

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 chosemyshem - 31 May 2024 17:08

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Powerful collection of Dov essays: [Link](#)

Checking in.

Been a rough week. Totally clean without any urges really. But unproductive at work. Feeling alot of confusion though not really clear to me about what. Currently working on writing down my history of acting out and it's been intense to say the least. So prosaic yet so sh\*tty.

(I don't mean to say that glamorous falls would be better. I mean that it's just a history of mundane failure, small choices that should've been so easy to make correctly and were not. Over and over and over again.)

Trying to be nicer to my wife, to the extent that she asked me why I'm being so nice to her and assumed I did something wrong lol. Which in a way is true.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 04 Jun 2024 20:49

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Checking in.

Been speaking to alot of people in the past couple days. I guess once you start it's gains momentum fast. Really great people around, glad I finally worked up to speaking to some of them. Kinda wonder what the people at work are thinking that I'm spending so much time running out on the phone lol.

Other than that no real updates. Haven't had a fall in a few days (though a nasty slip on Friday while I was trying to generate my beautiful new avatar.) Haven't done F2F in awhile but that was helpful I think. Should get back to it.

Finished writing out my history of acting out. It was painful. Kinda cathartic, but mostly painful.

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Re: Chooseurnames 90 day trip  
Posted by foolie - 04 Jun 2024 22:08

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Checking in is better than checking out

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 05 Jun 2024 16:17

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Learnt a great shtickel in Madreigas H'adam that should be whipped out anyone says they "graduated" GYE. [Shaar bakashos hashleimus, perek 8:](#)

<https://beta.hebrewbooks.org/reader/snapshot.aspx?seferid=41717&pg=269&pw=594&ph=895&x=44&t=105&w=494&h=723&png=y>

<https://beta.hebrewbooks.org/reader/snapshot.aspx?seferid=41717&pg=270&pw=598&ph=895&x=60&t=60&w=471&h=341&png=y>

Edit: tried pasting in the pics but it didn't work right. Oh well.

Basically he says people supported by the group think they don't need the group but they're mistaken about their personal level because they are so supported by the group. And the avodah is to work in the group and also to work on yourself as an individual.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 05 Jun 2024 19:48

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Hmm.

We don't necessarily get "drunk" once we're acting out already. Once we decide to open the computer and view porn, we're already "drunk". By the time we get to the porn or mast\*, the dopamine in our brains is already being released

-Harvey

[Source.](#)

Heard something from Dov that maybe is similar.

I always thought I like watching porn. And then once I watch porn I get very worked up and decide to masturbate as a release. I thought my ikkar problem is porn. Yeah, I masturbate sometimes without porn. But usually some visual stimulation comes first.

And so but maybe that's got the cause and effect backwards. Maybe I really like masturbating (sex with self) and to warm myself up and lower my inhibitions I watch porn first. But I'm just fooling myself about what the real problem is.

It's like picking a fight with your wife so you have an excuse to act out - the issue is not the fight. The issue is the desire to act out, and therefore there's a fight.

I don't know if that's for sure correct. But it rang true inside. I know for sure alot of "aimless browsing" is started knowing deep down I am going to watch porn and just need to ease myself into it. Could be most of my porn use is similar.

One reason it felt true: How many times have I seen what's on my screen and thought this is ridiculous and disgusting . . . but I'll just keep on going because I need to finish?

Is there a nafka mina? Either way, both porn and masturbation are hurting me, and I know I have trouble controlling both. But I do think knowing what the ikkar problem is should be helpful in solving it.

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Re: Chooseurnames 90 day trip  
Posted by chancy - 06 Jun 2024 18:36

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CHoosy,

First of, I dont like your new avatar, I dont like it one bit. It looks too much like the devil (I bumped into him once or twice)

Regarding the Ikkar and Tofel question- Its very hard to answer that, so ill answer.

Our brain has a chemical called "Dopamine" its a neurotransmitter and hormone it **acts on areas of the brain to give you feelings of pleasure, satisfaction and motivation.**

Most people have normal Dopamine levels and they feel fine, they ae not so susceptible to addiction.

However, some people, especially people with ADHD and similar conditions, do not have a

normal level of Dopamine, that has a lot of different effects on the mind and body like focus and mood and energy, etc. Im not getting into that.

