

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 Muttel - 27 Jun 2024 01:03

[chosemyschem wrote on 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

real lol

Wow..... I'm super proud to know you, respect you, and imyh become a close friend of yours. Your persistence is remarkable, your willingness to keep trucking and pushing along astounding.....

with much admiration,

Muttel

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 28 Jun 2024 15:16

[chosemyshem wrote on 26 Jun 2024 19:49:](#)

Just wanna share a win.

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

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

Gonna be honest and share the L as well.

Had a fall yesterday. Felt overwhelmed at work so escaped to porn. Didn't reach out, didn't urge surf, didn't do nothing.

Was saved by the filter from any "hard" stuff, but it's kinda stupid to get hung up on some arbitrary line when I spent something like three hours feeling completely out of control while I poked at the filter.

(Not negating the value of a filter, and I'm happy about what I didn't see. It's definitely making today easier. But the the bigger issue is the lack of control and that was a complete loss. I know someone's gonna jump on this and say I'm wrong and it was a win bc I put on a filter and it saved me. This is incorrect. In shomayim I'm sure I'll get some schar for it, and I'm all for celebrating small or partial wins. But I was sitting for three hours lusting out of control. I don't really care if specific acts didn't appear on the screen, or I only saw this body part and not that one during that time. The lust is the real problem, not what specific content the lust pulls up. And with the lust, there was no win at all.)

Oy. I think I have like half of a real procrastination problem and 3/4 of a porn problem and they combine to form something nasty. Or maybe I'm lying to myself about what the problems are in order to avoid confronting either problem. Idk.

That's all very negative so let me find something positive to say

I haven't masturbated in a month, but until I see real change I'm again inclined to say that's a superficial win that's gonna be washed away by my lack of control.

Have been having much more long term success controlling fantasies.

Been connecting with people. Trying to build like, actual relationships, and not just talk to people once.

Meh.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 28 Jun 2024 15:57

Here's a caring heart and warm feelings for your difficult situation, boy do I know what that roller coaster feels like.....

I can't say much other than you're a real trooper and an inspiration in brutal honesty and ehrlichkeit.

I hope you rebound and use this fall as a means to grow...

With much love and admiration (and a hug),

Muttel

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 30 Jun 2024 21:27

Checking in.

Stuck doing work on a Sunday. The worst part is I procrastinated on work last week (especially Thursday while acting out) and I was going to catch up today. Then I got stuck with a new assignment to finish today so idk when I'm going to catch up on the other stuff.

Not feeling tempted to escape to porn at least. I'm too overworked to escape.

Shabbos was nice, and also clean (okay mostly, except for one block where there was a woman walking right in front of me with just the right flavor of dress and I couldn't look away. But just one block.)

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 01 Jul 2024 14:20

[chosemyshem wrote on 30 Jun 2024 21:27:](#)

Not feeling tempted to escape to porn at least. I'm too overworked to escape.

And I really wasn't tempted to escape to porn. But I noticed myself doing this really weird thing of poking at things I know don't get around the filter. I think it's like the guy who quit smoking but sucks on his pen. Just an extremely weird comforting reflex. (Or maybe I'm scared to go to porn because I know the pain, but I'm desperately hoping somehow porn will come to me?)

It's interesting. I've had an unfiltered device sitting around for the last few months and I haven't fallen with it. I haven't gone on it, because I know if I do I'll fall with it. But idk how I've managed

to avoid it. Really would like to be able to extrapolate whatever is working there to other areas. But trying not to think about it too much because if it gets in my head I'll end up using it. (Could be it's simply that I'm rarely alone with it. And I tell myself I've forgotten the password.)

It's just kinda weird to me that I can set a line of not using that device for months, but will spend three hours e.g. looking at women's clothing websites for a bit of skin the image filter doesn't block.

