible. Nothing bad will happen. Nobody will be triggered to actually do those things anymore. We are all WAY past that. Right! The full-cream-vanilla-ice-creammmmm mushel is perfect. Talk about that over and over and over again to a dieter trying to watch their diet and weight, and see if they will have no problems

Such a good point except that they tried exactly that and found that when people who were dieting were discouraged from talking about foods they loved, they did much WORSE than people who were allowed to talk about it

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 19:44

I read what you wrote.

Watson is suggesting that the advice that's appropriate and good for someone addicted, is not appropriate or helpful for someone like me. And looking at your list, perhaps he's right.

Talking to real (live) people, going to meetings, and joining phone conferences are all in that category.

I don't think I would feel comfortable being exposed.

Therapy also seems too extreme.

Reading the books-- What books are for people who are struggling but without addiction?

I did read today the long article on bad habits and how to break them, which was great.

I am going to have to put a lot of thought and work into it. Just reading it wasn't enough to put it into practice. Don't know when I'll do that self-discovery work. But I will re-read it.

Getting a sponsor and emailing him regularly is something I'm doing now.

Perhaps, it would help to have more than 1 person to regularly communicate with...that was in my situation and has Boruch HaShem gotten passed it, (I know loaded terms here, but I mean that he had a strong bad habit for many years, and worked on it, and has now gone more than a

year without backsliding...like a diet sponsor/coach/helper who really struggled with their weight, although was never addicted to overeating, and found certain strategies to lose the weight, and has maintained the weight loss, to the degree that it is no longer a major issue anymore...they are past it, they made it past the danger zone of slipping back into old patterns). If you know of someone, please let me know.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 19:53

Over 95% of people who lose over 50 pounds, gain it back within 5 years.

And that doesn't include the people who tried and failed to lose 50 pounds in the first place!

"They found" may make it sound good and official, but really successfully maintaining weight loss long-term is VERY elusive and not well understood.

And I suspect, the answer HOW to successfully pass this nisayon long-term and do a real teshuva, never returning to the aveiras of the past, is VERY elusive as well and likely just as understood.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Nov 2016 19:53

[Yosef Tikun HaYesod wrote on 20 Nov 2016 19:44:](#)

I read what you wrote.

Watson is suggesting that the advice that's appropriate and good for someone addicted, is not appropriate or helpful for someone like me. And looking at your list, perhaps he's right.

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You sound like you have most stuff figured out. I'm sure you'll find something that works for you.

B'hatzlachah

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Nov 2016 19:57

83% of facts on the internet are made up.

And 100% of our troubles are of our own making.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 19:59

"You sound like you have most stuff figured out. I'm sure you'll find something that works for you.

B'hatzlachah"

Are you being sarcastic?

I do NOT have all the answers.

As I wrote, I nearly failed today.

I doubt I can get to 90 days.

I am on here looking for real help.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Nov 2016 20:10

[Yosef Tikun HaYesod wrote on 20 Nov 2016 19:59:](#)

"You sound like you have most stuff figured out. I'm sure you'll find something that works for you.

B'hatzlachah"

Are you being sarcastic?

I do NOT have all the answers.

As I wrote, I nearly failed today.

I doubt I can get to 90 days.

I am on here looking for real help.

Nearly failed means you were successful.

90 days....Who cares?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Nov 2016 20:11

Do you think this is the wrong place for me?

Is this place only good for recovering addicts?

Is there a place that's better suited to help me?

Some of you were able to pull up a post from about 5 years ago, so you know who's out there.

Is there someone well-suited to help me break free from this bad habit for good, who would be willing to regularly email me?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Nov 2016 20:15

Seriously, I think you need to calm down.

Walk, don't run.

Stick around. Post some, read more. Keep an open mind.

Take it easy.

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

Il second that.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 20 Nov 2016 20:50

[Watson wrote on 20 Nov 2016 20:15:](#)

Seriously, I think you need to calm down.

Walk, don't run.

Stick around. Post some, read more. Keep an open mind.

Take it easy.

Put some tea in your scotch

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 21 Nov 2016 12:51

That was some crazy Sunday. And I still almost failed.

Thank G-d, I didn't.

I did have some 12-year-old Scotch before bed!

Then, this morning already I had a pretty close call.

I think the yetzer hara wants to stop me in my tracks, before I really get started, and get me discouraged, so that I stop working on it. I guess, I should have expected as much.

Anyway, I thought about WHY do I want to do this (inappropriately touch myself, masturbate, and waste seed). And I thought about WHAT I should answer that urge.

I don't HAVE to give in to it and act on it. I decided to have a large glass of water and a coffee.

Then, I decided to exercise walk (FIRST time in ages).

I thought a lot of free-flowing thoughts about doing or not doing it.

I felt empowered. I can decide how I will act. I am an eved HaShem. I don't have to give in to this desire.

Then, I pushed myself (yeah, I'll probably be sore tomorrow) and at 30 minutes or so, a wave of euphoria came over me (runner's high). That was certainly a gift from HaShem.

This made me feel good, in more ways than one!

Then, the dreaded shower. The time when I am most vulnerable to fall and forget who I am and act out.

I had the thoughts again. But I decided I needed a shave. I distracted myself. Took my shower and decided that I would RATHER write here about how I succeeded, than the alternative!

Is that awesome or what?

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Re: going for 90 days (Feb. 20)

Posted by Markz - 21 Nov 2016 13:42

It **IS** awesome.

But I saw lots of thoughts and distractions in your post

gye offers a different menu which leaves you feeling satisfied and also **IS** satisfying, so you won't feel the need to go elsewhere for your fix

Please see the spoiler button below and click on 'solutions' for an abridged version of today's specials

Then you can top it off with your spiked scotch

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 21 Nov 2016 15:56

I agree with Mark. I think that you deserve a better plan than just distraction. There are solutions that actually improve life beyond merely not acting out.

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