

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 redfaced - 12 Apr 2024 17:35

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[chooseurname wrote on 12 Apr 2024 16:08:](#)

Update on the filter: My boss asked me to send him what program I was going to install. Didn't instantly bite my head off so that's a plus.

Is than in addition to the raise?

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 12 Apr 2024 17:43

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[redfaced wrote on 12 Apr 2024 17:35:](#)

[chooseurname wrote on 12 Apr 2024 16:08:](#)

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Is than in addition to the raise?

No raise but got some more higher-paying work. So that's nice

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 14 Apr 2024 05:39

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[chooseurname wrote on 12 Apr 2024 16:08:](#)

Checking in.

Yesterday was really tough day. Had some relatively large unexpected expenses come up, in addition to the regular whopper pesach expenses. In addition, had a difficult medical thing happen. No danger, b"h, but was difficult. So by the time I got to work I was in a mood. Really had no strength to control myself, and thoughts of escaping with some porn were coming in.

Somehow got through it though. I distracted myself for like 3 hours reading a very kosher novel. Which left me feeling terrible for not earning anything that day, but way less terrible than if I had spent the same 3 hours watching porn. So overall a win. B"h the urges were not so strong, and this mild distraction worked. I really didn't have the strength to fight.

One thing I noticed that the longer I'm clean, the more a gap opens up between the stimulus/urge and the porn/response where I can apply tools to win. Other times even a

relatively weak urge like this would have had me going directly to porn without the time to distract myself. Still a fight but I feel like that's encouraging. Not that I'm taking much credit for yesterday - I really was not prepared to fight and b"h the urges were just not so strong.

Update on the filter: My boss asked me to send him what program I was going to install. Didn't instantly bite my head off so that's a plus.

This is such an inspiring post.

Who knows, but seems to me that it's possible that you were given a gift. You distracted yourself to the extent that you were capable, and maybe HAshem helped the rest of the way, that the urges weren't so strong...

You're growing and changing. And inspiring!

Thank you,

Chaim

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 14 Apr 2024 22:02

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Busy days, stressful days. Is it possible to have sholom bayis while pesach cleaning? And on top of that the matziv in eretz yisrael is so scary, so intense. Keep on alternating between looking over my shoulder for old men on donkeys and feeling nervous.

But no time for falling today b"h.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 15 Apr 2024 17:43

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Well, got permission to install Techloq somehow. My boss asked me to find out what data they can access, and I suspect customer support bent the truth a little. I asked customer support if people can view what I'm viewing, and they said it's not reviewed manually. But they must be technically able to see what I'm seeing, right? I also asked if they have access at all to google docs I'm working on and they said no, but that also doesn't sound right. They must be able to see the document while I'm looking at it at least.

Regardless, I forwarded what they said to my boss and he approved me installing it.

Big moment. I even already told my wife about my "moment of inspiration from a shuir I heard"

Gonna be hard to set it it up right, as I need access to many categories for work that I keep locked at home, but it'll be a massive help b"h.

One of my coworkers showed up today dressed very inappropriately, and I was feeling that yiush-unfairness-grumpy feeling. Is this how it's going to be the whole summer? How am I supposed to watch where I look if everyone is walking around half dressed.(1) Had that, "might as well give in now" blah feeling. Then I got the ok to install the filter.

So this kinda reminded me that, in a way, that's not my problem. I just have to do all I can, keep trucking away, and "let the wicked choke and die".(2) It's not my problem how they dress. I just need to do my part.

(Obviously, I need to not look. But in regards to the yiush that comes with thinking I'm gonna be stuck in close quarters for the summer with people who cannot cover themselves, a much more helpful attitude is that I have what I can do and I only need to do that part). [Any other eitzos for workplace shmiras einayim will be gratefully accepted.]

(1) Funny story about this coworker, with only minor details changed to obfuscate. My company was interviewing people and they decided to make an offer to a physically attractive, outgoing, super-not-tznui girl. When I heard they made the offer to her I davened that instead they should hire a fat, ugly man. Turns out at the last minute a better candidate came along and accepted an offer before this person could. So the person they ended up hiring, while not a fat

ugly man, is a much less physically attractive woman, whom I think is scared to talk to me.

