

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 amevakesh - 16 May 2024 19:13

Hope this makes sense. The '?? in ??? ?'"? and ??????? ?'"? bring a Halacha, that in order to nullify the status of a ??? to make it lose its ?????, it needs to have a hole the size of a pomegranate to render it ????. The '?? has a ????? what if there was a smaller hole the size of a ????? that got sealed up, then alongside it another hole the size of a ????? developed, got stuffed up again, then another one developed alongside it, until all of the filled parts equal the size of a ?????. Do we say, that since at no given time was there a hole larger than a ???, it doesn't change the status of the ???, or maybe since there is an area the size of a ????? that was changed at one point or another, even though it didn't occur at the same time, we still say that, the vessel becomes ?????

The '?? resolves its question with the famous words ????? ????? ??? ?????. We consider the ??? to be a completely new item. Even though the hole that formed, at no point in time was larger than the size of an olive. A small gain, that got stuffed up again, back to square one. But the '?? is telling us *that its never back to square one*. The small holes even though they were filled can be combined to make a larger one.

The '?? concludes with an exclamation that one of the ??????? exclaimed. ??? ??? ?? ?????

someone with that outlook is not a human, rather a ?????.I've heard it being said in the name of the ??? ???? (although I tried finding it inside, I couldn't) that we see from this '??, that even when one seems to be going in circles and not making any progress, he needs to be aware, that even subliminal change that seems to regress, is not lost. As long as we keep at it, making new holes, coming up with new plans eventually we will reached the level of a ???? ??????. Hang tight. Keep on trucking. The fact that you're still in the fight despite the regressions, shows how tough a fighter you are.

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Re: Chooseurnames 90 day trip

Posted by guardyouriz - 17 May 2024 13:44

[amevakesh wrote on 16 May 2024 19:06:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

I could handle it if you told me the struggle never stopped.

I could even handle it if you told me it never gets easier.

But that the struggle never changes? That I'm still falling in the same way for the same things with the same ease. That after month of being squeaky clean at the first opportunity I jump back in to a fall with both feet? I don't know if I can handle that.

I know, I know, focus on the victories. And one (extended) fall does not mean I didn't make a progress. But right now it doesn't feel that way.

Blech.

"guardyouriz" post=412803 date=1715176756 catid=4

Rabbi Akiva went to learn Torah but wasn't 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 don't see instant results. But it's like the rock. You don't 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! Don't 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 you're taking! Remember, aim to improve, not to perfect.

One of the nuggets that I personally found amazing on the topic of what progress is, was the above response. A beautiful thought that got sandwiched between so many others. This has inspired me so much and given me the drive to continue, even when I'm not *feeling it*. If I can highlight one point that gives me inspiration, it's this.

?? ????? ????? (in '??? ????? ??? ?) points out that this wasn't the first time that ?' ????? began learning. He felt dejected that he didn't feel any progress despite the effort that he put in when he sat down and learned. He was expecting that his effort would change him somewhat, and give him a feeling that he was closer to Hashem. When he saw the water that had bored a hole through the rock, he realized that even though it **seems** like there was no change effected, **change must have occurred**. For if there actually was no change, then no amount of drops would be able to penetrate the rock. The second drop would be the first drop all over again, and so would the thousandth and so would the millionth etc. ??" tell us ??? ??? "?, he immediately returned, with a new fresh mindset, that every effort does effect a change. It may be subliminal, we may not be able to perceive it, but it is there. When a thin waif walks into the gym, works out for three hours, he doesn't walk out like a gorilla. Yet what pushes him to come back the next day is the knowledge that although now there is no discernable change, change has already taken place and one day he will see it. Imperceptible changes over time, add up.

But there is a caveat, there has to be consistency, persistence, and a commitment to see it through until the end. Without the consistency, the second drip can't build on the first. If you try

to lose weight by dieting one day, and pounding food the next, well we all know how that ends up.

??? What's it gotta do with me? If I could be consistent, I would be a changed man, but I feel like sometimes I'm successful, only to find myself spiraling the next day. The subtle changes will never be able to add up.

