

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 redfaced - 19 Jun 2024 18:39

Kinda a twist on the old storyteller thread.

MIInd blowingly awful

In a amazing way

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Re: Chooseurnames 90 day trip

Posted by abieham - 20 Jun 2024 03:58

What's so sad is that this really happens.

Thanks for the chizuk to stay clean

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Re: Chooseurnames 90 day trip
Posted by Muttel - 20 Jun 2024 19:27

Just read this:

I'll stick with speechless. Once I properly digest, maybe I'll have what to add. For now, I say thank you...

Hug!!

Muttel

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Re: Chooseurnames 90 day trip
Posted by ShtetlMan - 20 Jun 2024 19:49

[chosemyschem wrote on 19 Jun 2024 16:17:](#)

A TASTE OF DEATH

Wow... I've joined GYE not so long ago but I've read many (bad) stories about how the p&m issues ended up for many frum people. I wanted to stop because it was raeally ???? and a very bad behavior for a bochur. But I always thought it was an issue that would leave with time, and was due to my non married situation.

Right now I'm really terified of what can happen if I dont stop everything quick. Your story just made the chizuk even stronger.

Thank you

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Re: Chooseurnames 90 day trip

Posted by ??? ???? ???? ??? - 21 Jun 2024 01:56

[ShtettlMan wrote on 20 Jun 2024 19:49:](#)

But I always thought it was an issue that would leave with time, and was due to my non married situation.

I thought the same myself, but that was not the case.. I wish I would've addressed my pornography and masturbation issues when I was a bochur. Don't wait, ShtettlMan!

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Re: Chooseurnames 90 day trip

Posted by ShtettlMan - 21 Jun 2024 14:28

[??? ???? ???? ??? wrote on 21 Jun 2024 01:56:](#)

I thought the same myself, but that was not the case.. I wish I would've addressed my pornography and masturbation issues when I was a bochur. Don't wait, ShtettlMan!

You know it's very "weird" to see frum people that struggle with that, it's frightening and also makes me feel normal. I dont look at my life and how I wish it will be the same way as I did, thanks to all the wonderful people here

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 21 Jun 2024 14:59

[ShtettlMan wrote on 21 Jun 2024 14:28:](#)

[??? ???? ???? ??? wrote on 21 Jun 2024 01:56:](#)

I thought the same myself, but that was not the case.. I wish I would've addressed my pornography and masturbation issues when I was a bochur. Don't wait, ShtetlMan!

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Ya know what, since this is my thread Imma run with this. Disclaimer: everything below can be safely ignored.

That bolded line is real, true emes. Let me break it down.

It is very weird to see frum people struggle with this. Because we're doing weird stuff, man. Is it freaking normal that when I'm stressed at work I soothe myself by watching naked women jump around? Is it normal for someone to not be able to go more than a few days without having sex with himself? Is it normal for someone to compulsively eye-grope every single woman he sees? No. It's weird. We wouldn't do it in front of our wives, we wouldn't do it in front of our family, we wouldn't do it in front of our friends (hopefully). It's a dirty little secret we hide because it's just so weird.

It's not weird because we're frum. You think it's normal behavior for any person to plan when he's going to be alone at home so he can fress on porn? No. It's just weird. (Inspired by Dov. Note that non-addicts are probably slightly less weird about it.)

It's frightening.

Why is it frightening? You're scared of other people watching porn? They ain't gonna hurt you.

I'll take a stab at why you think it's frightening. It's scary for two reasons. The main reason is because until now you yourself were not in pain from this little "struggle." Maybe you were in religious pain, that you think you are doing something assur and you want to stop. But you weren't in pain. Now you see that this road you're walking on leads to pain. Real pain, pain you feel in every limb of your body. And that's scary. That's really frightening.

The other reason it's frightening goes back to it being frum people on here. There's a realization that the facade of frum society is just a facade. That people with long beards and frock coats leave their gemara at the end of a seder, and before going home to be mechanech their heilege

kinder, take a quick pit stop in the yeshiva bathroom to masturbate. Or after a lichtege shabbos that chashuve bal habos tells his wife he's going to learn but goes to meet his mistress.

