

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

Posted by Gevura Shebyesod - 22 Feb 2017 17:59

A person needs to control himself. But we have to stop trying to control our circumstances, the world, other people, and the results of our efforts.

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

Posted by Yosef Tikun HaYesod - 22 Feb 2017 18:12

True, Gevura. That's a nice distinction!

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

Posted by Hashem Help Me - 22 Feb 2017 20:54

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

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

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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**.

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

If someone **can** be in control, why shouldnt he?

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

Posted by Dov - 22 Feb 2017 21:49

Heh, nothing at all wrong with trying to be more in control. But you said it and I will quote you:

"If someone CAN be in control, then why shouldn't he?"

I am a powerless but sober sex and lust addict who works the 12 steps in SA, bH. But I still want to vomit whenever i see people here on GYE of all places trying to convince every guy who masturbates that he must be an addict and needs to surrender to win (as we addicts do and it works for us).

No, I do not think that this was what GS meant that you should surrender the way we addicts do. He didn't write that. What he wrote was "MAYBE the point is that you shouldn't try to control..." All he did was suggest an option. I think that's quite thoughtful and innocent.

So You are both right, in my opinion, for whatever it's worth. Instead of looking for disagreements wherever they may be, it might bear more fruit for us to see the truth in nearly everything someone writes, under specific circumstances.

Practically for this suffering guy, I'd suggest considering what GS said because he obviously has a poor track record. Some of us have a slightly poor track record, and some have a horrifyingly poor track record, and then some have dismal ones...and some worse.

If he has failed consistently for a long time and really plays with himself frequently and has tried battering it with self-will and religiosity for a long time and that has not worked...then I feel pretty sure that defending his right to be a moron and keep trying to control it, is cruelty and actually assur al pi halocha because of ona'ah - hurting a fellow Jew, a bitul of a few mitzvos aseï and certainly an issur d'oraiso of lifnei iver.

But I am not saying you are doing that. For the truth that all this pivots on, is not yours but only his to know.

That OK?.

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

I said my peace in 306501. Gevura, who you are calling GS

(confusing, because we call GoingStrong, GS), understood and said Thank You.

He responded and clarified in 306503, and I understood and thanked him in my next post.

We're all good.

Your last long paragraph is beyond comment. But if you're asking MY opinion, it's not o.k.

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

Posted by Singularity - 23 Feb 2017 08:14

Yosef, could you add to whom you're replying below your bottom line, like @Dov, or something. I remember you did it a whiile ago, it just makes the conversation flow better.

Or consider a course in quotery ;-)

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

Posted by Yosef Tikun HaYesod - 23 Feb 2017 12:38

Double digits, baby!

Man, yesterday was rough!

I think A LOT of it was self-imposed, though. I need to relax and not let things bother me.

I thought someone on my group thread was looking for help out of a stressful situation,

so I wrote back that he should just get out of there, leave his computer, and take a walk outside...

get a hot drink and a cookie. Well, Boruch HaShem, it occurred to me as I was writing to him, that I need to hear what I'm telling him to do and take my OWN advice! So, I left immediately.

It was fantastic. Fresh, cold air, a bakery with hot items coming out all the time.

Stepping away from it helped me a lot.

This is not a license to say insensitive remarks that are likely to bother me,
but I should be more in control of my reactions and step back from it,
so that they don't even bother me in the first place.

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Singularity - 23 Feb 2017 13:21

Your beard looks weird.

Ooops.

No I'm sure you beard is just fine.

Keep on Growing! Keep the KOGs turning!

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 26 Feb 2017 11:27

Happy Rosh Chodesh, everyone!

13 days clean so far.

I have wanted to watch episodes and/or movies quite a lot...but haven't given in to that desire. That's very big news for me...and thanks in large part to the incentive system that Boruch HaShem I helped put in place.

Now there are 2 competing yetzer haras, and as long as I want the incentive more than the streaming (which leads to wasting eventually...haroeh es hanolad), then I will keep succeeding, b'ezras HaShem!

[new Rav Shechter Torah/story](#)

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Hashem Help Me - 26 Feb 2017 13:20

Keep it up Yosef. Staying away from movies will give you extra syatta d'shmaya from Hashem who sees your sacrifice of adding more kedusha to your life. A friend of mine who used to read secular newspapers and then stopped, commented that while he was reading them daily, he never realized the subtle effect it had on him. Once he had stopped for about a month, he was able to understand what he had gained by stopping. Similarly, iyh as you wean yourself away from movies, you will see your mindset slowly change. Your head will be cleansed more and more and will become a "kli kibbul" where Hashem can shower more and more brocho. Besides the psychological benefit of breaking this habit, there will be "neshomo benefit".

