

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 TzedekChaim - 05 Mar 2017 18:39

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I will be married b'H soon and am blown away by your story. Honesty in telling it, humbleness and strength that you showed throughout its course. Astounding.

I will definitely file this away as a powerful example for myself for the future. Thank you and may Hashem bless you for being such an inspiration to us all.

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

Posted by cordnoy - 05 Mar 2017 19:12

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[TzedekChaim wrote on 05 Mar 2017 18:39:](#)

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B"H this is a public forum.

Honesty is also crucial and Yosef did fabulous with his story.

His holdin' out when he was agitated and anxious is a testament to GYE and to hisl individual progress.

I would like to point out thatl there are parts of the story thatl you probably should not take as an example as far as what to do, just like there are many parts of all my stories and others that you should not use as an example.

May God guide you in the properl way and may you merit buildin' a bayis neeman byisroel  
lsheim ulsiferes.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 06 Mar 2017 08:28

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Geez Yosef, that's heavy stuff.

Very yeshivish way of lashing out at her :-P

Shkoyach on fixing the situation. It's sometimes so easy. A puff of smoke.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 06 Mar 2017 12:37

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3 full weeks...

Purim is coming.

We already have plans to spend the long day with a few friends.

It should be awesome.

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

Posted by Yosef Tikun HaYesod - 07 Mar 2017 12:10

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Chaim, I just wrote on your thread the conclusion of the Rav Shafier question.

He is addressing "regular guys" with "regular, strong yetzer haras".

And I think Yehidah understood him very well. We are talking about a "regular picture" of your wife smiling...NOTHING immodest, chas v'shalom!

His shiurim called The Fight are almost by definition not for a lust/sex addict.

Not sure why I'm writing this here, but can't be bothered to switch it to your thread.

Have a great smiley face day!

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

Posted by Markz - 07 Mar 2017 13:09

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[Yosef Tikun HaYesod wrote on 07 Mar 2017 12:10:](#)

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I don't think that's accurate

[gye.vids.io/videos/d49bdeb21b19e5c55c/video-11-for-married-men](https://gye.vids.io/videos/d49bdeb21b19e5c55c/video-11-for-married-men)

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by GrowStrong - 07 Mar 2017 13:44

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[Markz wrote on 07 Mar 2017 13:09:](#)

[Yosef Tikun HaYesod wrote on 07 Mar 2017 12:10:](#)

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Maybe for Yosef the most desirable position he can picture his wife in is her smiling.

I know nothing makes me happier than when my wife is smiling.

Again I dont think this video is for addicts, its for regular people who struggle with desires outside of their 4 amos - which is pretty much most people, and for them (normals) its not a bad piece of advice. Even if the position they view their wives is X rated.

Myself personally I used this as a tool to break free from porn as i have mentioned a few times on this forum, so as a stepping stone for us with more problems in this area than most, its also

not such bad advice, but its certainly not the goal.

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

Posted by Yosef Tikun HaYesod - 07 Mar 2017 13:51

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NO time now, but here is what he said (I'll add to it and complete it later):

"You should have an image of your wife in your mind in a position you consider desirous

(this means, for instance, sitting on a blanket under a tree at the park, smiling and looking really beautiful on a sunny wonderful day...and you remember that time you had there together and how beautiful she looks/looked. It does NOT mean a pornographic picture of your wife)

and have that image in your mind ready and available.

...if you actually see a woman and see yourself desiring her, you say to yourself:

that's a pretty woman, but I'd much rather my wife.

You say: my wife is beautiful; I desire her.

You can admit someone else is pretty, but it's not she I desire; it's my wife I desire."

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Still disagree?

Or now you see what I'm saying?

I don't mind clarifying this at all.

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

Posted by cordnoy - 07 Mar 2017 14:04

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Howbout if one doesn't desire his wife?

What happens if the others are indeed prettier?

Let's say he cannot conjure an image of his wife smilin'.....

Then what?

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by GrowStrong - 07 Mar 2017 14:22

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[cordnoy wrote on 07 Mar 2017 14:04:](#)

Howbout if one doesn't desire his wife?

that can take a lifetime of effort for some - but focusing on what an amazing person she is can help.

What happens if the others are indeed prettier?

this can be the case very often - and so what.... sheker hachain ve hevel hayofi - I personally wouldn't give up the mother of my children and reason for my success for 100 supermodels.

Let's say he cannot conjure an image of his wife smilin'.....

dig deep - its there

Then what?

But of course the real answers are, this isnt our avodah... We dont need imagination tools (bandaids) to not lust in the street.

We need to just not lust in the street.

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

Posted by unanumun - 07 Mar 2017 14:23

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[cordnoy wrote on 07 Mar 2017 14:04:](#)

Howbout if one doesn't desire his wife?

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Then what?

Then you are destined to be stuck on GYE forever, and might even become a moderator

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

Posted by annon12345 - 07 Mar 2017 15:23

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[cordnoy wrote on 07 Mar 2017 14:04:](#)

Howbout if one doesn't desire his wife?

What happens if the others are indeed prettier?

I think what rabbi shafier means is that its not about physical beauty per-say but a positive image of your wife to make you feel content and sidestep the current burst of taiva

Let's say he cannot conjure an image of his wife smilin'.....

Then what?

then you need to find rabbi shafiers talks on shalom bayis



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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by annon12345 - 07 Mar 2017 15:24

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[unanumun wrote on 07 Mar 2017 14:23:](#)

[cordnoy wrote on 07 Mar 2017 14:04:](#)

Howbout if one doesn't desire his wife?

What happens if the others are indeed prettier?

Let's say he cannot conjure an image of his wife smilin'.....

Then what?

Then you are destined to be stuck on GYE forever, and might even become a moderator

OUCH!! oy... its nice here... i wouldnt mind eternity here :-P .... very healthy outlet

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

Posted by Yosef Tikun HaYesod - 08 Mar 2017 14:44

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So we're now in agreement that he does not mean a pornographic picture?

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My answer to Cord, with no real time now either, is that Rav Shafier is presenting this as a technique. If the technique doesn't work for you, then either you can work on it, or too bad...use a different technique. Let's say someone says there is a great technique for losing weight called swimming. You swim for 45 minutes, 3 times a week.

It's fun and a great exercise without any strain on the body, and it burns tons of calories.

Then, someone says: what if I live far from a pool? what if I don't have a swimsuit?

what if I don't know how to swim? Either work it out, or use a different method to lose the weight.

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Old amazing quote from the frum Matisyahu (not sure where he is now):

"Digging deep for eternal treasure...Stay away from quicksand and false pleasure!

If its roots are cut off, how can we feed this flower...

Might look pretty, temporary, but rotting within the hour.

Disconnected from its source, with no footsteps to follow, chasing death, disguised as life..."

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Have a great day. Try to build someone up and not knock him down.

It's harder but ultimately a lot more rewarding.

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