

Chooseurnames 90 day trip

Posted by Chooseurname - 11 Oct 2023 20:09

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Hello,

I was not going to try for 90 days now. Over yamim noraim I was mekabel just an hour a day to be careful - a machsom l'aynayim. I thought that was where I was holding and it was something I could build real growth on. However, when I heard over yom tov what happened in E"Y I decided I could do more klal yisroel. So here I go for 90 days whatever it takes.

I'm going to try hard to check in daily as I think it'll be really helpful.

It's a good time to start because with all the yom tov I kinda shook loose of some unhelpful habits. On the other hand, I'm glued to my computer following the news so not so great. I wish I could backdate this streak to before Rosh Hashana but alas it was interrupted...

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Re: Chooseurnames 90 day trip

Posted by Hopefulposek - 18 Oct 2023 18:12

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Hey man just wanted to tell you that I got a lot of chizuk from reading through your thread. Keep it up and Hatzlachah!

A filter I found very helpful is techloq, in times of struggle I tried to get through it and had no success what so ever. I'm not particularly savvy but it might be worth trying it out if you think it could help.

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Re: Chooseurnames 90 day trip

Posted by Hopefulposek - 18 Oct 2023 18:16

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Hi,

I read in a book about alcoholics anonymous that an important part of recovery and staying clean from addiction is to help others, so it would seem to be a good thing to do. At the same time, you have to know yourself and try to be as honest as possible, if it will lead to triggering situations then it is not K'dai. You could also try and feel out a thread and pick a few popular

ones that you follow and comment on.

Good Luck! We're all rooting for you!

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Re: Chooseurnames 90 day trip

Posted by Chooseurname - 20 Oct 2023 16:08

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[Hopefulposek wrote on 18 Oct 2023 18:12:](#)

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I use techloq... It's very good.

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Re: Chooseurnames 90 day trip

Posted by Chooseurname - 20 Oct 2023 16:12

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Well it's been a really crappy couple days.

Fell wednesday like I thought I would. Then of course once the streak is gone Thursday and Friday were easy prey.

And, it's been getting me in trouble at work because tasks aren't getting done because I'm busy with this garbage. And then I come home grumpy (and late because I'm too busy to pull myself away) and it gets my wife pissed at me.

A really lousy couple days.

Will I ever stop loving porn? I could;ve held myself back wednesday but I just didn't have the motivation. it felt like porn was more important. Even though I knew where it would lead.

Well at least it's shabbos soon. Fresh start next week I guess. I hope.

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Re: Chooseurnames 90 day trip

Posted by Hashem Help Me - 20 Oct 2023 16:47

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Do you have an accountability partner?

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Re: Chooseurnames 90 day trip

Posted by Chooseurname - 20 Oct 2023 17:56

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[Hashem Help Me wrote on 20 Oct 2023 16:47:](#)

Do you have an accountability partner?

I don't. I tried matching up to someone through the GYE partner program but no one ever responded.

It's also hard because my wife has access to my phone and email so the only way I could think of to keep in touch with a partner is through the chat here. Which I don't have constant access to.

And I'm way to ashamed to ask anyone in real life to be my accountability partner. Even though I'm sure my Rov or some of my friends could do a great job of it. But that's never gonna happen.

I do think that would be very helpful to me if you have any tips on how to make it work?

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Re: Chooseurnames 90 day trip

Posted by ainshumyeiush - 20 Oct 2023 18:15

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If you make up with someone to keep in touch by phone, then your wife could see that you called, but not anything you discuss. Try pming hhm

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Re: Chooseurnames 90 day trip

Posted by Markz - 20 Oct 2023 20:01

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[Chooseurname wrote on 20 Oct 2023 17:56:](#)

[Hashem Help Me wrote on 20 Oct 2023 16:47:](#)

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I do think that would be very helpful to me if you have any tips on how to make it work?

I don't know how much value there is in a phantom partner. Try a live one that you know. It works for me and can do for you too.

Tell me, are you beyond hope if you slip up and see inappropriate stuff on your device?

I hope your answer is no. Well then in that case, a friend as a partner is a worthwhile

Keep on Trucking!!

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investment

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Re: Chooseurnames 90 day trip  
Posted by retrych - 21 Oct 2023 17:57

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You dont have to tell them anything thats going on. Just say you were inspired to take an extra measure of shmira, or you feel everyone needs to do this, or you doing it as a zechus for someone or to be an example.

It works better davka because you're ashamed for them to know any of your struggles.

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Re: Chooseurnames 90 day trip  
Posted by Chooseurname - 23 Oct 2023 15:57

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I appreciate the encouragement @Markz and @retrych, and maybe this is just me making excuses. But I have way too much shame about this to reach out to anyone who knows me personally. And if I pretend it's just an extra shmira like retrych suggested I'm inevitably going to be too embarrassed to admit when I am slipping.

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Re: Chooseurnames 90 day trip  
Posted by ainshumyeiush - 23 Oct 2023 17:07

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Ditch this whole shame crap.

shame is for when you decide to give up the fight. You're here because you want to get free.

The past already happened. Now you're a human being with human emotions and weakness stuck in a porn trap. There's no shame being here now. (not that its something to be proud of)

if you dont feel comfortable with sharing this with someone you know, that's fine. But dont let this block you from reaching out to someone who can help.

yes its not exactly a party, but the shame of knowing you didn't reach out will be much worse.

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Re: Chooseurnames 90 day trip

Posted by Chooseurname - 23 Oct 2023 19:52

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[ainshumyeiush wrote on 23 Oct 2023 17:07:](#)

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if you dont feel comfortable with sharing this with someone you know, that's fine. But dont let this block you from reaching out to someone who can help.

yes its not exactly a party, but the shame of knowing you didn't reach out will be much worse.

Powerful.

But, when I think about sharing this with *anyone* I definitely feel shame. I agree I shouldn't let this stop me, but it's difficult. Chazal say being shamed is like being murdered, I don't think it's fair to expect someone to shrug that away instantly and confide (what's they personally experience as) a shameful secret to someone.

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Re: Chooseurnames 90 day trip

Posted by ainshumyeiush - 23 Oct 2023 20:02

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Fair enough. But there's a reason why telling your story is part of the 12 step process. It can take a huge weight off your shoulders. Reach out to hhm. Hes very not judgemental. Or at least pm/email him. I know its not going to be easy and it might take time for you to be ready to do it, but its worth it. Everyone here who has had success mentioned how telling someone helped them.

you dont have to share all the gory facts. But give it a try, at least halfway.

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Re: Chooseurnames 90 day trip

Posted by ih987654321 - 23 Oct 2023 20:44

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I totally get it when I first started I couldn't imagine actually talking to an actual person so I just started with posting and bh now I am seeing progress and being that I am seeing progress bh makes me feel less ashamed and tense to think about reaching out to someone (which I still haven't but iyh planning on ) so maybe just start posting to get the weight off ur shoulders and work on these issues and it'll be easier to look at yourself and feel less ashamed and then it will be easier to discuss with someone

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