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Dov - 26 Feb 2017 20:14

[Yosef Tikun HaYesod wrote on 22 Feb 2017 17:55:](#)

How do you twist around: "I've got to fix that part of myself, and start exercising

more **control**."??

(It's rhetorical...if you must, please respond only by email or PM)

Someone who is "out of control" and isn't able to control his tyvahs/desires and restrain them, is weak.

It's a negative thing, and a chesoron that he has to work on.

In contrast, someone who is "in control" and is able to exercise shlita/control over his speech, thoughts, and actions is a Tzadik.

I asked my first Rosh HaYeshiva how do we know what it means when HaShem sends us yisurin.

The Gemara says to look into your actions, if some yisurim come.

But how do I know what it corresponds to? He answered that HaShem makes it clear to the person,

that whatever he comes up with as the thing to fix, that is exactly what HaShem had intended. The person has the siata d'shamaya to accurately receive the message.

Maybe for a different person, the message would be to give up control and accept that he is powerless...

or whatever. I'm not denying that. What I'm saying is that the person himself knows.

My question to you...and it is not a challenge, nor a rhetorical question and I am not trying 'get at anything'. Your answer means a lot, so I ask:

How do you think the person himself comes to know this?

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

Posted by Yosef Tikun HaYesod - 26 Feb 2017 21:50

This was addressed and answered in my post.

The Gemara says he should look into his actions.

I asked the Rosh HaYeshiva, but how is that going to be enough?

How will it be clear, what HaShem intended? Meaning that maybe he'll come up with the wrong message? And he answered me, that HaShem gives the person siata d'shemaya to discern and find what the correct message was, why he got that particular yisurim.

He does a cheshbon hanefesh, looks into his deeds/actions, and whatever he comes up with, IS the exact thing that HaShem intended for him to work on and fix.

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Singularity - 27 Feb 2017 09:46

[Yosef Tikun HaYesod wrote on 26 Feb 2017 21:50:](#)

This was addressed and answered in my post.

The Gemara says he should look into his actions.

I asked the Rosh HaYeshiva, but how is that going to be enough?

How will it be clear, what HaShem intended? Meaning that maybe he'll come up with the wrong message? And he answered me, that HaShem gives the person siata d'shemaya to discern and find what the correct message was, why he got that particular yisurim.

He does a cheshbon hanefesh, looks into his deeds/actions, and

whatever he comes up with, IS the exact thing that HaShem intended
for him to work on and fix.

It's lofty, for sure.

But Dov read your post, too. And still asked the question. What's that saying?

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Re: Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 27 Feb 2017 12:20

Rabbi Yechiel Spero wrote the following, which I think is awesome:

I saw in a beautiful Sefer, Emunah Bacharti, a beautiful thought. There are three terms
that we need to think about to help us build our own self-esteem.

The first, "**K'acheirim**". We always want to be like someone else. We are never satisfied
with who we are. A person needs to look at their own strengths and own weaknesses
and realize who you are and what you are capable of being. If you are constantly looking to be
like someone else, then you can never be satisfied with who you are.

The second, "**L'acheirim**". Often we decide to live our lives for others.

We live our lives to see what others will say. We don't even live our own lives, we are so busy
living lives for someone else; to please someone else while we end up being quite
unhappy and dissatisfied.

The last word, "**M'acheirim**", from others. We sometimes lack the self-confidence
to make decisions on our own. Instead of doing what we want to do it,

we only end up doing what someone else tells us what to do.

These three terms, will help us be true to ourselves. A person should not belie his own truth.

We need to know: who I am, what my kocho's are, and not to constantly question
if I am a good and capable person.

If you look at the roshei teivos of these three words, it helps us understand it a little bit better.

The acronym for the three words, spells the word "Kloom". You will end up being nothing
if you are constantly trying to please others, be like others, to only take advice from others.

Hakadosh Baruch Hu gave us kocho's. Don't second guess yourself. Don't beat yourself up.

If we can build our own self-confidence, we can become truly great people.

Have a great day!

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