??? True, I may not be consistently **winning**, but as long as I'm consistently **fighting**, I'm changing myself daily by combatting my urges, weakening my YH, and it'll eventually add up and make a noticeable change. I can't feel it on a daily basis, but I know it to be absolutely true. The highs are slightly higher, and the lows get milder over time. Even the terrible falls of today are not the terrible falls of yesterday. Then I didn't know how to react, today I do. What would lead me to become dejected yesterday, fills me with a fighting spirit to get back into the rink to knock him out. **Success in this battle is not measured by the way we feel, it's measured by how hard we fight!** And I don't necessarily mean white knuckling or obsessing over how hard we're fighting, but as long as we're strategizing, speaking to people that are smarter than we are, and putting in healthy efforts to combat the YH, that's consistency. (Source to this ????? coming in the next post.)

thank you for bringing it in the name of Rabbi Y Salanter ZL i takeh thought i heard it in his name .never saw it inside ,shkoach!

i pass by a gym that has a quote on it ,and i think this should be GYE's. motto the quote was "**Bring out the warrior within**" i think thats what GYE is doing .its bringing out the desire not to necessarily reach perfection,but to get up and fight and not just give up! and thats what Hashem really wants from us, the not necessarily the winning,but the fighting and battle. hatzlacha!

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Re: Chooseurnames 90 day trip
Posted by guardyouriz - 17 May 2024 14:02

[guardyouriz wrote on 17 May 2024 13:44:](#)

[amevakesh wrote on 16 May 2024 19:06:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

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of course the limud of R' Yisroel zl was that never think your just fighting without changing ,
YOU ARE CHANGING and THATS the big win!

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 17 May 2024 16:19

[chooseurname wrote on 10 May 2024 16:07:](#)

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.

But if I was good at sticking to my commitments I probably wouldn't need to be here to begin with.

Was thinking more about this. Another reason I thought I should take a break from posting is to "adorn myself before adorning others." I'm not sure if that's a valid reason. But the main reason was because every time I get a few days clean it turns into an ego thing, " I am doing this, I am winning the battle of the generation." And that's neither good nor helpful. Because I am also the idiot who got myself into this mess and have not been able to get myself out. And posting little bits of helpful advice and suggestions or whatever only feeds that ego. "Listen to **me**, I know what will help you."

So it's hard for me to keep my mouth shut. But I'm trying...

Anyway. Rough week. A bunch of small falls. I haven't had consecutive falls like this in a couple months. Not sure what to do other than to keep on trucking. Been working on my flight plan and watching a bunch of F2F videos. Trying to internalize that even if I enjoy porn I don't like it.

Some other thoughts that are coming up as I write.

I was looking at the Big Book. I think it's hard for me to believe Hashem would get me out of this. And I generally think of myself as someone with emunah and bitachon. Not just externally, I've made serious and fundamental parnassah decisions relying on Hashem. But now when I try to believe He can restore me to sanity and ask Him to remove my defects of character, I get stuck. Not because I don't think he's capable of doing so. But because he has not done so yet. Over the years I've shed countless genuine tears, and begged Hashem to fix me, to take away this taaveh, to help me fight. And while intellectually I believe those tefillos were accepted and had whatever affect He wanted, the taaveh didn't leave and so I feel like they didn't help.

So I kinda am stuck. I believe Hashem could help me, but I feel like he does not choose to (for endlessly perfect reasons of course). And I'm not angry at Hashem for not helping me. But I also am having trouble believing that my higher power can restore me to sanity when he apparently does not want to.

So I am powerless. My Higher Power can help me, but may not choose to do so. Where does that leave me? Am I fundamentally not a ma'amin and what I thought was bitachon was just disguised laziness? (this is very possible). Am I a ma'amin but not enough? Should I just close my eyes to the past and believe that Hashem will swoop in and save me this time? idk

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 20 May 2024 19:16

Feeling very low. Trying to recognize that's normal post fall and not let it pull me down further.

On the other hand. Before this fall I was also feeling like I'm not making any progress. All this talk of progress and long term change. And I'm feeling like nothing is changing and all my GYE'ing is superficial. Basically just ultra kosher entertainment. Sitting and bs'ing about change without changing. Voyeuristically reading about other's pain and exhibitionally sharing my own.

But no change no growth nothing concrete no desire to change. Brief bouts of inspiration fading before porn lust.

Today was supposed to be a good day. Had some motivation (know someone undergoing intense surgery today). Got through a rough weekend unscathed. Received some really good news this morning. And I sat down at my desk and went straight for the long, slow fall. fech. No reason, no excuse, no attempt at stopping.

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Re: Chooseurnames 90 day trip

Posted by youknowwho - 20 May 2024 19:55

[chooseurname wrote on 20 May 2024 19:16:](#)

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I feel the depths of your despondency and despair! I am so sad to see you deleted your account, was that by mistake? And we don't even have an email or something to hold on to...

Please, if you ever feel up to it, "chooseusername" again, so that we can continue to hear your pearls of wisdom, and your words of longing to be pure.

Those encouraging words of wisdom and hope **were not fake**, although it can sometimes feel that way.

I, for one, will miss you.

So long, chaver....

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Re: Chooseurnames 90 day trip
Posted by notezy - 20 May 2024 20:21

I feel that despair a bit too today after the fall.

