

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 - 10 Jan 2017 13:53

Honestly, I haven't gotten back to the Rov, even though it's been almost a month

(and not just 2 weeks), since the system basically worked. I just didn't hit "x" to close it off, which left me vulnerable. I will have to be more careful about either not changing it OR when I need/want to change it, making sure that I hit "x" afterward. And I told him to watch me hit it, so it definitely happens.

Maybe I'll call the Rov...but will probably try another month, and see if it can/will actually help me...

before "putting myself out there" and opening up to him again. Especially calling right after a fall, is not something I think I would do.

Just to be clear: my son never goes on the computer. He has no access to it,
and can't go on it anyway, because there is a password just to get started.

He isn't my mashgiach. I don't have to get permission from him.

He is simply holding the 2nd half of the "content and time controls" password, so that I don't in a moment of weakness change it. This way, I don't have access to it to change it alone...and he is often not home or awake when I am more vulnerable and might fail.

The Rov, once he understood what I was asking, was not against the idea, nor did he think that it was ridiculous.

Many people use their wives to hold 1/2 or all of their password, but that doesn't work for me. She became judgmental and mashgiachy.

Having some guy outside the house always coming, isn't practical.

And allowing someone to remotely access and take over my computer doesn't work for me.

So, in my situation, this is the best option I could think of.

If you or anyone else has a better idea, then I am still open to it.

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 10 Jan 2017 15:37

Yosef, sorry to hear about the fall. But you have the right attitude. Get back up, find where the weak spots were and fix them, and keep going. Keep on working on tweaking the fences, and also on fixing the inside.

There are 3 parts to this war. Getting stopped, staying stopped, and removing the need to start.

KOMT!!

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Re: going for 90 days (Feb. 20)

Posted by Markz - 10 Jan 2017 18:08

Sorry to hear

"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"

What do those last 2 words mean - and did you say that whole last sentence to him?

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Re: going for 90 days (Feb. 20)

Posted by 360gye - 10 Jan 2017 18:30

I'm sorry to hear that you fell.

I do like the idea of keeping a log of when you have challenges to write down what they were and if you passed or failed. I also think there is benefit in writing a log everyday of how the day went

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Re: going for 90 days (Feb. 20)

Posted by fresh start - 10 Jan 2017 18:33

[Yosef Tikun HaYesod wrote on 10 Jan 2017 12:55:](#)

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.

I noticed many times when someone walked into shul while I was davening/learning I would instinctively look up. I try very hard to be cognizant of it and it seems to strengthen me when I am walking in the street or in a store to not take stock of who's coming and going.

I admire your openness and honesty. Keep up your hard work

Continued Hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by fresh start - 10 Jan 2017 20:15

[Yosef Tikun HaYesod wrote on 10 Jan 2017 12:55:](#)

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.

I think it is a very proactive idea to build up your willpower regarding how you react to things that you see. It may be difficult to stop a bird from landing on your head (a thought or image pops up), but you can stop it from making a nest there (the thought/image sticking).

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 11 Jan 2017 12:59

Mark, I told him that "I am going to try not to have the computer on at all at night.

This way, we can spend more quality family time together, talking, eating, listening to music, whatever.

And then learn and go to sleep early.

But, on occasion, when I may need to use the computer at night,

you'll put in your part (the second 1/2) of the password, and I will use it for whatever.

But then, please watch that I hit the "x" button, which will again lock it like it was before."

My whole family knows that spending too much time on the computer

is a bad habit for me that I am trying to stop.

What I mean by the words "shas misah" is that let's say I change the time settings

that night to go off in an hour...

but I don't "x" out the "content and time controls" screen, then when it comes close to that hour limit,

I may very well change it again...to give myself another hour...and this can unfortunately repeat itself for many hours...even the whole night sometimes!

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Re: going for 90 days (Feb. 20)
Posted by cordnoy - 11 Jan 2017 14:04

Your post brings to mind the second and third questions of the daily renewal.

2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?

3) Are you willing to do **whatever is necessary** to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, **setting appropriate boundaries**, and refusing all lust hits as toxic?

