

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 - 08 Mar 2017 21:26

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You are right, Mark...I asked him and will post his response.

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

Posted by Yosef Tikun HaYesod - 09 Mar 2017 01:02

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"It depends on what situation a person is in. If hirhurim are a significant issue,

then a pornographic image of his wife might be called for, and even a good idea to use.

Rav Moshe explains that the only thing forbidden would be to envision

actually have tashmish with your wife, but otherwise it would be permitted.

If the issue isn't as severe, and a more sedate image would work,

then that's what he should use.

Much continued hatzlacha and a freilich un Purim."

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by GrowStrong - 09 Mar 2017 11:20

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[Yosef Tikun HaYesod wrote on 09 Mar 2017 01:02:](#)

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then a pornographic image of his wife might be called for, and even a good idea to use.

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then that's what he should use.

Much continued hatzlacha and a freilich un Purim."

OK so we are now in agreement desirous can be pretty naked and pornographic.

As i have mentioned a few times, I used this as a device to quit porn - but I did so by doing that  
'only forbidden part' repeatedly.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 09 Mar 2017 13:26

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[Yosef Tikun HaYesod wrote on 09 Mar 2017 01:02:](#)

"It depends on what situation a person is in. If hirhurim are a significant issue, then a pornographic image of his wife might be called for, and even a good idea to use.

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Just make sure nobody pinches your wallet ;-)

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 09 Mar 2017 23:46

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image in your mind, not your wallet.

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I left my swimsuit at the guy's house, and he said that he is often not home, he will just leave it outside, in the plastic bag I put it in, and forgot after changing. Well, I went over there, and there is NO swimsuit! It was a new Land's End swimsuit, but I can't really say anything, since he has been so nice to me to let me use his pool.

That is quite frustrating. Someone took it or threw it out in the garbage.

It's kind of like when you are a guest for Shabbos. You still have some delicious food on your plate you want to eat. You get up to use the washroom, and when you come back, everything has been cleared away. There's nothing to say or do, but it's very frustrating.

Because they didn't try to cause you this loss, and it was so needless/such a waste, shouldn't have happened, can't be undone, and the only right move is to accept it

as HaShem's hidden will and move on. Thanks for helping me get this off my chest,

so that I can move on. I mentioned the swimsuit was brand new?

Oh well, it's a kapparah.

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

Posted by Hashem Help Me - 10 Mar 2017 06:14

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Yosef, we are not in control of our surroundings. As challenging as it is we have to live with the emuna that there is a cheshbon. On the other hand, don't give up so fast. Your swimsuit will probably resurface soon.

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

Posted by bb0212 - 10 Mar 2017 07:30

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[Hashem Help Me wrote on 10 Mar 2017 06:14:](#)

Yosef, we are not in control of our surroundings. As challenging as it is we have to live with the emuna that there is a cheshbon. On the other hand, **don't give up so fast. Your swimsuit will probably resurface soon.**

Could be I misunderstood, but that's not the meaning of emunah.

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

Posted by Hashem Help Me - 10 Mar 2017 12:10

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[bb0212 wrote on 10 Mar 2017 07:30:](#)

[Hashem Help Me wrote on 10 Mar 2017 06:14:](#)

Yosef, we are not in control of our surroundings. As challenging as it is we have to live with the emuna that there is a cheshbon. On the other hand, **don't give up so fast. Your swimsuit will probably resurface soon.**

Could be I misunderstood, but that's not the meaning of emunah.

I just meant there may have been a misunderstanding where the swimsuit was to be hung, or some other derech ha'teva explanation why it was not yet found mistakenly.....

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 10 Mar 2017 12:15

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Kodshim is going slowly.

Haven't gotten into the groove yet.

A million havdalas, but kind of like exercise-walking/running...

Both are great with long-term benefits, but both are difficult for me to get in the groove.

And eventually, I will succeed at doing both of them!

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We are going to have an epic Purim this year with a few different families.

I hope everyone has an uplifting, meaningful Purim and experiences real simcha!

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I try to do everything in excess on Purim: learn "too much", sleep "too little", daven "too early" (neitz),

drink "too much", and give "too much" tzedaka.

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

Posted by Yosef Tikun HaYesod - 13 Mar 2017 14:34

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WOW.

Hungover.

Sick stomach.

Everything to excess accomplished.

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

Posted by Singularity - 14 Mar 2017 08:40

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[Yosef Tikun HaYesod wrote on 13 Mar 2017 14:34:](#)

WOW.

Hungover.

Sick stomach.

Everything to excess accomplished.

mazeltov!

I know any plan I have for purim always gets thwarted. My strategy this year was to go with the flow.

But we made the challah rolls for our Seudah at a rebbe's house and I love our challah so I was excited for that, especially. Haha.

Kodshim is going slowly.

Haven't gotten into the groove yet.

A million havdalas, but kind of like exercise-walking/running...

Both are great with long-term benefits, but both are difficult for me to get in the groove.

And eventually, I will succeed at doing both of them!

I wouldn't exaggerate it to a million havdalas, haha. Well, where I am right now I am in love with exercising, feeling good and thin, fitting into my clothes etc. And learning has taken a full-blown back seat. And I don't feel I'm betraying God. This is a phase of life for me. Could be the coldness to Yiddishkeit that is a by-product of a strong recovery program (Once again, read Teshuvah through Recovery to see what Dov says on this), but like right now I just, I don't know. Lazy? Demotivated? When I *do* learn, it's fun. But there's been a lot of stress and stuff, financial and whatnot. My davening is strong, and I find exercise keeps me sane. Learning might drive me insane. I don't know. I ride on the advice of those greater than I, that deeper into recovery, my yiddishkeit will come back more enriched and meaningful.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 14 Mar 2017 12:25

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Started Menachos.

Almost at 30 days, which is a milestone for me.

Then, to 60, then to 90, with HaShem's help.

It helps **me** to have a short-term goal.

Like every word of Torah is a mitzvah, but I need to think in terms

of learning all of Menachos now...then the next and the next,

and then the next seder as an even bigger goal.

Not the standard line of ODAAT, but that is o.k. too.

My calendar works the same way, one day at a time,

but it helps me to have short-term goals.

Tomorrow, I reach my first short-term goal AND hopefully will then

immediately continue toward reaching my next short-term goal...

and not fall apart or look back.

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

Posted by GrowStrong - 14 Mar 2017 12:56

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

Posted by cordnoy - 14 Mar 2017 13:02

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[Singularity wrote on 14 Mar 2017 08:40:](#)

[Yosef Tikun HaYesod wrote on 13 Mar 2017 14:34:](#)

WOW.

Hungover.

Sick stomach.

Everything to excess accomplished.

Just be careful you dont reverse into anything or anyone while you are not looking back



mazeltov!

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Not worth much, but in general, I disagree.

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