This specific sin we somehow view as worse than other sins. And it's so secret and dirty and prevalent. That realization rips at the foundations of what we've believed Judaism is.

(I think this is a mistaken feeling. But a natural one).

And it makes you feel normal.

This is good and bad. It's good because you should not feel dirty and unnatural. Because you're not. You're an normal person, and Hashem likes you. This is a chiddush because before coming to GYE you felt like dirt.

It's bad because the stuff we're doing is not normal. It's weird. And it's easy to justify because the world is wallowing in it now. So it's important to remember that it is not normal.

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Re: Chooseurnames 90 day trip
Posted by chancy - 24 Jun 2024 17:35

Holy hell..... im shivering now.

I blame you in advance for the fears i will have because of this.....

HOW DO I KNOW I WONT BECOME THIS MONSTER???

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Re: Chooseurnames 90 day trip
Posted by chosemyshe - 26 Jun 2024 13:45

Good morning checking in: Still alive b"h.

Had a great schmooze with the legendary hall-of-famer Iwannalivereal. One nekuda he pointed out really got me thinking.

The basic issue for many people on here is like this. We like porn/masturbation/other inappropriate sexual behavior. We like it a LOT. We clearly like it a lot, since we've been prioritizing it at the expense of other important things for a long time. And it's not like we don't intellectually "know" it's something we shouldn't be doing, since we've been trying to stop generally since the day we started.

So what's going to change that's going to stop us doing something we enjoy so much?

[For some people, it's enough to just sign onto GYE or have a quick schmooze with HHM and get a wake up call of the dangers + learn that it's [u]possible [/u]to stop. Add a drop of accountability (either with someone else or via the 90 chart) and that's enough for them to break the habit. Be'etzem, for someone like that, it's probably that their porn use was not so ingrained - not something they loved so deeply. But how is someone who's so deep into loving lust supposed to just flip a switch and stop loving it?]

One approach (advocated by iwannalivereal, proudyungerman, and others) is apparently laid out in the Battle of the Generation. And the basic yesod is that "winning" against that urge to indulge in this lust that we love so much is inherently more pleasurable than indulging. So if someone works hard to feel that pleasure, than they won't be faced with a choice of doing something they love or not doing that thing. They'll be faced with doing something extremely pleasurable, or doing something that is even more pleasurable. And that's not a terribly hard choice.

Interestingly enough, SA has the exact opposite approach (I don't know much about SA, just going off some recordings from Dov in the GYE library so if I'm wrong please let me know.) They say that we love lust even more than we love overcoming lust. That after fighting for so long we've determined that lust is the most important thing in the world to us, and we won't give it up even for the pleasure of overcoming lust. And so then the only possible sane decision is to stop fighting and to ask Hashem to take us out of the fight.

[Note: both approaches require additional elements such as honesty and connecting to other fighters/addicts. But in this one crucial nekuda - how to deal with our overpowering love of lust - these two fundamental approaches are polar opposites.

I'm not explaining the secret to getting clean. For all I know, the secret to getting clean is to have a righteous dead grandfather. Just thinking out loud about this point.]

And so but there I was driving to work this morning and on the side of the road was a sight to really chap an eyeful of (sorry for the objectification). I shouted in my head "Don't you dare look!" and by the time I finished shouting that I was past her. It's interesting I had that reaction though, because I was thinking about the rest of this post at that very time and didn't use either approach. . .

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 26 Jun 2024 16:34

Shem, I always love and appreciate reading your thought-provoking posts!

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"Winning" is a lifetime goal, while giving into an urge is instant gratification—that usually dissipates as soon as we wake up from the session, an indicator that the YH was really pushing us all along, as he ducks out as soon as he's accomplished his task. I don't think you meant it this way, but just want to clarify that it can still be a terribly hard choice. If I'm on a diet, and my urge to be healthy is greater than my urge to eat whatever I want, I'm still prone to struggle when my favorite desert comes out and I have a strong craving for that short-lived pleasure, even though it is anti my real long-term desire.

