

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 Yosef Tikun HaYesod - 05 Jan 2017 18:22

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It can't be. Also, not every question is the same. Some are much more serious.

Whatever. I have little interest in it and only took it on Dov's suggestion.

GS, that website gave a different test with 50 or 55 questions, also not all equally problematic.

And 2 or 3 of them, I answered yes, but it could have easily been an honest "no" as well.

Not really a clear yes or no answer, which is, incidentally, the reason why lie detectors don't work and give false positives.

Anyway, the graph had 1-8 covering the majority of non-addicted people

and 11-20 covering the majority of addicted people.

And I scored a 9 (again answering yes to at least 2 iffy ones).

Yasher Koach, I have a real problem. I'm struggling. No chiddush there.

I answered yes to 8 out of 20 for the SA test, and not to the more serious ones.

(1, 2, 4, 5, 6, 8, 12, and 16).

I don't think I have some very big problem.

I am a pretty normal guy, in terms of sexual attraction and sexual release.

If I wasn't a frum guy who wants to grow and be an eved HaShem and a tzadik,

I wouldn't even consider myself as having a problem at all...

or at the worst, a bad habit that I tried and failed to give up. Still, pretty normal.

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I am going to post it, but put yourself in my shoes, I'm opening up and making myself vulnerable.

Please consider your comments before posting them to me: will they likely help me or hurt me.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 05 Jan 2017 19:19

[Dr.Watson wrote on 09 Aug 2013 13:27:](#)

@Pidiani, I don't think my life is unmanageable, I don't think it ever really was. Last night I re-read some of my first posts and I realise that it sounded a lot like my life was unmanageable, but the truth is those days were very few. For the most part I have been able to live a normal life despite my porn and masturbation habits. I keep trying to quit and work on it not because it has

ruined my life but because it's an aveiroh.

A drunk is a drunk and if his addiction is ruining his life then his life is unmanageable, whether he's religious or not. But porn and masturbation to the extent that I was doing it, is only a problem because I'm a frum yid who's trying to do rotzon Hashem. Could my life have been better if I never saw porn or masturbated? Probably, even if i was a goy there would be something in self-improvement that would tell me to stop p&m, but self-improvement is very different from saying my life is unmanageable.

I think that this aveiroh is very common, something that lots (maybe most) frum men have done, or even do, and they might be so upset at having done it even once or twice that they come to GYE to find out how they avoid the aveiroh next time. I don't think you would call these people addicts. My worry is that send these people away because we try to convince them that they are addicts, that their lives are unmanageable and they have to revolutionise their lives or else no matter how long they're clean for, they will still be addicts and the fall will come.

Am I an addict, I still don't know, I still don't think it really matters. I mean, where do you draw the line? Some people would say I'm addicted to caffeine, but i don't care cos i like coffee and it's not disturbing me. Am I addicted to p&m? Maybe. Is it just because i do it every few weeks, or is it because i'm consistently trying to control myself?

So what's the answer? Try to work on this issue no matter where i think i stand. One is too many and a thousand is never enough. I'm trying the 12 steps, I'm going to attend the phone conferences, i applied for a sponsor, I'm trying to let go and let G-d. iy"H I will be successful, I don't see why my life has to get worse before it can get better.

I can really relate to you Yosef. I wrote the above over 3 years ago.

I wrote the following 1.5 years ago.

[Watson wrote on 27 Sep 2015 08:04:](#)

3) *Is ??? actually/always a sin?* What difference does it make? **Even if it were definitely not a sin I would still want to stop because it makes me feel like crap.**

For me, recovery is not something that makes olam hazeh harder but I do anyway because I think I'll get schar later. It's something that makes olam hazeh much much better. What happens after 120 is up to my Maker.

What's my point? Not sure I really had a point. I guess al I'm trying to say is take it easy.

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Re: going for 90 days (Feb. 20)

Posted by gibbor120 - 05 Jan 2017 20:12

[Yosef Tikun HaYesod wrote on 05 Jan 2017 18:22:](#)

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What do you mean by "more serious" and "less serious".