Would like to be honest with myself about how bad of a problem I have. (Is it really procrastination or really porn, how bad is the porn habit, do I really want to stop). But it's tough. There's a lot of negiyus and I honestly don't know myself very well. Oh well.

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Re: Chooseurnames 90 day trip
Posted by redfaced - 01 Jul 2024 14:37

[chosemyschem wrote on 01 Jul 2024 14:20:](#)

[chosemyschem wrote on 30 Jun 2024 21:27:](#)

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Sounds like you know yourself all to well. You're asking all the right questions

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 01 Jul 2024 21:04

[chosemyshem wrote on 01 Jul 2024 14:20:](#)

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Well. I like lusting.

I also get very hurt from using lust, and intellectually think it's very dangerous for me to continue using it. I thought I have a very hard time remembering why I don't like it, and that's why I can't go more than a week or two without falling - bc I forget I don't like it. But really I don't dislike it. I just get hurt when I use it, and know that if I don't stop I'll get hurt so much worse.

I also really do have a procrastination problem. But have yet to get seriously hurt from it. And a part of procrastination, for me, is a way to use porn.

It's hard for me to say now that I have a serious problem, when I'm using lust so much less frequently and to a lesser extent than I was two years ago. But I have a very limited amount of control over lust. I'm just pretty good about filters, setting myself up in the right way, and using laziness to stop myself from more extreme manifestations of lust. Not sure if I'm afraid to admit to the magnitude of the problem, or afraid to admit to the smallness of the problem (bc if it's a small enough problem to fix then I'd have to put in the work to fix it.)

I don't know if I'm willing to do whatever it takes to get clean right now. I've said many times that I am, and I've done things that make me very uncomfortable to get clean (with filters, talking to people, etc.). But I don't know if I'm willing to go to therapy, tell my wife, or go to SA meetings (I think therapy and SA may both be because I'd have to tell my wife.) I think I don't have to decide that right now though.

It's easier for me to write things out and think as I write than it is for me to just think about myself. That's why you lucky guys are getting this brain vomit.

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Re: Chooseurnames 90 day trip
Posted by vehkam - 01 Jul 2024 22:09

[chosemyschem wrote on 01 Jul 2024 21:04:](#)

[chosemyschem wrote on 01 Jul 2024 14:20:](#)

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It's easier for me to write things out and think as I write than it is for me to just think about

myself. That's why you lucky guys are getting this brain vomit.

If you would take the time to envision how you would spend your time if it was up to you, would it include setting aside time to lust?

try clarifying what you want out of life and do whatever it takes to get that.

best wishes

vehkam

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 02 Jul 2024 12:33

[chosemyshem wrote on 01 Jul 2024 21:04:](#)

But I don't know if I'm willing to go to therapy, tell my wife, or go to SA meetings (I think therapy and SA may both be because I'd have to tell my wife.)

In your daunting post about a projected future of someone who never reigned in their tayvos, you describe some of the devastating things that could transpire. Not just to ourselves, but to those we love most. Perhaps you could weaponize that for motivation. What if my wife finds out, even about a small thing, and that opens up the whole world of pain and shame for both of us - now we have to carry that and all its ramifications for the rest of our lives. What if I can battle this for both of us, every little win is my karban that is secretly bringing us closer. Taking a small bite doesn't seem so bad . . . but refraining from taking even a small bite, that it huge! I don't know if you'll ever find out in this world what I've done and what I fought against for you, **but I know**. In this world it is in my hands to bring us closer, both here and in the higher worlds. After all the gedarim that we need, I am my own final geder.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 02 Jul 2024 13:41

[vehkam wrote on 01 Jul 2024 22:09:](#)

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try clarifying what you want out of life and do whatever it takes to get that.

best wishes

vehkam

I do think if I was picturing my ideal day it would involve using lust. Lust in a controlled way, that wouldn't hurt me, come back to bite me, or ruin my life or my connection to Hashem. "Kosher" lust. But, yeah, piles of lust.

I do not think I should do whatever it takes to get that . . .

