

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

Posted by Markz - 15 Feb 2017 14:33

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Yosef you may have traits as I do - we may have more in common than you think

One major problem I have is lack of communication skills

Its primarily what I have therapy for

One aspect of communication skills is reading between the lines of what someone says (on the forum) or writes to me, which I don't always get right and maybe you too

It plays out in my marriage as it does in yours as you've mentioned too.

In my humble opinion you'll gain more by working now on your communication than on your lust, because I have a very strong feeling that my communication therapist is one BIG nut in my lust recovery toolbox

My therapist is gonna say I'm the nut, because I should've asked her first to preview this post before submit. And she's probably right

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Workingguy - 15 Feb 2017 14:41

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Markz,

You're great, and insightful. Don't think there was anything that needed previewing.

Yosef,

I think you have a strong point that you have a right to ask for help in the way you would like to get it. And while no one has to give it to you if they don't want to or if they feel it's not helpful, they still probably shouldn't be giving you what you didn't ask for.

But there IS something that took place specifically on this thread where the style of communication got various people riled up and I think it's a great thing to explore- what that I said pushed so many buttons? (And of course those whose buttons were pushed should analyze why they got so worked up- and I place myself in that category as well)

That's just a thought, but regardless, keep up our good work.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Markz - 15 Feb 2017 14:50

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[Workingguy wrote on 15 Feb 2017 14:41:](#)

Markz,

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Yosef,

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That's just a thought, but regardless, keep up our good work.

You ain't called **workingguy** for nothing

Hey you have my number. I'm still waiting for your text

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

Posted by Workingguy - 15 Feb 2017 15:55

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I do have your number. Haven't had to use that computer once since because I bought a new computer filtered up enough that it's not a temptation for me.

But should I forget my computer and need to use that one, I fully intend to take you up on it!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Dov - 15 Feb 2017 18:44

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It's so nice to read this thread, thank you!

I love you folks.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 16 Feb 2017 00:15

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Tough day, that day 1!

Today is another day.

Everyone here means well. (Nobody is a rasha out to hurt me or cause me frustration or pain).

I apologize to you, GrowStrong. I should have restrained myself and not lashed out at you. I realize now that you were only trying to help me. Please forgive me.

I can only control my own behavior and my own words.

I'm here looking for a little chizuk and encouragement, which will help me stay focused and succeed.

I respond very well to those sincere pick-me-ups, and very poorly to being convinced of something.

This thread is meant to be a place where I can feel comfortable opening up and sharing my journey.

A place where I can be honest about my weaknesses, and allow myself to be vulnerable, without having to fear that I will be criticized or attacked.

I decided almost a month ago to get advice how to succeed only from live people who have

succeeded.

Anybody who posts here and gives me a few words of sincere encouragement

and a quick pick-me-up, does me a great chesed and helps me to continue.

Nobody owes me anything. I'm merely telling you what I respond well to.

If you don't feel like helping me, then all I ask is that you refrain from posting at all here on my thread.

This is a support forum, and I have a right to feel safe and share my experiences, without being criticized or attacked, especially on my own thread where I am allowing myself to be vulnerable and express my feelings and weaknesses, and want nothing more than a little chizuk and encouragement to continue.

Thank you,

Yosef

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

Posted by Hashem Help Me - 16 Feb 2017 05:06

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Yosef, well said. We are here to encourage you on your journey, and if someone slips and throws in some unasked for advice, please realize it comes from a deeply caring place. People here are very passionate about what has or has not worked for them and therefore sometimes inadvertently "preach" a little. One day you will iyh do the same when you feel very confident in your recovery and will desperately want to help someone recover from this tormenting issue. And I think you are getting pretty close to that day. One day at a time, we will iyh help you get yourself past that 30 day barrier and beyond.

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

Posted by bb0212 - 16 Feb 2017 05:14

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[Hashem Help Me wrote on 16 Feb 2017 05:06:](#)

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throws in some unasked for advice, please realize it comes from a deeply caring place. People here are very passionate about what has or has not worked for them and therefore sometimes inadvertently "preach" a little. One day you will iyh do the same when you feel very confident in your recovery and will desperately want to help someone recover from this tormenting issue. And I think you are getting pretty close to that day. One day at a time, we will iyh help you get yourself past that 30 day barrier and beyond.

Wow, I love everything. EVERYTHING in this post. Thank you mucho harbay!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 16 Feb 2017 07:40

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Yosef

I will try be *meka'yem* your *bakosha*.

Hope you have a great day! Learn hard and fight hard!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Markz - 16 Feb 2017 14:20

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[Yosef Tikun HaYesod wrote on 16 Feb 2017 00:15:](#)

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Thank you,

Yosef

Brother Yosef if someone bothers you

1) send him to me and I'll use the AXE singularity sponsored

2) get the guy's email and have a 1-2-1 chat with him but not here

Lets keep the positivity rocking, and I wish you a GREAT day!!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by unanumun - 16 Feb 2017 21:26

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I suppose that could have been told over in a one to one email as well.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Markz - 16 Feb 2017 21:35

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[unanumun wrote on 16 Feb 2017 21:26:](#)

I suppose that could have been told over in a one to one email as well.

Ditto

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by unanumun - 16 Feb 2017 21:42

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 16 Feb 2017 22:46

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Had a few good email chats, now that you mention it.

Today has been a great day so far.

Guests coming for Shabbos.

Made arrangements to go swimming again. It's fun, and it's a real treat for my son, who just finished Zerayim with me. I have to find a small ball to play catch with in the water. That would be great.

Plumber coming to fix a couple of leaks...

I can't help noticing that the last 2 or 3 times I have fallen, somewhere in my house gets a leak, that then costs me real money to fix. But instead of this making me feel down,

I actually take this as an expression of love by HaShem to give me a kaparah

and get the message to be more careful in the future. These relatively small/soft messages are all I need,

and I am very happy not to need to get any louder messages, chas v'shalom!

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