

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 - 22 Mar 2017 06:56

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**The content published on The Seattle Tribune is intended to be entertainment and is often intended to generate thought and discussion among its readers.**

I guess they accomplished their goals on this one.

Nice catch, Shua...you should tell your law school friends about this one!

But, I don't "get" why anyone would read this publication, once they find out it's all fake.

I certainly won't ever again.

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We don't have to look for hashgacha pratis stories from goyim, anyway.

We all experience them in our OWN lives...Boruch HaShem.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Singularity - 22 Mar 2017 07:24

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The Chofetz Chaim once had to testify on someone's behalf but would need to swear an oath in the court, which he couldn't do. Someone tried to intercede on his behalf and request not having to swear officially but still give testimony.

To attest to the Chofetz Chaim's truthfulness and character, he told the judge a story. The Chofetz Chaim was returning home and as he opened the door, he saw masked men in his house, taking some of his things. In fright, they immediately scurried out the house, and he yelled after them, "Wait! Stop! Maybe you need these things more than I do!"

The judge, sceptically, said, "You think I actually believe a story like that?"

To which the man replied, "Does it matter if it actually happened or not? The point is, would anyone tell a story like that about *you*?"

The judge conceded the point and let the Chofetz Chaim testify without an oath.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by cordnoy - 22 Mar 2017 11:34

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[Yosef Tikun HaYesod wrote on 22 Mar 2017 06:56:](#)

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We don't have to look for hashgacha pratis stories from goyim, anyway.

We all experience them in our OWN lives...Boruch HaShem.

Why do you feel the need to blame others for your mistake? There are plenty of people that enjoy the satire. You, and others, got duped. It's as simple as that. Questionin' others why they would read such a publication is a mechanism of shirkin' your responsibility. This site is about honesty and responsibility.

ContinuedI hatzlachah

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 22 Mar 2017 11:54

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Well, at least I know what HaShem wants from me today: deal with difficult people.

I choose to succeed and pass this nisayon, and actively not let it get me thrown off balance.

Doesn't exempt anybody's behavior, but I am in control of my reactions.

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by shua73 - 22 Mar 2017 14:05

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[Singularity wrote on 22 Mar 2017 07:24:](#)

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On a lighter note, years ago when I was leaving yeshiva, a friend of mine spoke at my goodbye party and said over a similar story just substituting me for the chafetz Chaim as the character of the story. When he finished his story his punch line was, 'the story that i just said isn't true, but they don't say such stories about me and you'

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Gevura Shebyesod - 22 Mar 2017 15:36

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[Yosef Tikun HaYesod wrote on 22 Mar 2017 11:54:](#)

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Are you referring to people here?

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

Posted by Yosef Tikun HaYesod - 23 Mar 2017 13:23

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So my neighbor decides yesterday he wants to do something that will bother me. Without asking if it's o.k.

I noticed it and asked a couple of Rabbeim. I was still thinking about it, maybe giving in, maybe not...

wondering if it was just bad middos on my part. Then, this morning, knowing clearly that I objected, and was thinking about maybe giving in, depending on what the Rabbeim said once they saw exactly what I was talking about....he brought the cement truck, over my objections, as if it doesn't matter what I think or say. Unbelievable...not yashar, not how a ben Torah acts (though he *looks* the part). He never even asked me. Instead, he threatened to ruin my property with his supposed connections in the city council and make major problems for me. I don't want any problems; I want shalom, but I don't want to be stepped on either. Anyway, I called up the Rabbeim and brought them over to actually see it and ask what to do...

all while the cement truck just stood there and the workers didn't know what to do.

Both Rabbeim told me it was worthwhile to agree to it. The greatness of shalom...he is your neighbor and the Gemara on Rosh HaShana 17a about doing something that is very hard to do...

going over your middos, and not standing on the din, then HaShem forgives all of my sins. So, I agreed.Truck is pouring concrete now!Wow!

This is a MAJOR victory over my yetzer hara, over my middos, and was not easy to do at all.

I understand why HaShem says He will be maavir/pass over all of my sins for passing this nisayon.

Beyond the fact that it was something that will potentially bother me for years, the **way** he tried to do it sneakily, without asking me, and then just bringing the cement truck, over my objections, like I don't even live there and like he doesn't need my approval, made this nisayon a lot harder to pass.

Boruch HaShem, I passed it...

and will hopefully have many years of shalom, hatzlacha, and bracha.

It's always worthwhile to ask Rabbeim what to do, since we are clouded by negias/personal interests.

I'm going to be super on-guard now so that I don't fall, chas v'shalom and waste seed.

Don't know why I would have a big test in that now, and certainly don't want one, but this hasn't been just a regular couple of days. I'm working hard that it shouldn't throw me off balance.

Moving forward, trying to do the right thing, and get close to HaShem.

Have a great day!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Gevura Shebyesod - 23 Mar 2017 14:47

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Workingguy - 23 Mar 2017 15:21

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Yosef,

Amazingly well done! You're on the move- constantly growing and challenging yourself. It's nice and inspiring to see.

The reason you might have a challenge is because every midos struggle we have challenges us and uses up a lot of emotional and physical energy- and so by the time we get through it we're a little exhausted. And then our "old friend" sneaks up. Or alternatively a twisted voice tells us we've been so good we deserve it.

Now that's a concrete step of growth!!

But being aware of it is probably one of the best steps to not falling.

We're with you!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Yosef Tikun HaYesod - 23 Mar 2017 18:01

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Very true. This has taken up a lot of emotional energy.

He still thinks it was all just coming to him, because he wanted it...

and that I didn't do any real chesed in giving in...because he was going to do it anyway.

Naturally, his bad, crooked middos didn't allow him to even thank me.

It's especially VERY hard to do this type of chesed (that causes me a loss) for such a person.

And yet, I did it.

That calls for a L'chayim!

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by Gevura Shebyesod - 23 Mar 2017 18:25

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Re: Road to 90 days (how I succeeded, and you can too)  
Posted by GrowStrong - 23 Mar 2017 18:50

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[Yosef Tikun HaYesod wrote on 23 Mar 2017 18:01:](#)

And yet, I did it.

That calls for a L'chayim!

L"Chayim!!

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

Posted by MayanHamisgaber - 23 Mar 2017 19:34

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Nice work

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

Posted by Hashem Help Me - 23 Mar 2017 22:13

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Yosef, once again you are a hero. Rav Shach zatzal used to encourage people to be mevater. He was known to say, "No one ever lost out by being mevater" lyh you will be zoche to see that.

When we get rattled emotionally, our instinct to act out in order to self soothe kicks in. The fact that you recognized it shows how well you are doing and are learning how to prepare for all eventualities.

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