

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 proudyungerman - 22 May 2024 16:49

[chosemyschem wrote on 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.

Wow! You had me quite nervous there, and boy am I glad to see you back!

I was honestly very sad to see you go just like that, and it has brightened my day to see you back!

KOS!

If that's what you need!

(KEEP ON SLOGGING!!)

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Re: Chooseurnames 90 day trip
Posted by amevakesh - 22 May 2024 16:49

You got me scared with your disappearing act. Thank God you returned! Welcome, it's so good to have you back!!!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 23 May 2024 16:12

And yesterday continued my long, slow trip down the toilet. Was at work for about 8 hours; worked just over 2 hours. Probably an hour or so was spent on "neutral" browsing or surfing to

I'm not at the point where I'm worried about losing my job. But I'm paid hourly and that's a lot of cash I flushed down the toilet (very literally). And I am very worried about getting called out about not doing any work the past week...

Anyway. Had some time to sit and think last night (I was trying to avoid my wife out of fear she'd want intimacy and I was feeling way too low. Also recently heard a nice thought from Rabbi Tatz that when we are inwardly perturbed we instinctively try to make our outer world align to our inner world and we therefore self-destructively try to destroy the harmony around us. Was probably doing that last night.)

So I was sitting and thinking. Please excuse me as I regurgitate onto this page.

I dropped out of daf yomi around when this slide started. It was kinda not my fault - the shuir I was going to fell apart, there wasn't a good shuir at the same time conveniently available, and I tried to keep up on my own but it's hard to get up in the morning without that framework. I still am learning night seder, but sometimes that seems more like just showing up to keep to the schedule. That morning boost of Torah was probably very helpful. It also made me feel like I was accomplishing which is also helpful. Obviously not the sole factor here, but I think it'll be a help if I can restart that. Trying to recommit but it's difficult.

Other thoughts that I think. I feel less hopeless now. Objectively, I'm in worse place than I was a week or two ago. But now I feel more hope/calmness. I really would like to know what flipped that switch. What made me feel so down and what made me feel better?? I'm not very in tune with my feelings so this is tough.

Also. A big trigger for me is when I'm sitting at the computer faced with a task that is boring/unpleasant/lengthy/difficult. Unfortunately, this is most tasks. And it sucks. Especially because I have what is in a lot of ways a dream job in my field and there isn't a way to avoid being faced with unpleasant tasks in life. Something I gotta work on responding to better.

Had some other thoughts but trying to work today lol

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 24 May 2024 14:21

Had a clean day yesterday. First in what feels like a while. It felt good.

Hoping to be clean today too.

Was thinking.

These forums serve alot of different purposes. They're a repository of really valuable knowledge. There's an aspect of joining a chevra of people working on this (whether the more limited connection of just online or getting introduced to people here and connecting offline). An aspect of getting pain/struggles off your chest in kind of an open diary. An aspect of sharing in order to receive advice, chizuk, or accountability. An aspect of getting chizuk from other people's successes and experiences. A purely social aspect that keeps people busy and out of trouble. Any social media platform (as this is to some limited extent) also has an aspect of people sharing because they want to be heard.

People post different flavors of all these posts and it's usually difficult to tell them apart from the content. No nafka mina though.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 27 May 2024 13:56

Sitting next to my wife on the couch on Shabbos and flipping through an old Mishpacha magazine I spotted an ad for GYE.

Had an interesting outcome, but can I just say I think the ad was extremely inappropriate.

The ad was a picture of a kollel-looking man, big beard and white shirt, sitting in his study doorway so that you could see his face but not whatever he was doing. The man was looking straight into the camera with a sad/guilty expression. The tagline was something like "Suffering from internet problems? There is help."

Correct me if I'm wrong here, but the tachlis of GYE ads is to raise awareness that there is help for people with lust issues - not to raise awareness that there are people with lust issues. From my perspective, the ad had the message that there are people with lust issues, and your husband/father in his study may be one of them (you think he's learning but maybe not...) and by the way, there's help for them. It felt wrong.

