

Chooseurnames 90 day trip

Posted by Chooseurname - 11 Oct 2023 20:09

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 guardyouriz - 08 May 2024 13:59

[chooseurname wrote on 07 May 2024 19:18:](#)

Boom just keep on going down why not.

After the binge finished I was listening to some veyimain videos to try to pump myself up. 1) If you have to put music as the background of your video that is a guaranteed sign the content is not good. If it was, it wouldn't need help. 2) Do not f#\$@ tell me stories about someone who did something for shmiras einayim and immediately had some success/yeshua/kupat ha'ir segula. It doesn't happen. 3) Do not f#\$%! tell me that there's such schar in shomayim for shmiras einayim or that this will bring moshiach. It doesn't matter. 4) I still feel a little better. Oh well.

im not so crazy about stories of others winning it big because they controlled themselves. im sure it has happened but it can be very disappointing when it doesnt happen,i get you.

what i gain from the videos as follows

Rabbi Akiva went to learn Torah but wasnt being successful and felt down . Then he noticed the

drips of water making a hole in the rock and said if water can make a hole in a rock ,surely Torah which is compared to fire can make a hole in my heart of flesh.

what was the encouragement that he got? sometimes when we learn we dont see instant results. but its like the rock . you dont see the drips of water making any impression on the rock but if you keep it up drip after drip day after day you WILL see results and the same thing Rabbi Akiva understood with Torah. and the same thing is with the vayimaen videos or any other words of daily chizuk. keep it up AND YOU WILL SEE A CHANGE! dont give up ! CHAZAK CHAZAK! sheva yipol Tzadik vikom!we all are bezras Hashem going to get out of this ! mark my words!Hashem is having such nachas from every step youre taking! remember ,aim to improve, not to perfect.

a rebbi brought a talmid before the Stiepler ZL and said this boy is not having hatzlacha in his learning. maybe he should go out to work. the Stiepler asked the boy, when you started learning wwere you able to read Gemara by yourself ? not really answered the boy. Can you read the gemara now ?yes ,more or less said the boy. The Stiepler ZL turned angrily to the rebbi and said you dont call that hatzlacha?!

i dont know if this helps you, but it surely helped me. hatzlacha!

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 08 May 2024 17:09

Checking in.

Yesterday sucked. Today is better. So far.

There's something very fresh about starting over at day 1. I think Dov has a post about the nuclear reset button?

Decided before I go online at work for non-work purposes I will 1) learn a mishna before going to GYE. 2) Say the day's tehillim before going to another site. 3) Limited exception if my wife calls me to do something for her.

Let's see how that goes.

On the topic of progress. I think in the past 2-3 months I've gone consistently cleaner than in a

long time. And every fall (with porn) after a decent amount of clean time it consistently surprises me how the mental "chazaras hashuir" pops up in the days after. I think that is a real sign of progress. Not the surprise. But that porn stars aren't floating through my mind during shemonah esrei. (Not that shemonah esrei starts floating through my mind instead. But thinking about work/life/GYE/whatever is better than thinking about porn.) But I forget so quickly how intense these memories' (fantasies?) intrusion is. I do like it when I don't have visions of pornography intrusively popping into my head.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 08 May 2024 17:14

[chooseurname wrote on 07 May 2024 19:57:](#)

And since today is a ranting day:

YOGA PANTS ARE NOT OFFICE ATTIRE. Put on some real clothes - it's just not professional. Maybe if you were more competent you could dress normally.

Yoga pants girl is not in the office today. Instead, a different employee is wearing sweatpants. Progress! Now, if only she'd bought a sweatshirt to go with it INSTEAD OF THE LOWEST CUT TANK TOP I'VE SEEN IN MY LIFE. Jeez. I don't know why we can't hire professional people here. Pathetic.

I can't tell if these people are unusually trashy or if this is actually what's considered office attire these days.

(Yeah I shouldn't notice. But I do.)

Edit: One of the mussar giants of pre-war Europe (read: I forgot who this story is about) what walking Friday night with his son when they passed by a group of Jewish boys and girls inappropriately socializing in the street. The son vehemently expressed disgust. Says the mussar giant, "I see you really want to do that too." Or something like that. So, yes, I am aware that my disgust is thinly covering over enjoyment and desire. But that doesn't mean they aren't trashy for dressing that way.

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Re: Chooseurnames 90 day trip
Posted by guardyouriz - 08 May 2024 17:49

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cant you contact HR and complain about them not keeping the dress code?

btw, i cant argue on a gadol ,but i cant believe someone who is holy is not bothered by pritzus .someone is walking naked next to me and i shouldnt be vehement against it? it doesnt sound right.

i know homosexuals say when someone is vehement against homosexuals , oh i see that you are really a hiding homosexual yourself .(the wicked ones,not our holy brothers on gye who are battling against lust that they have) the way i deal with that is ,oh! youre accusing me of being a closeted homosexual?that must mean you must harbor beastiality feelings,being my statement

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 08 May 2024 18:30

[makes as much sense as your statement:
guardyourz wrote on 08 May 2024 17:40:](#)

[chooseurname wrote on 08 May 2024 17:14:](#)

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I wish it would be as easy as contacting HR. I work at a small company. Ain't got no HR. I could complaint to my boss, but he's the one who keeps hiring underdressed young women as his assistants.

RE: the story with the adam gadol. Yes, you can dislike something and express it. And often it's important to express that disgust. But sometimes the expressed distaste is more vehement because it's a self-deceiving attempt to deny attraction. Idk if you can tell externally, but clearly this unknown gadol knew his son well enough to tell that there was some underlying attraction beneath his disgust.

