

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 chizukconstant - 04 Jan 2017 15:33

I like all of your steps except for part of the last one. If you eat nuts to stay healthy than that is a positive step in your life. I don't think limiting a positive aspect of your life as a knas is a good choice. It sort of like saying i'm going to knas myself that I cannot go to daf hayomi for a week which I have been successfully doing for a year now.. a little counter productive, don't you think?

Other than that keep going brother!!

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Re: going for 90 days (Feb. 20)
Posted by everchange - 04 Jan 2017 16:50

And maybe you can substitute something very sour and

awful tasting for the nuts and soda. That way every time
you think of the sin down the road you will remember the
awful taste of the food you had to eat for a week and you
will bH hold yourself back to avoid the taste again. But it
has to be something that you really want to avoid and is
not worth the peritsut!

This is probably easier said than done but I wish you
hatzlacha.

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Re: going for 90 days (Feb. 20)
Posted by Markz - 04 Jan 2017 17:26

Yosef

I don't know who is this Yaacov guy

I dont buy or sell the whole Taphsic Shevua thing for regular guys here like you and me

At all!

If I was in your shoes I'd make a Shevua as follows

*"I hereby commit bli neder to allocate my \$350 annual soda allowance toward 2 sessions with
my local Therapist"*

What does Yaacov say about this?

Oh and what do you say about it?

In the meanwhile you can replenish with the national gye drink

Warning: Spoiler!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 04 Jan 2017 19:38

Watson, did you mean that going through the relief organization

is not free, but it's a lot cheaper?

Mark, your post was really funny!

I didn't think there was more than 1 Yaakov here. Kind of like saying Dov.

I don't know if it will work either, but it's probably worth a try for a month.

And I do like Woodford Reserve bourbon, so perhaps I'm in the right place after all.

Who's buying? It's pretty expensive, so I haven't bought it for a couple of years now.

CC, I hear your idea...you are right. It really is tricky. It can't be a mitzvah,

or even a good thing for myself that I will have to do or not do, because then it won't weaken my yetzer hara at the shashnisayon: "well, I better not do this, because.... what??"

I'll have to do a mitzvah, or good thing, so what? How will that stop me?

Or, like you said, if it's that I will stop doing/not allow myself to do a good thing or a mitzvah, then that's ridiculous too. It has to be something I don't want to do, but that is basically pareve.

EC, I like the sour, bad tasting thing idea...to leave a bad taste in my mouth from acting out.

I talked this over a little with my wife...maybe not a good idea, in retrospect. It's really hit or miss.

In the end, after insulting me, she said: "try it for a month, if you think it might work, and cleaning the house for Shabbos includes all the toilets! And I think cleaning the house should be for a whole month."

So, I think step 3 will be: I will do all the actions of step 2,

plus I will have to clean the whole house for Shabbos, 2 weeks in a row, including all the toilets, (which I am **really** not interested in doing),

and I will drink a full shot of lemon juice every day for a week,

not including Shabbos, so 6 days, ending and including the day that I sinned/fell/acted out impulsively, without first doing all the actions of step 1.

I appreciate the feedback and wishes for hatzlacha...I'm gonna need it.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 04 Jan 2017 20:33

Yes, I believe therapy through Relief is at a reduced rate.

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 04 Jan 2017 21:09

just a thought everyone let me know what you think but setting up step 2 (going to the mik and doing dishes) while a great idea to keep busy and something spiritual to occupy ones mind however is it really a good idea to commit to do things that you hate so much it can lead to giving up on the Taphsic all together (see gye handbook if i'm remembering correctly it cautions against shooting to far to high to quickly)

true that we need to motivate ourselves just make sure you are not biting off more than you can chew

Keep up the great work let us know what the plan is

B'hatzlacha (formally CZ)

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Re: going for 90 days (Feb. 20)

Posted by gibbor120 - 04 Jan 2017 22:23

Which things have helped? Which things have not helped? What gedarim have you made to avoid triggers? What positive things have you added to your life? What attitudes or actions have you changed in your life?

These are just meant as food for thought. Feel free to answer here or not at all.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 05 Jan 2017 00:01

Great cheshbon hanefesh questions...not easily answered. Food for thought, indeed.

I'd love to know your answers to those same questions. I can learn a lot from you guys with experience.