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Re: going for 90 days (Feb. 20)
Posted by Markz - 11 Jan 2017 14:08

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...

A fall doesn't occur in a vacuum

It happens way before the wall comes crashing down

I want you to checkout this gye video to hear about [addiction 101](#) - how does our mind work (or not) - specifically minute 6:40 and on...

True, you may not have been intending from 3 weeks prior, but if that's the first step of my fall, I'd consider it the key to a fall

The solution however is not to continue to use our addict brain to break free... we gotta stop building new fences, cos the terrorists will cv come back thru tunnels... drones...

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 12 Jan 2017 12:19

Cord, I think you were complimenting me, so thank you.

Mark, I listened to the whole lecture, and did not get what you did out of it.

He said that with the availability of high-speed internet, in one's home with easy access, we are FAR more likely to fall and act out and develop a serious problem.

Therefore, what I got out of that was, that limiting the amount of time I spend on the computer will help me tremendously.

Also, while I have certain addictive tendencies and possibly an addictive personality,

I am not a sex addict. Removing the stimulus that is the precursor to acting out will dramatically reduce the chances of me acting out. Isn't this logical?

He said in his lecture, that when we remove the barriers to do a certain behavior, then we find that there are a lot more incidents of that behavior. Well, I'm putting up some barriers.

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Re: going for 90 days (Feb. 20)
Posted by gibbor120 - 12 Jan 2017 21:23

Thanks for the link Markz. It was very good.

Barriers are good. If that is all you need, great. Time will tell.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 13 Jan 2017 11:56

I'd like to hear Mark's response to my post.

I was a little tired when I heard the lecture, so perhaps I missed something.

Do you disagree with what I wrote?

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Re: going for 90 days (Feb. 20)
Posted by Markz - 13 Jan 2017 14:20

[Yosef Tikun HaYesod wrote on 13 Jan 2017 11:56:](#)

I'd like to hear Mark's response to my post.

I was a little tired when I heard the lecture, so perhaps I missed something.

Do you disagree with what I wrote?

Don't disagree ;-)

I want to know what you thought about minute 6:40 to 7:40

Mark, I listened to the whole lecture, and did not get what you did out of it.

Also, while I have certain addictive tendencies and possibly an addictive personality, I am not a sex addict. Removing the stimulus that is the precursor to acting out will dramatically reduce the chances of me acting out. Isn't this logical?

He said in his lecture, that when we remove the barriers to do a certain behavior, then we find that there are a lot more incidents of that behavior. Well, I'm putting up some barriers.

When my barriers keep coming down every couple of months I may not be an absolute addict, but very close

I'm sure you heard about the man who said

"My son in Law he's a bomba metzia - he's awesome!!!"

To which his friend replied

"And my son in law... well... he's a Chefetz Chashud..."

So the definition of 'addict' is very fine almost to atomic levels and if you split an atom...

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Re: going for 90 days (Feb. 20)

Posted by chizukconstant - 13 Jan 2017 15:44

Yosef,

Have you looked into webchaver? Although I respect how far you have gone with your filter.. giving your son the other end to the password, I just think that this kind of system is bound to fail at times. I did a similar thing in the past and although it did work MOST of the time it wasnt fool proof by a long shot. Being that you know that if you ask your password holder to put it in they will listen.. and that your mind when you are caught in the moment WILL come up with ways to use that opening I think that sometime down the line, if not today or tomorrow then in a month from now, a fall is going to happen. I found that webchaver is a much better solution. I dont have a block or filter. But my wife gets reports every week about the activity and if there is something there that is inappropriate, she will approach me about it.

Also, I've tried this whole working out the self control muscle thing and imo it doesn't work. If you ask me the way to beat this problem we have is by living healthy good lives. We need to learn how to deal with the stresses and mood changes that exist in normal life in a healthy manner. I once heard from a Rav that if someone learns to control themselves with food it will help with Taavas Nashim. I disagree. I think that controlling myself with food will make me frustrated and upset that will lead to a serious fall. Why put restrictions on ourselves that don't need to be there. Life is difficult as it is. Why should't I scratch an itch if I have one?

Just my opinion

Keep up the good work

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