

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 Yosef Tikun HaYesod - 21 Feb 2017 22:18

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<https://guardyoureyes.com/forum/13-BEIS-HAMEDRASH/300970-Rabbi-Fishel-ShechterRabbi-Ben-Zion-Shafier-Torah?limit=15&start=15>

Test to see if it links the exact post I want it to...I doubt it will.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 21 Feb 2017 22:22

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Next

try: <https://guardyoureyes.com/forum/13-BEIS-HAMEDRASH/300970-Rabbi-Fishel-ShechterRabbi-Ben-Zion-Shafier-Torah?limit=15&start=15#306314>

I think this might actually work!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by GrowStrong - 21 Feb 2017 22:54

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You Cracked it

Now the trick to make it pretty

Double click on the word you want to be linkable

Like [Here](#)

And then with the word highlighted you can then click the add link button like you did in the previous two posts

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by cordnoy - 21 Feb 2017 23:45

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[GrowStrong wrote on 21 Feb 2017 22:54:](#)

You Cracked it

Now the trick to make it pretty

Double click on the word you want to be linkable

Like [Here](#)

And then with the word highlighted you can then click the add link button like you did in the previous two posts

And now it looks pretty

Il wish these instructions would be written in English so I can understand them.

And why would someone insert quotation marks into the word url, and then be instructed to remove them?

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by bb0212 - 22 Feb 2017 07:35

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[cordnoy wrote on 21 Feb 2017 23:45:](#)

Why would someone insert quotation marks into the word url, and then be instructed to remove them?

Otherwise you wouldn't see what I'm trying to show you.

**For example**

*If I don't*

~~Put any quotes, you see this~~

[b"]in this example[/b]

[i"]I do[/i]

[strike"]Put in quotes, you see this[/strike]

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by bb0212 - 22 Feb 2017 07:39

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This forum's website will recognize a specific combination of characters and letters as a command.

**Warning: Spoiler!**

[spoiler"] by putting a quotation mark inside the bracket, the website doesn't recognize the command[/spoiler]

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by bb0212 - 22 Feb 2017 07:43

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Guys, you're dismissed, please remember to do the homework. Cords, as a punishment for asking questions, you have to

**Warning: Spoiler!**

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by bb0212 - 22 Feb 2017 07:46

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[Cordnoy wrote on 22 Feb 2017 07:43:](#)

Hey, bb0212 why are you quoting me on things I never said?

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 22 Feb 2017 12:18

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This exercise has become more complicated than breaking free of lust.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 22 Feb 2017 12:37

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My bad. I should probably get some sleep..

Had a protein shake spill on my computer.

Sticky thick liquid spilling where it shouldn't...interesting!

Sometimes, HaShem isn't so subtle, when He wants to give me a message

to be more careful. At least, I hear the message loud and clear, and He doesn't need to

send a bigger, and more painful message. Only the control key and the 5 and 6 buttons are

not working (and I can use the number pad to type those two numbers).

I just thought of this NOW, as I'm typing:

essentially, the only thing that is really messed up is the CONTROL button!

I've got to fix that part of myself, and start exercising more **control**.

Wow, HaShem really loves me! Not only do I daven and talk to Him.

He communicates back to me!

(yes, before anybody asks about it or comments, I know this can be taken too far. There are people locked up in insane asylums/get better mental hospitals (to be politically correct), who think that G-d is talking to them and told them whatever craziness, to murder someone or that they are Moshiach, etc.)

But the Baal Shem Tov (I believe) said that everything is b'hashgacha pratis. There are no coincidences.

And I believe that.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Trouble - 22 Feb 2017 14:01

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[Yosef Tikun HaYesod wrote on 22 Feb 2017 12:37:](#)

Up to 9 days clean.

Had a protein shake spill on my computer.

Sticky thick liquid spilling where it shouldn't...interesting!

Sometimes, HaShem isn't so subtle, when He wants to give me a message

to be more careful. At least, I hear the message loud and clear

Thank God you weren't eating a chocolate nutty yogurt!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 22 Feb 2017 15:08

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[Trouble wrote on 22 Feb 2017 14:01:](#)

[Yosef Tikun HaYesod wrote on 22 Feb 2017 12:37:](#)

Up to 9 days clean.

Had a protein shake spill on my computer.

Sticky thick liquid spilling where it shouldn't...interesting!

Sometimes, HaShem isn't so subtle, when He wants to give me a message  
to be more careful. At least, I hear the message loud and clear

Thank God you weren't eating a chocolate nutty yogurt!

Thank God you weren't masturbating

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Gevura Shebyesod - 22 Feb 2017 15:15

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[Yosef Tikun HaYesod wrote on 22 Feb 2017 12:37:](#)

...

essentially, the only thing that is really messed up is the CONTROL button!

I've got to fix that part of myself, and start exercising more **control**.

...

Maybe the point is that you shouldn't try to control...

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Markz - 22 Feb 2017 15:44

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[Gevura Shebyesod wrote on 22 Feb 2017 15:15:](#)

[Yosef Tikun HaYesod wrote on 22 Feb 2017 12:37:](#)

...

essentially, the only thing that is really messed up is the CONTROL button!

I've got to fix that part of myself, and start exercising more **control**.

...

Maybe the point is that you shouldn't try to control...

My 'Esc' button is messed up

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