GYE should definitely be advertising. In fact, I came to GYE because of an ad. A long time ago, I saw the ads that used to run with the little stick figure happily shaking someone's hand and the tagline was something like, "I no longer think 'if only he knew...'" I remember being so envious of that feeling, and when I finally got to the point of working on myself I went straight to GYE. Contrast that ad with this one. That ad focused on the *positive feelings of being clean*, this current ad focused on the *negative feelings of lust addiction* and seemed inappropriate.

Remember, the average reader of Mishpacha magazine is probably women and kids. The spouse/parent/child of the addict, not the addict himself. Why are we raising awareness amongst that population that some percentage of frum men are worshipping naked shiksas in their studies instead of learning? Wouldn't it be better to raise awareness that being clean from pornography is a joyful feeling?

Am I missing the boat here?

(Disclaimer: GYE is amazing, bad ads are better than no ads, and no doubt whoever put in the ad is getting oodles of schar for it. On top of all that, my feelings of what is appropriate or not are pretty messed up, and often innocuous things can bring up feelings of shame. That being said, I think I have a valid point.)

Anyway, ranting aside. My wife saw the ad and asked, "How do they help?" But we were at someone else's house so I just shrugged. But later I brought it up and we briefly talked about what GYE does. Interesting convo. Drove home that she does not, and would not, understand anything if she found out the extent of what I'm going through. But I did say I want to be in touch with some GYE folks to "mentor them" and she thought that was great.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 27 May 2024 15:33

This sounds ridiculous, but for work I need to look at a model's Instagram page (just to see something in the background of the pictures). I figured it's b'avidita k'tarid and muttar. Techloq blocked the heck out of the page, and even after chatting with them the page wouldn't load.

Taking this as a sign that perhaps God thinks people with lust issues should not ogle instagram models and ignoring that task. Someone else will probably do it.

Anyone else saw the ad in the post above and have any thoughts? I'm curious if I'm way off base here.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 28 May 2024 15:35

Checking in.

Lionfree raised a really great point tpday about "obsessing" over recovery. Which is something I've been thinking a lot about recently (obsessively so?).

One particular kneitch about that I've been thinking about is in regard to connecting with other people from GYE. I think there are a few probable benefits to that. The most obvious is the positive benefits of being part of a chevra that's working on this (Rambam, cave etc.) and the more you connect to the chevra the more powerful the affect will be. CO has a theory about coming to terms with facing our hidden selves - if I understand it correctly, meeting people introduces our Hyde to our Jekyll and that is healing. (a la Dov's Captain Kirk post).

But I was thinking that one benefit is probably that talking to people involves you in recovery much more than anonymously posting on a forum. Talking to "real people" is very real (for lack of a better word) and involves you on a deeper level than doing a program, meditating on ideas like urge surfing, or interacting through posting. And it seems to me like the more you are involved in recovery the better a chance it has of sticking.

Here's a theory as to why "involvement" in recovery is crucial. Ideally, the best would be to be obsessively involved with hashem so that lust is naturally excluded. For those of us who somehow fall short of that level, we've got to be involved with something. Right now, that thing is all too often lust. So even forgetting about addiction/habit/learned responses, just saying stop lust is very difficult - this is something we are deeply involved in. But instead lchoira we can *replace* the involvement in lust with an involvement in recovery.

This is speculative. But it sounds good to me and I'm trying to put my money where my mouth is. This is a long way of saying I finally set up a google voice number and please feel free to pm for it if you want to schmooze. Fair warning: I don't really do small talk well.

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Re: Chooseurnames 90 day trip
Posted by gye365s - 28 May 2024 15:58

[chosemyschem wrote on 28 May 2024 15:35:](#)

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I agree with all of this! I've learned a lot and read/heard many times that thinking about the problem too much is often a hindrance (maybe "obsessing" about a solution is different). Don't think of a pink elephant.