(2) As this particular coworker may be jewish, I officially am using this expression in the talmudic sense, and instead hope they do teshuva and buy some real clothes.

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Re: Chooseurnames 90 day trip  
Posted by chooseurname - 15 Apr 2024 20:21

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And Techloq is installed!

I felt a **lot** of internal resistance to actually installing it. My mind kept on throwing up objections - "what if it interferes with work" "what if it blocks a site you urgently need and customer service isn't unblocking it" etc. etc.

It's true that these fears are not impossible to happen, but what was activating them was entirely my reluctance to give up that sweet, endlessly free, uncensored internet. So I bit the bullet and installed it right away.

The setup is kind of loose - for my work I legitimately need occasional facebook access, news, and other sites I don't allow at home. But I think all my go to fall zones are blocked. (And I blocked youtube. I've only needed it for work once I think.) Here's hoping that this is the step I needed to bring to 90 and beyond!

Edit: I feel massively relieved right now. A constant, daily challenge is gone. Okay, not gone completely as g-d knows I've certainly managed to fall extravagantly even with techloq (even with all filtered devices I've never gone more than 30ish days). But greatly diminished. I'd say 5 1/2 heads of this hydra are chopped off.

Guys, grab the woodford/rishus cold seltzer/celebratory drink of choice and have a large one for me. (I personally am going for the woodford altz biyur chometz). I can't remember the last time I felt this much accomplishment in this inyan. Let's gooooooo!!

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Re: Chooseurnames 90 day trip  
Posted by redfaced - 15 Apr 2024 20:31

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[chooseurname wrote on 15 Apr 2024 20:21:](#)

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Good for you!

I believe you'll find that without access, the mental journey gets considerably smoother

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Re: Chooseurnames 90 day trip  
Posted by Heeling - 15 Apr 2024 20:40

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Wow! You're a real hero!

Really impressive.

May you be blessed with lots of bracha, peace, harmony, love, and health. May Hashem give you the strength to overcome your challenges in your workplace.

And btw don't worry so much about EY, your installing the filter was most likely a bigger blow to

the YH [or Iran] than all Iron Domb missiles.

Keep Rollin'

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Re: Chooseurnames 90 day trip

Posted by horizon - 15 Apr 2024 22:00

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Reb chooseyourname!

you're amazing!!

I can relate to the relief you feel, and i'm so happy for you!

i try not to drink during the day... i'm gonna go w rishus cold seltzer.

L'chaim!

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 15 Apr 2024 23:38

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Yes- giving up the **freedom** is a huge part of the Nisayon. I think that's what they were crying about, back in the Midbar, about loosing the "fish" **???? ?? ???????**, as Chazal say.

But the freedom you will feel when you know that you don't have to feel and succumb to that "pull", that's a different kind of Cheirus, baby!

(And I blocked youtube. I've only needed it for work once I think.)

Kol Hakavod! Yeah, "**Needing** YouTube" is usually the kind of "need" as in "You need a thneed".

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Just downed a shot of 18 year old Glenlivet.

You're special!

**Lichayim!!**

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Re: Chooseurnames 90 day trip  
Posted by redfaced - 16 Apr 2024 01:29

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After the L'chaim I just made, if I end up Kashering my fridge with a blow torch, by Merlin's Beard that's on you!!!

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Re: Chooseurnames 90 day trip  
Posted by Hashem Help Me - 16 Apr 2024 04:37

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Wow. The boss who one would assume wouldn't allow, gave the green light. There is a Higher Boss who puts the chess pieces in just the right places. (And who knows, maybe the boss is on GYE.....) In any event - ashrecha!!

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Re: Chooseurnames 90 day trip  
Posted by chooseurname - 16 Apr 2024 18:35

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Checking in. Today's going well b"h. No urges, though I'm distracted and getting very little work done.

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