

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 MayanHamisgaber - 19 Jan 2017 22:50

cords thank you for saying what needs to be said i feel that everyones frustration here comes from a good place and all want to help and be helped and we all should continue trucking or sailing and any other cute ways of saying it we are all here to help and give each other chizuk

one other point why you? because of your age and experience you have the most to give also you are the moderator :-)

Love y'all

B'hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 23:02

He kind of took the wind out of my sails too.

Still, I've been told rather bluntly that I'm doing everything wrong.

That I'm not listening and following the program. I'm going the wrong direction.

But then, I list all the things I'm doing...that are coming from the gye ideas/tools/book/website itself.

And ask for whatever other specific, concrete things I can do, that can help me.

Then, I'm told to go to 12-steps meetings, read the big white book, stop fighting and surrender.

Or I'm told to follow the gye book/tools/system (which I am currently doing).

Then, when I say that I'm not addicted and don't have a Rov who would understand my problem and be able to help me. Please give me something that I can actually do that will help me succeed.

I'm open to suggestions. Then, I'm on a merry-go-round, not willing to listen to people's advice.

Then, to top it all off, Cord says keep doing what you're doing, what's all the fuss about?

But the fuss started because I want to succeed and was told that I'm somehow going about it all wrong!

I wish I did have an understanding Rov who could help me, and I would never post here again.

Well meaning good guys, each and every one of you....but extremely frustrating,

confusing, and largely unhelpful (to me personally).

I feel no closer than I was in November to breaking free.

And that's a problem.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 23:04

"Also if you would of spent half the time you did trying to figure out what is going on here on dealing with the few things that are sitting on your psyche and causing you to escape, you would have been halfway there already. Get yourself together and just take the few minutes it really needs to get those things done."

You are right!

This weekend I will do it.

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Re: going for 90 days (Feb. 20)

Posted by unanumun - 19 Jan 2017 23:08

[Yosef Tikun HaYesod wrote on 19 Jan 2017 23:02:](#)

I feel no closer than I was in November to breaking free.

And that's a problem.

Seems to me you are alot closer. You are finally starting to realize what you really need to do to break free. keep up the good work and don't anybody get you down,

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Re: going for 90 days (Feb. 20)

Posted by Watson - 19 Jan 2017 23:17

[Yosef Tikun HaYesod wrote on 19 Jan 2017 23:02:](#)

Still, I've been told rather bluntly that I'm doing everything wrong.

Not everything. You're doing plenty right. Carrying on despite the frustration for one.

Several people here have written wonderful and clear posts. IMO it's your disease that's creating all this doubt and confusion, not us.

Take it easy, follow others' suggestions and stop thinking so damn much.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 19 Jan 2017 23:19

Don't blame this on anyone.

This is all on you.

You brought it on.

Read your posts (if you can).

I did these 16 things, but....

I worked five ways, but....

I spent four hours, but....

Then, you ask, "what am I doin' wrong?"

So people respond.

And you argue.

You fell once since you joined this site.

Just continue on whatever path you charted for yourself.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 19 Jan 2017 23:21

[Watson wrote on 19 Jan 2017 23:17:](#)

[Yosef Tikun HaYesod wrote on 19 Jan 2017 23:02:](#)

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Not everything. You're doing plenty right. Carrying on despite the frustration for one.

Several people here have written wonderful and clear posts. IMO it's your disease that's creating all this doubt and confusion, not us.

Take it easy, follow others' suggestions and stop thinking so damn much.

No, don't follow their suggestions.

Just do as you very well damn please.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 19 Jan 2017 23:28

[cordnoy wrote on 19 Jan 2017 23:21:](#)

[Watson wrote on 19 Jan 2017 23:17:](#)

[Yosef Tikun HaYesod wrote on 19 Jan 2017 23:02:](#)

Still, I've been told rather bluntly that I'm doing everything wrong.

Not everything. You're doing plenty right. Carrying on despite the frustration for one.

Several people here have written wonderful and clear posts. IMO it's your disease that's creating all this doubt and confusion, not us.

Take it easy, follow others' suggestions and stop thinking so damn much.

No, don't follow their suggestions.

Just do as you very well damn please.

That's fair. But if someone has eaten their cake, don't expect me to help them look for it afterwards.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Jan 2017 23:40

"if someone has eaten their cake, don't expect me to help them look for it afterwards."

Is that some famous expression where you come from, or did you make it up?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Jan 2017 00:06

The original expression is "you can't have your cake and eat it."

BTW I sound harsh because I'm trying to say things in a straight-forward way. Sugar-coating is enabling, and enabling your disease is the most unloving thing I could do.

This is just an opinion, but I think this thread is feeding your disease. Your disease is creating all this bilbul and the forum is a great breeding ground for this. It's having a field day with written forms of communication. It's doing it so well that you seem to not even have a clue what I mean when I say it, even though it's so clear to everyone else. My guess is that you're reading this thinking you're in the twilight zone again!

If you're serious about this can I suggest you [call Duvid Chaim](#), ask him to get you a sponsor and start calling in to his phone meeting every single day (Mon-Thurs). I found the calls a great start to recovery and many have found recovery in his group. And you don't even use your real name. Sweet deal, no?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Jan 2017 00:36

Deal.

I just wrote him an email:

Hi,

I watched a few of your motivational speeches on GYE.

Then Watson just suggested I get in touch with you.

1. When does the next group start?
2. Would you please get me a good, patient sponsor?
3. Can I jump in and listen on Monday?
4. Does it matter if I strongly believe that this is a yetzer hara fight, and not an addiction for me?

We'll see. I'm willing to give it a try...and noon NY time is actually doable for me.

I agree with what you wrote, and value your opinion, which is why I already emailed him.

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 20 Jan 2017 00:58

I don't really have much to add to what all the other eloquent and blunt posters have to say, but

i think the the point is that it's time to stop stopping and start living. Enough playing with making fences and then trying to climb over. That might get you stopped in the short term, but it's a game that will not get you anywhere in the long run. The strategy there is to learn to live. That means developing a method to cope with your resentments, fears and all the other things that make you want to escape back to your drug. Then you can trade in your fencing uniform for a suit of shining armor.

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 20 Jan 2017 07:23

[Yosef Tikun HaYesod wrote on 20 Jan 2017 00:36:](#)

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We'll see. I'm willing to give it a try...and noon NY time is actually doable for me.

I agree with what you wrote, and value your opinion, which is why I already emailed him.

Big step!!!!

Gevura: True, bru.

As Dov says on his calls, the moment you start trying to sneak through your filter, you've already broken it.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Jan 2017 07:47

Well done, that's a great step. With true willingness, open-mindedness and honesty you can't go wrong.

Just so you know, in case he hasn't replied by Monday, you can call into the group anyway. There's always plenty of time for questions and you don't have to use your real name.

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