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Re: Chooseurnames 90 day trip
Posted by vehkam - 02 Jul 2024 13:54

[chosemyshem wrote on 02 Jul 2024 13:41:](#)

[vehkam wrote on 01 Jul 2024 22:09:](#)

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Your ideal day is what you view as your purpose in life. If it is not worth doing whatever it takes to get then it is probably not what you really view as ideal.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 02 Jul 2024 14:28

I'm gonna think about this. I don't know if would view my purpose in life as my ideal day.

There's things I value only intellectually (e.g. doing chesed) and things I only value physically or

emotionally (e.g. clearly porn). Most things fall somewhere along a spectrum of some amount of intellectual value and physical value.

What I view as my purpose in life are largely things that are very high up on the intellectual value scale, but not necessarily the highest on the emotional value scale.

So like in theory my ideal day would be a 12 hour seder + nurturing my family + pulling some babies out of a fire. But those are intellectual desires. I enjoy learning but have no physical drive to a 12 hour seder.

I have no intellectual drive to porn, and a very low one to lust. But the physical/emotional drive to it is bananas. And honestly the emotions are more in control. So my ideal day would involve a nice chunk of lust (because those wants are driving the car) - but that's not what I try to prioritize in my life in any way (because the intellectual wants are setting the goals).

I don't know if this made any sense.

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Re: Chooseurnames 90 day trip
Posted by vehkam - 02 Jul 2024 16:38

[chosemyshe wrote on 02 Jul 2024 14:28:](#)

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I don't know if this made any sense.

Clearly your purpose in life is intellectual. However if it is not emotionally fulfilling it will be incredibly difficult to attain. The ideal day needs to take this into consideration. Ultimately if you can become emotionally connected to your intellectual knowledge you can have both.

The fact that lust is pleasurable to you does not mean that it is emotionally fulfilling. Lust generally leaves a person wanting more. On the other hand true physical intimacy between spouses that are dedicated to each other may be the most emotionally satisfying experience available to us in the physical form.

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Re: Connect Shem to the Shem

Posted by chosemyshem - 03 Jul 2024 16:05

ODAAT.

I tend to get burned when I think I've discovered a "new program" that will help me get clean. GYE, F2F, shemona perakim, TBOTG, uber-filtering, re-learning intimacy, accountability programs, charts, personal connections, new kabbolos/gedarim/commitments, prayer regimes, teshuva. They help a bit, but then collapse. And then I feel worse than when I started. A whole laundry list of "programs" that I thought would solve the problem, but did not.

So naturally I'm pessimistic about any "program" that will "solve" my lust "issue". Chalk up another reason why I haven't started SA meetings.

And so but even so here I go on another program. Hopefully a different program, but I have almost no optimism that this will solve the problem. But either way, here it goes.

The goal of this program is to connect to Hashem. The end goal is to make Hashem so *real* to me that I'm uncomfortable masturbating in his presence. To make porn, masturbation, and lust a positive part of the derech for me to connect to Hashem. To let Hashem into my life even if that means giving up my precious treasure of lust.

I want this. I'm so jealous of how people here talk about feeling a victory and closeness to Hashem from looking away. I'm so jealous of how Dov talks about the real relationship an addict can develop with his personal Hashem. I'm so sick of feeling like garbage and dead inside after binging.

I've made a lot of improvement in the past six months. But 30 days or 90 days or better filters or less being alone or even meeting chaverim is not going to the root of the problem. I need to change. And I'm not going to start not liking porn. I have yet to see on this site a solution for the root problem besides connecting to Hashem. Call it step 3 and surrender or call it TBOTG and victory, it's a relationship with Hashem that seems to be the only way out. And I'd really like to get out.

Not sure how to go about this. But I'd like to. Practical suggestions are welcome. I already do a daily read of TBOTG most days (though it really is hard for me to get into it) and working on davening is an uphill battle.

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