On my introduction thread May 14 & 16 I wrote a bit about my personal history with this. I'm certainly not on the level to be obsessively involved with Hashem all the time. Lust and recovery aren't the only two options - perhaps there is something you are or could be interested enough in to make it a focus when not busy with daily responsibilities.

Maybe I'll look into Google voice. I'm no small talker either, so we can either talk tachlis or share an awkward silence lol.

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Re: Chooseurnames 90 day trip
Posted by notezy - 28 May 2024 16:07

"Change will lead to insight far more often than insight will lead to change" -Milton H. Erickson

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Re: Chooseurnames 90 day trip
Posted by hopefulposek - 28 May 2024 16:29

[chosemyshem wrote on 27 May 2024 15:33:](#)

Anyone else saw the ad in the post above and have any thoughts? I'm curious if I'm way off base here.

I saw a similar ad but the one I saw didn't say what they were struggling with, it just said "can't look yourself in the mirror? we can help." and that was it, if I didn't already know what GYE was I don't know if I would have figured it out, but maybe their relying on the name to give it away. Anyways, I agree with your viewpoint that it's better to focus on the positive, but I also feel this hits a chord in a persons heart that they feel they can't go on any longer, so maybe there's tachlis both ways.

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Re: Chooseurnames 90 day trip
Posted by gye365s - 28 May 2024 16:37

[notezy wrote on 28 May 2024 16:07:](#)

"Change will lead to insight far more often than insight will lead to change" -Milton H. Erickson

When I was in the midst of my life metamorphosis, I was trying to change all the main negative behaviors I was exhibiting. P & M, movies / shows, addictive game apps, . . . and secular music. For the life of me, I had no idea how I was going to give up the music. It was the outlet that would pick me up and get me through the day-in and day-out hard work. Hashem only expects us to do what we can, and I left that challenge for a later date. No sooner did I quit the other negative behaviors and, all on its own, I just couldn't listen to the secular music anymore.

Hashgacha that soon afterward I heard a speech from Rabbi Zecharia Wallerstein AH where he related having the exact same experience. That was super cool.

Last month I was walking through a mechanic's garage and there was a rock song blasting. My first thought was "man, that is an awesome song, why haven't I been listening to it"? followed by an "oh yeah, silly, I stopped listening to any of those songs a long time ago". It made me appreciate my efforts and the resulting change - especially after that little reminder that I still like the music a lot, but chose to give it up on my journey to be a better me.

Back to the post, I think there are times for insight and sometimes, to quote another deep thinker: "Enough talk, lets fight" -Po, the Dragon Warrior

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Re: Chooseurnames 90 day trip
Posted by notezy - 28 May 2024 17:15

I was reading the kitzur shulchan aruch and he said something and apropos to what you just said he quoted (yoma 38b) "a person who comes to purify himself is helped"

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 28 May 2024 18:40

[hopefulposek wrote on 28 May 2024 16:29:](#)

[chosemyshem wrote on 27 May 2024 15:33:](#)

Anyone else saw the ad in the post above and have any thoughts? I'm curious if I'm way off base here.

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Could be I was so frozen up that I'm misremembering the text. Interesting.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 29 May 2024 19:02

Checking in.

Need to get a lot done today but procrastinating by reading old GYE threads. General life issue I need to work on.

Better to procrastinate by reading GYE than watching porn.

It's sad to see how many people post a little then disappear. I like to imagine they all got so cured they don't think about GYE at all...

Set up a daily mutual accountability check in with a chaver from here. Hoping that'll be a powerful help.

Also thinking about considering 12 steps/therapy. I guess I've been making progress here, but I've been fighting this for a very long time, and I'm still way down in the trenches. Idk if pre-gye fighting counts so much because that was mostly just a series of banging my head into the wall with no chochma. But still.

I don't want to take that step because 1) ego and 2) my wife would need to know. But I'll do whatever it takes to get clean.

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