

Road to 90 days (how I succeeded, and you can too)

Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

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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 - 20 Jan 2017 11:59

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You misread what I wrote. I said I wish I had a real relationship with a Rov who understood these things and could help me, and IF I had that, then I would stop posting here....because it's been VERY frustrating.

I agree that there have been some amazing posts, and I've taken those real ideas and acted on them.

I'm not going anywhere or giving up so fast. But I would like to be more encouraged and instructed to do real concrete things I can do, and helped to do the things I can't do, and not told I have an addiction, and I'm doing everything wrong or not really wanting to stop.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 20 Jan 2017 12:08

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[Yosef Tikun HaYesod wrote on 20 Jan 2017 11:59:](#)

But I would like to be more encouraged and instructed to do real concrete things I can do, and helped to do the things I can't do, and not told I have an addiction, and I'm doing everything wrong or not really wanting to stop.

Yosef,

You write you would like to be encouraged and instructed.... I guess the thing that might be very hard for you is that this process doesn't necessarily work the way you would like it to. You want to be told things that no one seems to want to tell you, and the things that you are told you don't really want to hear.

That really stinks, I know. But it jumps out at me as a reminder how much it's not up to us in this situation. We got ourselves into this pickle somehow, and we can't get ourselves out. So other people become involved and then we need to hear what they say.

Its a true reminder of how little we alone can control in this problem, and how letting go of our own preconceptions is vital to recovery.

I really think you're making tons of progress, as everyone else does. It's painful, but you're growing and doing hard things which will serve you very well in recovering.

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Re: going for 90 days (Feb. 20)

Posted by Hashem Help Me - 20 Jan 2017 12:12

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Did you ever speak to anyone from gye or only write in the forums? the human connection has helped me tremendously (not SA meetings - just speaking to a few successful people) and maybe would help you too hatzlocha!

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Re: going for 90 days (Feb. 20)

Posted by MayanHamisgaber - 20 Jan 2017 12:48

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Yosef

I'm not hinting anything in the following but this is how I try to look at things told to me and assume so do others

[MayanHamisgaber wrote on 20 Jan 2017 11:24:](#)

isn't so cool that there are so many people that have the same situation it is a tremendous chizuk to see this and is one of the major things that gye provides

lets all remember that as similar as our situations are EVERYONE is different in some way or another so though all advice is wanted but what works for one may not work for others it is highly suggested not to try and give personalized advice but to post what did,does or could work for yourself as a suggestion.

looking forward to growing together and remember ONE DAY AT A TIME.

B'hatzlacha

maybe i'm wrong it doesn't matter since this is what works for me and that is the only thing that matters to me

B'hatzlacha

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Jan 2017 12:49

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I'm looking for something pretty simple: if you have gotten to 100 or more days clean,

HOW did you do it? Then, I will be able to follow in your footsteps.

Now, if the answer is specific to addicts, then that will be less helpful to me.

But there have to be a lot of successful people here who are not addicts

that can simply list off the 3-10 things that have helped them most.

Please do so!

This will be a lot more helpful than just critiquing my list.

I want to gain from those who have come before me.

Everyone is different, and maybe I'll choose a few from 1 guy and a few from another.

But I don't have to "reinvent the wheel".

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HHM, share the specifics by email.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Jan 2017 13:15

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This last email was right around your sweet spot of 120 words, Mark.

And #303668 in bold was too.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 20 Jan 2017 13:21

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OK, let me try to tell you what got me over my first 90 days that I did on GYE.

I decided that I have to watch my eyes no matter what, so I stopped watching movie trailers, movie clips, and stayed off YouTube completely. It wasn't locked up, but I was so angry about my last fall that I decided that I had to absolutely stay away from seeing things that would trigger me. So, I actually even stop Reading some of the news that I like. I just made sure to watch my eyes wherever I go.

I was successful in watching my eyes on the computer and less so in real life. I didn't struggle at all over those six months or so well actually I did for the last month or two but for the first four months I did not because I wasn't saying anything figuring and so nothing was going on.

Basically, I was willing to give up any sort of looking at anything so that I shouldn't be triggered.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 20 Jan 2017 13:56

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PLS SEE MY PURPLE REPLY INSIDE YOUR QUOTED POST

[Yosef Tikun HaYesod wrote on 19 Jan 2017 22:15:](#)

IF you read only the bold words, there are 120.