In the context of addiction, a person can masturbate and have a "very serious" problem. A person can visit a prostitute and have a "less serious" problem.

Dov has said that many goyim in SA are only there because of masturbation and watching

pornograpy.

The real question is: To what extent does it affect your life? Does it make your life unmanagable? Does it drive you nuts? Does it affect your relationships, etc. etc. The relative severity of the "Transgression" is a different issue entirely. It may be an important issue, but it does not necessarily have anything to do with addiction.

I will say, that if you see that you need "more" to get the same "high", that may be a sign of addiction. So progressing in time spent or the type of acting out can be a sign of addiction.

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Re: going for 90 days (Feb. 20)
Posted by Shlomo24 - 05 Jan 2017 23:18

I have been to a bunch of different SA groups and most of the non-Jews were there for the same reasons as the Jews. Religion or lack thereof had no say in the unmanageability and insanity of addiction.

In fact, and I'm not putting down Yiddishkeit here, so you can hold your horses, I found that there was an "aveirah" complex. That masturbating was only unhealthy because it's a sin. That "goyim" wouldn't even think this is an issue. The way certain people viewed Yiddishkeit actually confused them more and just added to their issues. I used to be that way. Now it pisses me off. I'm working the 4th Step so this is perfect timing!

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Re: going for 90 days (Feb. 20)
Posted by MayanHamisgaber - 05 Jan 2017 23:25

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

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.

glad to hear that but keep in mind unless you are renewing the Taphsic every time (i hope you never fall at all) there is a chance of more than one night

I don't think the first 1 2 3 times will cause one to ignore the shavuah c"v but the long run also should be considered (even though we pray that you will NEVER be in that situation).

please note all the above would be the way I would think no implications were meant.

Keep up the great work I am getting a tremendous amount of chizuk "watching you grow so much.

B'hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 05 Jan 2017 23:33

[Yosef Tikun HaYesod wrote on 05 Jan 2017 18:22:](#)

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Yosef Hatzadik, tzadik yesod olam,

I've said many times that if it weren't a sin I wouldn't stop. But the truth is that if it weren't a sin and I wasn't stopping, it would be hurting my wife and affecting my marriage and making me

feel like garbage because of how little self control I would have- but the reason I wouldn't stop them would not be because it was harmless. It would be because everyone does it, so why should I be the crazy person to stop.

French Fries are terrible for you, but I still pick many off the center of the table because why stop.

So you're point may be true but doesn't mean that in reality, it's not a very bad thing.

Check out Gary Johnson's ted talk the great porn experiment and also the website nofap, and you will see that there are non-Jews trying to stop- young, cool, non-religious "goyim" who were sexually active who want to stop because it causes them isolation, affects their ability to have sexual relations, affects their ability for intimacy, and so they're trying hard to stop.

Sort of like a lot of non-Jews have affairs and have problems from it, but still might not stop even though it's negative because why stop.

Not a criticism by the way; I think you're doing great and working hard and I admire your efforts.

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And did you find it helpful when people told you that your life was unmanageable? Or did you come to it on your own.

I've been here before, especially on this forum. Whether it be Yosef or any other member. We do a hell of a lot of convincing and trying to get people to actually read what they're writing. To "wake up and smell the coffee." (Or Earl Grey). To whatever the hell it is that they are blinded by. Does it work? I don't know. I think people will wake up when they can no longer play the game. I didn't get sober because I wanted to. I got sober because I bleeping had sex with a chassidishe kollel guy in Borough Park on the first day of Elul zman. I **NEEDED** to get sober! Everything that I stood for was crumbling around me and I knew that if I wanted to have any semblance of a normal lifestyle then I needed to stop. That's what woke me up. When my sponsor asked me how I feel and I said "I don't know." I couldn't feel anything. When I was sitting in the B"M listening to my Rosh Yeshiva giving a shmuess and thinking "If only anyone knew what I was doing 2-3 hours ago, I would be kicked out and never allowed back." That's when I got consistent sobriety for the first time in my life. And nobody could have told me that. Believe me, I heard this all in meetings. I heard about red lines and I heard that this was going to kill me and rob me of my life. I heard all that talk. But I wasn't willing to listen. And doing what I did on that day made me willing to listen, for the first time in my life.