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Re: Chooseurnames 90 day trip
Posted by guardyouriz - 08 May 2024 18:35

[chooseurname wrote on 08 May 2024 18:30:](#)

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[chooseurname wrote on 08 May 2024 17:14:](#)

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the thing is that even if he didnt act vehemently , i still would of known that he was attracted to it.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 09 May 2024 04:40

[quote="chooseusername" post=412801 date=1715176163 catid=4]

[guardyouriz wrote on 08 May 2024 13:32:](#)

[youknowwho wrote on 07 May 2024 20:55:](#)

[youknowwho wrote on 07 May 2024 20:52:](#)

[I wrote:](#)

Phooey on Vayimaen videos!

Phooey on yoga pants!

why phooey on Vayimaen videos? i think they are doing a great job.hatzlacha!

I agree, and recant my rant against them. The target audience is probably not the members of this site though.

Their target audience is everyone, I think, because a journey of a thousand miles starts with a single step.

I find some of them trite and hackneyed, and some of them truly inspiring, and some cute, and some redundant. But the awareness they bring to my day, in a positive way, is valuable. And the way these videos have put Shmiras Enaim in the public awareness is priceless, I think.

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Re: Chooseurnames 90 day trip
Posted by Bennyh - 09 May 2024 19:53

Very late to your party, chooseurname, now i have 16 pages to read. starting now.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 09 May 2024 21:42

[Bennyh wrote on 09 May 2024 19:53:](#)

Very late to your party, chooseurname, now i have 16 pages to read. starting now.

I'll give the summary.

There was once a prince who thought he was an turkey. As a turkey does, he did whatever brought him pleasure in the moment. Sometimes that was eating worms, sometimes that was

sleeping, occasionally that was daf yomi, and often it was watching videos of other turkeys copulating. This went on for much of the young prince's adult life. Occasionally, the queen, a woman as beautiful as she was wise, would ask him, "Don't you have a kingdom to run"? And the prince would nod and agree. But because he believed he was a turkey, although he knew the kingdom needed supervision he simply didn't care. You see, turkeys only care about what's directly in front of their little red beak.

Often, in moments of clarity, the prince would get frustrated with himself. He'd cry and beg his G-d to turn him into a prince, so he could rule the kingdom properly. He'd get mad and sad; confident and depressed. But nothing ever changed. And eventually the prince came to accept the fact that turkeys can't become princes.

One day, at a particularly low point in the turkey's career, he was embarrassingly discovered while pecking at worms. This shameful event drove the prince out of the turkey coop and in search of a solution. He recalled an advertisement for a magical wizard, the great and powerful gye, who promised to help turn turkeys into princes. He signed up and made an account with the wizard, newly resolute and confident that his turkey career was heading for the chopping block.

Alas. Only a few short weeks later the prince was back in the turkey coop, fressing at worms to his little heart's delight. Yet slowly but surely the prince was taught by the great and powerful gye that while he looked like a turkey alot of the time, he actually was not a turkey. Or even if he was a turkey, he didn't have to stay a turkey. And the wizard's henchman showed the prince magical tools that we help him stop eating worms. The little prince worked hard to learn the magic that would enable him to stop eating worms.

But this isn't a fairy tale. And the prince still spends much of his time scratching away at worms. Occasionally, he proclaims successes to the wizard, but often there are no successes. And it's cold in the coop and turkey feathers ain't very insulating. But every once in a while he spends some time in the throne throom, and he enjoys that immensely.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 09 May 2024 23:45

It's been a long, difficult day.

Why'd you have to make me go and get all emotional now?

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Re: Chooseurnames 90 day trip
Posted by Bennyh - 10 May 2024 01:19

[chooseurname wrote on 09 May 2024 21:42:](#)

[Bennyh wrote on 09 May 2024 19:53:](#)

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This is gold.

This summary is nice, but I'm happy I'm trudging through the pages. Up to page 6. Your story; all the little ups and downs, and your job change, and the challenges that come along with it, is peppered with amazing nuggets of strength and perseverance.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 10 May 2024 16:07

Feeling down over a couple recent falls, and been thinking about what progress is (thanks @youknowwho and @yitzchokm for raising some important questions.)

I spend alot of time on GYE these days. This is because I am trying to not use my work computer except for work and GYE, and I am a terrible procrastinator. Ergo, much time on GYE. Posting/reading/socializing on GYE is very helpful. However, although I've learnt alot from GYE, I think a lot of what I've learnt is external. And consistently posting is not helping me work on internalizing these lessons. On some level, my reactions go through a filter of "how will I write about this on GYE", not "how should I react to this". And this is a good shelo lishma, but I worry it's impacting my long term growth.

So I'm going to take a couple weeks off from posting and work on internalizing these lessons. I'm going to go through the F2F program a little slower, a little more biyun. Maybe I'll also try to call some people.

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Re: Chooseurnames 90 day trip
Posted by yitzchokm - 10 May 2024 19:41

If possible, I wouldn't completely leave the forum. I really like your posts on other people's threads and it would be very nice if you would be able to continue with it. If it is too much to read everything you could choose specific threads that you feel are the most important. Also, if you have something to post in order to receive advice or when you reach a milestone I believe it would be beneficial to do so.

Doing the Flight to Freedom program diligently is a necessity in order for it to work. I have seen some members who went through it fast and believed that finishing the program would be the solution to all their struggles. The real solution is to do it slowly, internalize every word, and thoroughly go through all the exercises. By doing so you may even reach full freedom before you finish the whole program. Keep up your good work. Please let us know after you have reached a real milestone. Wishing you success on your journey.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 14 May 2024 20:05

Does anyone know if it is possible to download the SOBER recordings?

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