**Mark,**

**What were your reasons? Can you briefly give them to me here?**

(instead of saying read a whole long thread)

I assume you're replying to what I wrote 2 pages ago [HERE](#)

Please define what needs reasonings??

**Asking a sensible, Rov, who understands these things AND me**

**is in the "nice idea, but not actionable" category.**

**I don't have such a person I can call.**

Maybe it's time to get yourself a Rav / Just for life in general...

Disclosing everything is a good idea. But what does that mean? Should he read these 300 posts?

Who is a big, sensible Rov who would agree to do that?

You could tell him what your struggles are in less than. 120 words :-)

**Just like I've written concrete things I've tried, if you can give me concrete, well-defined things I can actually do that will help me, then I will do them (bli neder).**

But, to introspect and figure out underlying reasons why I feel the need to escape and self-soothe,

and then figure out how to meet those needs with some other fulfilling (but not destructive) activities,

sounds nice, but I don't know how to do it...so it gets filed away under "nice idea in theory" but I can't act on it.

Don't even consider it - with a therapist you could...

**Please help me also with Tool #5.**

Icant help you with tool #5, but perhaps you're upto level number 5 [HERE](#)?

So act upon it as I think you are ;-)

**Is everything here on this website just a bluff...and only** going through the big book, white book,

phone 12-step meetings, live 12-step meetings, **admitting you are powerless and an addict, and forget all the teshuva talk**, you are sick and need to get a refua like chemotherapy, **is going to help??? That can't be!**

It's time to cut out the "all or nothing" approach

At the **entrance to twilight zone**...someone **please pull me back.**

Throw out your toolbox

Take 1 or 2 small things today

Duvid Chaims group is a great tool package

My waze says you're on the road to success!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Jan 2017 14:19

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Workingguy, one main move: concentrated on not seeing anything triggering.

Hopefully, 5 or more people will answer this succinct post.

Have a good Shabbos everyone!

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Re: going for 90 days (Feb. 20)

Posted by gibbor120 - 20 Jan 2017 18:21

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As I said earlier. We are just sharing what worked for us. You have to find what works for you. Reading what DID NOT work for us *can* help you avoid common mistakes and misconceptions. This is the internet. Buyer beware. There are no gurantees, and no, you don't get your money back. Make some choices. See if it helps. Go from there.

Recovery is a process. We get it wrong. We tweak it. We learn something. We realize a mistake or mistakes we made. We learn. We grow. We try again, this time a bit different...

We all wish you the best! Really.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 22 Jan 2017 12:08

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I understand what you are saying. I've said the same thing several times.

I want to learn from others who have succeeded.

But almost nobody has written a list of a few things that they have done that were effective.

This would be very helpful for all of us still struggling in the quicksand to break free.

Everyone is different, but surely we could pick a few strategies from this one and a few from this one.

That is **if** people who have succeeded or are succeeding long-term are willing to please share their list.

- 1.
- 2.
- 3.
- 4.
- 5.

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Re: going for 90 days (Feb. 20)  
Posted by Watson - 22 Jan 2017 17:43

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There aren't any simple solutions. There's no on/off switch. It's a gradual process. It takes time, patience and there are many things to learn along the way. Duvid Chaim is very experienced with leading people through this process on his calls and he gives plenty of time for questions.

Take a deep breath and enjoy the journey. There will be ups and there will be downs. But as long as you're willing to continue to learn and develop you'll be fine.

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Re: going for 90 days (Feb. 20)  
Posted by gibbor120 - 22 Jan 2017 17:48

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Besides the handbook, you have more suggestions on this thread than you know what to do with. YOU write the list. YOU DO the list. Then YOU see how it goes. Feel free to share your progress with US. I would suggest that less is more. Don't try to do 20 things at once. Baby steps, baby steps. I'm happy to discuss via PM if you want to discuss specifics.

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Re: going for 90 days (Feb. 20)  
Posted by Markz - 23 Jan 2017 00:04

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[cordnoy wrote on 02 Feb 2016 12:34:](#)

Changin',

Marriage can be tough...

Actin' out helped nothin'.

Ultimately I knew that I needed to get my life in order.

Therapists

Sponsors

Readin'

Callin'

Postin'

Meetin's

Workin'

And oh.....listenin' to others smarter and more experienced than me.

Is it in order now?

Today, it is.

B'hatzlachah

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