But the truth of the matter is that it doesn't need to be that way. This is just my experience. I hope and pray that other people aren't like me. But I'm starting to realize more and more that all I can do is that: hope and pray.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 06 Jan 2017 13:13

21 days clean.

Gibbor wrote: "I will say, that if you see that you need "more" to get the same "high", that may be a sign of addiction. So progressing in time spent or the type of acting out can be a sign of addiction."

I do not have this experience at all, Boruch HaShem.

It hasn't been that frequent, and if anything, it has gotten a little better.

If someone is masturbating every day and had to watch porn for hours a day, then I would agree with you. But once in a while, doesn't sound so serious. It's a bad habit that is difficult to break free from. But, then take some of the yes/no questions: ever been arrested for a sexual offense; ever have sex with a minor; do you frequent sex places. If a guy said yes to any one of these 3, I would call that a serious problem. The questions cannot all have the same weight.

Watson, awesome post.

Shlomo, very brave to post all that. I'm glad to hear that things are much better for you.

Mayan, the shavua is limited to be only for 1 month or 3 minor fails or 1 major fail,

so if I fail, chas v'shalom, 3 times and have to do the dishes and go to the mikveh, then the shavua is immediately over after that. And I will have to reevaluate what the step 2 / small kanas things should be.

WG, I think you meant Gary Wilson and I did see it. I will probably watch it again. He talks about the harm of watching high-speed internet porn. Your post is interesting, and I read it over twice. I think that porn is harmful. Affairs are harmful. But masturbating is probably not harmful...were it not forbidden or say for a goy. BTW, please call me Yosef. Not gadol ha dor, yesod olam baloney.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 08 Jan 2017 10:14

23 days clean.

Up early, to "chop" a big coffee...("ch" closest to letter"ches")

before the fast.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 08 Jan 2017 18:58

So, my son got an electronic, credit card version of Monopoly. But, when can we ever play it? It's a long game and it can't be used on Shabbos. Well, last night we played until pretty late...2 games. He loved it...I enjoyed the quality time with him...and I'm thinking back on it now, that just a few short months ago, this wouldn't have happened, because I would race to the streaming stupids...after 72 minutes of course....but closed off and alone nonetheless. This is a huge improvement.

Too good not to "double post".

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 09 Jan 2017 08:53

PSHHH!!

But still clean BH!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 10 Jan 2017 12:21

I fell big time. Very hard to admit, but it happened.

It started back on the beginning of Chanuka.

I turned back on streaming for youtube to listen to new Jewish music over Chanuka.

Also messed around with the time settings, because of Chanuka being home more...
and then left it open without "x"ing it after I changed the settings,
(yetzer hara 100%) so that I could change it again, when my son would be asleep,
in order to continue wasting time, relaxing instead of going to sleep myself.
Now, all this time later, I had a major fall.

There really isn't a "streaming" or "no streaming" button,
but rather, the choice is between: "block access to websites from selected categories"
(and I select the categories to block - adult content, violence, etc.) OR
"block access to all websites" (and I select the exclusions,
meaning each and every single website that I will allow the computer to access).
But, because streaming videos use several websites in the background, beneath the surface,
(not a computer guy, but whatever it's called)
if I want streaming videos to actually work, I need to hit the first button and not the second.
So, all adult content/bad stuff was supposed to be blocked, but when I tested it, hoping to see
the green screen saying "website blocked" and feel safe and in control,
(testing to see that the ice is thick enough to hold your weight by jumping on it,
is a VERY stupid idea, to put oneself in such a vulnerable spot, since if it isn't,
you are going to fall through and almost die!).