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For me it's not so much about winning, it's about self-worth and not losing. Arguably one might say it's the same, but to me there is a world of difference. My motivation (for better or worse) is not from the idea of shechting the YH and catapulting his head back over the walls into geheinom. It's about standing strong and true to myself in a way that he has no power over me. I don't derive nearly as much pleasure from beating the YH as I do from the thought that he won't beat me.

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When YH rears his ugly head, I don't square up and go in for a knockout punch. I try to keep moving along as if he's net even worth the time of day. I fear what will happen to me if I disappoint myself. I don't really care what condition he ends up in, no matter what, I can't be down there because of him ever again.

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Of course I feel good about winning, and that is very important, but I dislike losing to him even more. I'm not fighting him, nor running away from him; I'm holding myself above him.

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I think I confused myself at this point. Sorry for the rambling on your thread. Hopefully what I'm trying to convey is in there somewhere. Maybe someone will be kind enough to help me pull it out with better clarity. All the new summer schedules have addled my poor brain.

Kol tov!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 26 Jun 2024 16:53

[BenHashemBH wrote on 26 Jun 2024 16:34:](#)

I don't think you meant it this way, but just want to clarify that it can still be a terribly hard choice. If I'm on a diet, and my urge to be healthy is greater than my urge to eat whatever I want, I'm still prone to struggle when my favorite desert comes out and I have a strong craving for that short-lived pleasure, even though it is anti my real long-term desire.

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Of course I feel good about winning, and that is very important, but I dislike losing to him even more. I'm not fighting him, nor running away from him; I'm holding myself above him.

I'm not the baal hash*ta here, so idk if I can explain it more than I did before. But yes, short-term v. long-term pleasure I'm going to go for short-term 80% of the time. But the pleasure right now from winning, if you can find it, is greater in the short term too.

Now, how to define winning is a good question. And maybe someone who's practiced this can

preach it for us?

But I think what you're saying about self-worth may be the "winning". Could be smacking down the YH and not taking this one look, opening this one porn website, whatever is a mitzvah and a good thing. But winning is the feeling of being someone who chooses life. TBOTG has a long bit

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 26 Jun 2024 17:35

[chosemyshem wrote on 26 Jun 2024 16:53:](#)
on how "not losing" is really winning. Ayin shum haytiv and then explain it to me please

TBOTG has a long bit on how "not losing" is really winning.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 26 Jun 2024 19:49

Just wanna share a win.

Was just randomly feeling an urge. Not the type of urge like "I want to watch porn but I must fight." The type of urge like "I just want to watch porn and don't care about fighting." Actually started browsing some images. I didn't care to fight. This flavor of urge has historically been

disastrous for me.

Anyway, for the very first time reached out during a serious urge. Texted then spoke to my accountability partner. And somehow didn't fall.

Also davened a little, but I've often done that during an urge with very iffy results. Tried a new tefillah though: "Hashem, I wish I could give you this lust as a korban. But I can't, it's too precious to me. Please Hashem take it anyway."

Not getting optimistic bc when has that ever ended well. But trying to enjoy the feeling of not having fallen.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 26 Jun 2024 20:30

[Chooseurname wrote on 23 Oct 2023 19:52:](#)

[ainshumyeiush wrote on 23 Oct 2023 17:07:](#)

Ditch this whole shame crap.

shame is for when you decide to give up the fight. You're here because you want to get free. The past already happened. Now you're a human being with human emotions and weakness stuck in a porn trap. There's no shame being here now. (not that its something to be proud of)

if you dont feel comfortable with sharing this with someone you know, that's fine. But dont let this block you from reaching out to someone who can help.

yes its not exactly a party, but the shame of knowing you didn't reach out will be much worse.

Powerful.

But, when I think about sharing this with *anyone* I definitely feel shame. I agree I shouldn't let this stop me, but it's difficult. Chazal say being shamed is like being murdered, I don't think it's fair to expect someone to shrug that away instantly and confide (what's they personally experience as) a shameful secret to someone.

Huh. Only took since sukkos for this attitude to rotate a complete 180. Wow. Peer pressure is

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real lol