I might ask you said u had no reason for falling but maybe the good news took away your reason to fight and as soon as the guy got out of surgery u weren't fighting for anything any more I know it might sound to simple to be the case...

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 21 May 2024 00:11

[chooseurname wrote on 20 May 2024 19:16:](#)

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Wish we could talk...

Auf Wiedersehn, friend. Fare thee well...

And thanks for caring, in your other post. Means something.

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Re: Chooseurnames 90 day trip
Posted by Heeling - 21 May 2024 01:11

[chooseurname wrote on 20 May 2024 19:16:](#)

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It hurts to see such a good guy leave, especially after such a roll coaster of a day.

My friend, I hope you decide to join us again. We are here for you. No reason. No excuse. Simply because you're a fellow Jew who's fighting a battle he didn't pick. It doesn't really matter what you did a minute ago or what you will do in a minute from now. As R' Nachum Binder said so nicely in his recent video, not only did Hashem give us the tools to overcome the challenges thrown our way - but Hashem also trusts that we will overcome them, He believes in us. So you'll say, oh well I fell even after coming out unscratched from a tough weekend. Well for all you know, the challenge thrown at you wasn't about the fall itself it was how you will deal with yourself after you fall.

Dear brother, you are a good man who accomplished some really amazing things. Please accept my hug and join us on this ride.

Love ya,

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 22 May 2024 14:50

[chooseurname wrote on 25 Apr 2024 17:01:](#)

A related inspiring thought I saw. I was reading the new Rav Moshe Shapiro biography, Looking Into The Sun. (Very well done btw. And I dislike many Jewish biographies). And he had a shtickel in there about Pesach Sheni that I won't even try to repeat (Rav Moshe Shapiro's torah is so dense and deep that I only ever absorb a drop of it). But he says something in there along these lines. The mitzvah of pesach sheni was given in the zchus of those who were tameh - who were not spiritually elevated enough to bring the korban pesach. But their reaction was not despair, not self-loathing, not rejection. Their reaction was "lamah nigara" - why should we miss out on the connection to Hashem because of our lowly level. And that plaintive cry had the effect of creating a new mitzvah.

So there's a new reaction we are seeing to spiritual lowliness. Instead of running away, instead of feeling small and fallen, we can recognize we are far from Hashem but af al pi chen we want to relate to him. And approaching the King when you are fallen and dirty is truly difficult and takes real mesiras nefesh. But the desire to come close to Hashem even from afar is a very special thing. This is an attitude that needs to be cultivated.

Well okay deleting my account was maybe unnecessarily dramatic.

Terrible multi-day fall. Felt hopeless like I haven't felt in a long time. Still don't feel like there's an end in sight. But that's okay.

Might never get out of this. That's okay too. I'm aiming high, but if god wants me to swim through the mud I'll do that to.

Never giving up on not giving up. Though I do feel like I gave up on hoping to be clean.

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Re: Chooseurnames 90 day trip

Posted by gye365s - 22 May 2024 15:08

Que the (accapella) hype music! This is the part where our hero gets up, takes back his power,

and puts a beatdown on the big bad YH.

Honestly, my heart is racing to see you return. Thank you!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 22 May 2024 15:23

[gye365s wrote on 22 May 2024 15:08:](#)

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Honestly, my heart is racing to see you return. Thank you!

accapella hype music is an oxymoron.

And I wish a beatdown was coming

But this isn't a fairy tale.

But I appreciate the kind words.

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Re: Chooseurnames 90 day trip

Posted by youknowwho - 22 May 2024 15:48

[chosemyshem wrote on 22 May 2024 14:50:](#)

[chooseurname wrote on 25 Apr 2024 17:01:](#)

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Chooseurname, did take a flighty,

Away he ran, in middle of the nighty,

What a guy! He was so great,

Did we all lament, at your unknown fate

Understand him well, oy! do I ...

All the times I feel like fried Mud Pie

If I were to delete "YKW",

For every time I feel like ~~stew~~-poo (thank you for that edit idea, Bennyh, I can always count on you),

The Dark Lord, he'd just keep returning,

The desire deep within, burning,

Doggedly we forge on, through Dark and Thunder,

Chosemyshem he now is, what a wonder!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 22 May 2024 16:03

Excellent poem

To reply, well um

rhythm my jam is not

and rhymes are like snot

But I will say that I didn't just delete my account because I felt like stew. I was feeling very down on GYE, like posting and doing the program wasn't helping. And aderaba, was hurting.

But during the past couple days trainwreck I realized GYE isn't helping enough. But it's definitely helping a lot. So idk what to do but I don't think it's smart to stay away.

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