Most people with healthy brains will not get addicted so fast to most things.

However, when people, be in regular healthy and especially people with the conditions i mentioned, get exposed to something that gives you an insane amount of Dopamine like sex, porn, etc. or drugs and that sort of stuff, the brain gets hooked very fast and very strong.

Some people get more pleasure by looking, thier touch senses are not so hightended, some people get more pleasure by smelling, everyone has different amounts of pleasure he gets from different senses, feel, sight, smell, hearing, etc.

So it might be that you actually get more pleasure by looking and then get overwhelmed into doing.

Or maybe you just want the dopamine rush and you subcounsicly look for that hit untill you find it.

I dont see a difference. The only thing is that Porn is much easier to keep locked away and filtered than your pants.....

Stay strong

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 07 Jun 2024 17:35

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Great points @Chancy.

Checking in.

Rough week, but was clean all week (at least so far...).

Had a nice victory the other day. My wife is more of a morning person, and is sometimes available early in the morning. So she initiated (or at least, responding agreeable to my initiation) one morning. Things were progressing, but the hour was late. Carpools were coming soon, shachris was waiting, and then the kids woke up and started whining outside the door. In previous similar situations I had continued to where things were heading. I mean, how could I possibly stop? And if I stop, I'll miss out on sex?? And of course the frummost svara, if I don't take care of this now I may masturbate later hashem yishmor? So forget about kids, shachris, carpools and all responsibility.

This time I managed to remind myself that I don't "need" this (and "how dumb will I feel posting ) and derailed the express train. Felt good to feel like I was in control a little bit. [Major thanks to my accountability partner for helping me stay the clean the rest of the day after I got myself all wound up.]

Anyway. Otherwise a pretty blah week. Got very little work done. Only made it to the daf once, and don't have a night seder chavrusa currently so didn't learn much. Guess life isn't automatically rainbows and unicorns just cause you're clean for a minute.

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Re: Chooseurnames 90 day trip  
Posted by Markz - 07 Jun 2024 19:24

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Great points @Chancy.

this on my thread"

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This is a frum website - first and foremost. Recovery comes second.

You started. You progressed. And then stopped!?!?

Who doesn't know that hamatchil bemitzva omrim lo...?

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Re: Chooseurnames 90 day trip

Posted by Markz - 07 Jun 2024 19:27

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[chosemyshem wrote on 07 Jun 2024 17:35:](#)

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It's now full of am aritz's

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 10 Jun 2024 20:52

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Checking in.

Ending up having a fall Friday after my check in post. Was in a real HALT environment, and went for it. Didn't bother reaching out.

### **How do I learn to reach out when I don't want to??**

Was a weird fall. Watched a little porn but didn't enjoy it at all. Didn't feel good, didn't distract/numb me. Terrible. Couldn't even work up the desire to masturbate. Idk.

Went into shabbos in a terrible mood. But bh had a nice shabbos despite myself and was a good reset.

Not at all prepared for Shavous but like it or not it's coming. Shavous is stressful for me. I get very tired and feel like I need to be learning as much as possible and it creates lachatz. But bezras hashem I'll be too busy to sin. Goal is to be outside as little as possible - it'll be hot, I'll be tired, and the women will be out and about in their yom tov finery. Imma try to hide out in the coldest beis medrash in town with endless mike and ikes and 40 blatt of daf yomi to catch up on.

I'm not nearly as optimistic as I was cruising into Pesach. But every year on Pesach I've done the - "I'm a new person now and totally killed my yetzer hara with some matzah and I'm going to rocket through sefira and this year I'll have a real kabbalas hatorah". And every year I made it like a few days until falling (sometimes not even through chol hamoed). Last year I even had a whole written plan (mostly involving avoiding entertainment as a geder) bc I was already on GYE, and I did better but not great.

This year I did that too, especially because I was in a good mindset going into Pesach. Obviously didn't happen. Oh well. Clean today and that's what counts (pun intended). And Hashem is capable of giving me his Torah regardless, but that's a spiritual discussion for another day.

Have a great yom tov everyone!

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 11 Jun 2024 16:28

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Hashem is capable of giving the Torah to each of us undeserving muddlers, and that's a reason to celebrate, however haltingly the 50 day count went, in any area.