I've tried many things:

1. posting daily updates on my experiences and feelings, as I keep trucking along
2. updating the 90-day chart daily
3. reading the 20 steps gye book, which I got printed out
4. reading the 30 attitudes book, which I got printed out
5. emailing several people from the forums
6. emailing a support buddy/coach/sponsor (even trying a few different ones, to find the right one)
7. talking at length on the phone 3 times to Dov (well over 4 hours total)
8. talking with Cord, and deciding to meet someone who he thought to set me up with.
9. meeting him, a "success story" from gye...and talking at length with him in person (for several hours)
10. removing all streaming capability from my computer "Cold Turkey"
11. putting on time limits when I can access my computer
12. talking and opening up to a Rov about my problem and the possibility of giving my son 1/2 a password
13. giving my son the second 1/2 of my password, so that I cannot change the time or content settings
14. listening to the 12-part series of shiurim by Rav Ben Zion Shafier on tyvah called The Fight
15. emailing him and receiving his notes on the lectures, and then transcribing the shiurim
16. listening to the 17-part series of shiurim by Rav Simcha Feuerman on The Chasan Shmooze
17. taking notes on them, so it sinks in better and in order to eventually email him some questions

18. emailing Yaakov for help, and deciding to try his suggestion of the taphsic shevua
 19. figuring out all the components of the shevua, to give it the best chance of working
 20. davening daily to HaShem for help to succeed and break free (this should have been 1st)
 21. listening to Rav Fishel Shechter shiurim on Yosef and Chanuka
 22. transcribing some of the main points/insights and stories
 23. exercise-walking regularly to relieve stress and tension and get in shape
 24. strengthening my night seder of learning with my son
 25. posting on several new guy's forum threads, trying to welcome them and help them
 26. making a few "date nights" with my wife, giving her more positive attention (though still lacking)
 27. going to a big Rav and having the chutzpah to ask how to succeed long-term and become a tzadik
 28. instituting or reinstituting quality "family time" when I come home for dinner
 29. opening up to a friend in real life, in person on a long walk
 30. taking the SA are you addicted test
 31. taking the actual shevua (hasn't happened yet, because I'm still deciding on the nusach)
 32. going to the mikveh (hasn't happened yet, because I really dislike going, but I will once)
 33. listening to music and trying to relax and "breathe" and calm down (though not too good at it)
 34. reading a long article and watching a couple of videos on breaking bad habits
- and probably a few more things that I left out and can't think of now.

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Re: going for 90 days (Feb. 20)

Posted by everchange - 05 Jan 2017 04:48

Speaking of adding things to strengthen your holy avoda have you

guys heard of Emuna daily? It is a 5 min 5 day a week chizuk shiur

by Rabbi David Ashaear. The shiurim are really amazing and I would

highly recommend. You can listen to the shiur or you can read the transcript

or both. The emails come via email and here is where you can subscribe:

visitor.r20.constantcontact.com/manage/optin?v=001jiTQMKhPeLb-j888-5mGPgMvXfNrLpFnUKgDE15gra41WOuhTcMJBAFOMnybA1Yj2Fh3LcU0Gf5f5yRZtR8MvgvRAp8FzBl6i9qQns8IfW4%3D&id=preview

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 05 Jan 2017 10:42

[Yosef Tikun HaYesod wrote on 05 Jan 2017 00:01:](#)

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My gosh. When do you have time for work/kollel?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 05 Jan 2017 12:25

20 days clean. I just heard someone I know reached 1000. Wow. ODAAT...as if there is any other way of getting there?! Anyway, I hope to follow in his footsteps.

Sing, you're right, I've put a big focus right now on breaking free,

and have taken away time from most other things to do this...but I had been wasting time I didn't have on "stupid" (streaming videos) and even going to porn before this focus...so overall, a VERY positive switch.

I think this will settle down, once I get in a groove, and find what works...which is what Gibbor asked.

Mayan, I don't think it will be TOO hard to go to the mikveh once and do all the dishes one night. Yeah, it will suck, and I really won't like either experience. But that is exactly the point, and why it might hold me back from sinning/falling/acting out.

EC, I signed up for a ton of stuff. But will probably just stick with a few after trying them out.

Cord, I clicked on the white book in your sig, and read a few pages. I don't think it's for me. But I'll try it.

I'm feeling really good today, Boruch HaShem

Hope everyone has a great day!

Gibbor, don't forget to answer those same questions you asked me. Everyone will gain from it.

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 05 Jan 2017 12:35

No prob. Yes, you will have lots more free time if not hooked on the drug.

Point 30. So are you addicted?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 05 Jan 2017 12:41

[Yosef Tikun HaYesod wrote on 05 Jan 2017 12:25:](#)

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Thank you.

Skipl around as well.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 05 Jan 2017 13:24

Sing, I don't think so...but the stupid thing doesn't come with an answer key / how to score it.

I commented on this when I took it, about a month ago, maybe page 18 or so. And nobody said a word.

Cord, do you mean to skip around within the white book? It's a little harder on the pdf.

Do you want to recommend some key pages to give a try?

Just heard a Rav Yosef Mizrachi long shiur called Fake Marriages. Amazing.

Klal Yisroel is awesome. Boruch HaShem, we have so many people to gain from,

and we have such an amazing Torah and a possibility for real connection with HaShem our loving Father.

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