Anyway, first I put in a forbidden streaming site, and it was blocked. But then I put in "queen victoria"

and to my surprise, it worked. Well, that was it. I tried other underwear sites, most of them it blocked.

But then there is Land's End swimsuits and any department store and amazon, etc. etc.

So, clearly this is NOT going to work, leaving the computer streaming ability on,
even though none of these are streaming videos. I can't believe that I was surprised again
(so stupid and foolish) and fell through the ice again.

I have to go back to the more extreme setting where everything is blocked, except what I tell it
to allow. And then, only allow sites that won't set me off.

And if I need to change the time settings with my son one night,
then I will make sure I don't fall into the same trap again and hit "x" afterward,
so that I can't change it alone...later. I told him that he should stay to watch me hit the "x"
closing the password/parental controls, just in case I have other ideas shas misah.

Picked myself back up. Updated my chart. Read the
page: guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle

Thought about it. Emailed someone. Talked at length with him.

And now, moving on.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 10 Jan 2017 12:33

Also, I think I MAY just post after a test:

if I passed it, how did I pass it; and if I failed it, how/why did I fail it,

AND how am I going to fix the situation, so that I will succeed better in the future.

Just keeping track of all the days, seems kind of silly...

especially because, Boruch HaShem, many days I don't really have a test, and therefore it really
isn't instructive AT ALL to say that I had another clean day.

When someone asks how you are doing in Math class, you don't say:

"well, I've done well the past 24 days, but when we had a test today, I failed it.

And before that, I did really well for 36 days. I even passed 1 big test and a quiz.

But then when there was another big test, I failed it."

Rather, a person only says how he has done on the tests.

On the days there wasn't a test, you don't get too much credit for...

and it isn't really an indication of how he is doing in the class...

and people are in several different math classes and even different classes on entirely different subjects...

so the amount of tests each person has is NOT the same. One guy gets an "A" in the course,

but there was only 1 big paper at the end, and it was leniently graded. Another guy has quizzes

every week and a major test every month. His "A" is A LOT more impressive.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 10 Jan 2017 12:55

So, how I failed I wrote already. And 1 of the steps (switching the button) I've already discussed.

Also, in an effort to improve and grow, and hopefully not fall again, I am changing the time limits

so that there will be no computer at night...only dinner, family time, and learning or reading.

This will help me to go to sleep earlier and wake up earlier. And this will give me time to exercise,

sometimes with music and sometimes with an inspiring shiur. This is a fantastic start of my day, if I can consistently do it, since each thing: connecting night with family, going to sleep early, getting up and exercising, and taking a hot shower, will put me in a good mood.

And If I succeed and pass whatever tests HaShem sends me in this area of tyvas nashim, meaning:

no looking for any length of time at women body parts in reality or on a screen or on a paper

and no masturbating/touching myself that causes wasting seed that week,

then I will have a special late breakfast with my wife on Friday that I pay for, either buying all the special ingredients or going to a restaurant. If I don't succeed that whole week, then no special breakfast.

This will hopefully be a positive incentive and work, as opposed to the taphsic shavua, which I can't/don't seem to be able to figure out what will work for ME.

I think I need to build up my strength (seeing something and not reacting and acting out SEVERAL times, before a taphsic thing is going to work. Now, it's almost like I've lost control and really will act out,

similar to a Pavlov dog who has been conditioned to respond to a certain thing. That's why for now, I need to focus on removing and blocking that stimulus from happening...so that I don't respond.

Also, I had a Rosh HaYeshiva who advised me to try to get 10 times in a row of NOT listening to yourself

when you tell yourself that you want to do something...let's say scratch your ear or read your email now.

And by not listening to that voice, YOU are learning to exert control over yourself...so that when you have a shas nisayon, and want to act out, YOU will be stronger and may resist it and let it wash over and win!

It's deceptively difficult to do. I got to 5 or 6 and tried it for a week, before stopping since it was driving me crazy. But, I may try it again.

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