Yeshuos Yaakov says that we drink milk because ?? ???? ?????? ??? , the Torah represents converting the lowlier parts of ourselves into nourishing Chaim, ??????

Not enjoying the fall and not feeling it - is a sign, methinks, of internal change. Embrace that-and yourself.

You're one of the good ones. Here's a slice of virtual cheesecake, drizzled with caramel and bourbon sauce, with a healthy helping of ice cream and caring on the side. Enjoy!

Have a great Yom Tov!

Chaimoigen

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 14 Jun 2024 14:12

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[chaimoigen wrote on 11 Jun 2024 16:28:](#)

You're one of the good ones. Here's a slice of virtual cheesecake, drizzled with caramel and bourbon sauce, with a healthy helping of ice cream and caring on the side. Enjoy!

Who isn't one of the good ones? Name and shame R' CO, name and shaaaaaaaaaaaaame.

I was craving caramel bourbon cheesecake the whole yom tov. I had so many other delicious cheesecakes, but none of them were caramel bourbon and I remained unsatisfied. Alas. (I feel like this is a good metaphor for something, but idk.)

Anyway. Had a very nice Shavous b"h. Said tikun shavous night instead of "real learning". Does this mean I've finally left my yeshiva days and evolved into a real baal habos? (No shade being thrown at tikun. It's a beautiful thing and I said it out of inspiration (and because I didn't have any chavrusas.) But it sure felt baal habatish.)

Anyhow. Successfully hid in shul most of the time. But had to walk around to a couple meals. And of course there's the walk to and from shul. And so but shavous is a serious HALT environment (except without being hungry. Who could be hungry after so much cheesecake.) And all the women and girls are out and about, dressed fit to kill. So there I was standing on a street corner outside shul trying to cross the street, when a gaggle of women with too short skirts waddles by. And I had the following sleep deprived conversation with myself:

"Don't LOOK"

"Okay. But I gotta check in that direction to see if any cars are coming."

"Shoifah. You're just looking for an excuse to look."

"Chosid shoifah."

"C'mon man. We both know that if you look for a car your just gonna stare at those girls."

"So you want me to get hit by a car? Or you want me to just stand on this street corner for forever. Pick one man."

So I stood there arguing with myself for a couple minutes, and then slowly turned the minimum so the street was in my field of vision but the sidewalk was not.

It was a very sleep deprived and neurotic moment.

And so but I was thinking about it later. A regular guy could mstama look for a car and cross the street without any issues. But I know that I've miswired myself that I'd be laser focused in on the unfortunate woman who strays into my field of vision. So what am I supposed to do? Hashem wants me to live life, not hide in my house my whole life. But He also wants me to follow the Torah and not eye-devour every innocent woman who crosses my path.

It was helpful for me to think about it this way. Hashem also wants everyone to put on tefillin, but there are people who are sick with terrible diseases and had to have both arms amputated so they can't put on tefillin. There are people who are too sick to fast on Yom Kippur and must eat. And I am too sick to go outside the same way healthy people can. I hope I'll recover to the extent that I can go outside normally once again, but right now I'm sick. And the Torah requires of me what it requires of any sick person - to take the sickness into account and fulfill the Torah however I can.

(Note: Recovery might involve not being neurotic about crossing the street. That's not my point. My point, if I am forced to have one, is that beating myself up for having to do "unusual" things to combat extreme urges is somewhat analogous to the cancer patient beating himself up for eating on Yom Kippur. I guess this line of thought was inspired by CO's rachmanus post.)

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Re: Chooseurnames 90 day trip  
Posted by BenHashemBH - 14 Jun 2024 14:38

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If a "regular" guy was taking such precautions for shmiras einayim, would it not be praiseworthy? All the more so someone who is struggling with it!

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Re: Chooseurnames 90 day trip  
Posted by frank.lee - 14 Jun 2024 15:44

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I know a tzadik who lives in a very tznius place, who (I can almost guarantee) did not grow up with shmiras einayim addiction. He is careful how he walks around, even in his own community, and maybe walks around without glasses sometimes, even there. Because there are tznius women there on the street and he is healthy and has a yetzer hara to look. So based on that, you are quite normal. Awesome hero for going through the conversation and winning the battle with yourself!!!

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