

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 - 10 Jul 2024 14:09

[BenHashemBH wrote on 10 Jul 2024 14:06:](#)

- Did you hear the story of the half-eaten cake?

I heard half the story

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 10 Jul 2024 14:12

[redfaced wrote on 10 Jul 2024 14:09:](#)

[BenHashemBH wrote on 10 Jul 2024 14:06:](#)

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Exactly!

The guy who can do it all, that is nice.

They guy who it's hard to do it at all, but he at least does half, that is the work.

One of my Rabbeim says he actually doesn't mind if baalei battim fall asleep during his night shiur. He thinks: this guy is so tired and he'd rather be home sleeping but he is being mesiras nefesh to at least try and he comes to learn Torah.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 10 Jul 2024 14:14

[BenHashemBH wrote on 10 Jul 2024 14:06:](#)

In this vein, I would venture to say that #6 won't be an issue, as you seem to have a hard time stopping, but not looking to deliberately start.

Up next is figuring out what works for you if you find yourself needing to interrupt once you've begun (any behavior, not specifically the filter poking).

- Did you hear the story of the half-eaten cake?
- Sunk cost fallacy (though not exactly). Just because you've already done x amount doesn't mean you might as well keep going. Don't be meyayeish.

I also have a hard time not starting. I'm somewhat better about setting myself up for success not in the heat of the moment. If that makes sense.

I heard the story about the half eaten cake and strongly disagree with it. (It's great chizuk for shmiras einayim. Totally bogus for someone with a real lust problem.)

It's not a sunk cost fallacy issue. I just can't stop sometimes.

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 10 Jul 2024 14:25

[chosemyschem wrote on 10 Jul 2024 14:14:](#)

[BenHashemBH wrote on 10 Jul 2024 14:06:](#)

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I feel like this came up before. Can you elaborate on what you mean by lust?

If a guy is halfway through masturbating and has a pause, he can feel like I'm already doing it and I'm already bad, so might as well keep going because the train left the station. This is NOT TRUE. It is not the way Hashem sees it. I'm struggling to understand why lust would be an exception to this.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 10 Jul 2024 14:45

[BenHashemBH wrote on 10 Jul 2024 14:25:](#)

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Sure. Always happy to elaborate.

The point of the cake story is that Hashem appreciates every mitzvah, every attempt to become close with him. And even if it's not possible for you to be perfect, even if you're mostly imperfect, you can still try to come close to Hashem and he will appreciate the actions and the intention. This is both true and beautiful. It is gevalidg chizuk for your average man who wants to be close to Hashem but is normal and finds it difficult to not see the women on the street (or even has a taivah to watch porn or masturbate every now and then). For him, it is important to hear that he just has to give it his best shot and try to come close to Hashem and Hashem will love him regardless.

Many guys on GYE fall into this category.

However, many (more?) guys on GYE fall into another category. These are guys who have developed a more advanced lust problem. For them, hearing "just do your best and Hashem will love you" is not just sheker, it's unhelpful. Yes, just one time stopping/staying away is still a beautiful thing and Hashem still loves you. But these guys have like, an actual problem. Being shomer their eyes half the time in the street doesn't mean they have half a cake, it means they still have a whole problem. A better metaphor would be that they have half a heart. Yes it's better than no heart, but you're still dead.

It's not about freaking cake. It's about loving some imaginary woman more than you love your wife. It's about prioritizing porn and masturbation over your life. And holding back one time (or ten times, or for ninety days) is a mitzva, but it's not fixing their screwed up lives.

Not just for the theoretical "true addict". (For addicts it's even worse than that. For them, the cake story enables them to keep on lying to themselves and helps them continue. But that's a Dov schmooze.) I'm talking about the non-addicts. The guys chronically masturbating (before/after/instead of being with their wife), staying late at work to watch porn, developing online relationships with women, binging, or whatever. They have a problem and half a piece of cake is not solving it.

If the holding back is done as a part of a process of changing their life then it's a totally different picture. Then stopping even one time is part of a real solution. And an important part of really solving the problem may well be seeing the value in every time you hold back. But that's not what the cake story is about.

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"An important part of really solving the problem may well be seeing the value in every time you hold back."

Not eating the whole cake shows that YOU value holding back for Hashem's sake, which is how you solve your problem. It's not just about it still being precious to Hashem, which it is; it's about you caring too, in spite of the desire to eat as much as you want.

You don't spend your life content to eat half-cakes because Hashem is satisfied with at least getting the remainder. Each time you give, that value shifts from what I want, over to control over what is right.

I think the cake mentality isn't flipping a switch and now everything is good, it's internalizing a mindset that leads us to solving our problem.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 10 Jul 2024 15:49

[BenHashemBH wrote on 10 Jul 2024 15:25:](#)

You don't spend your life content to eat half-cakes because Hashem is satisfied with at least getting the remainder. Each time you give, that value shifts from what I want, over to control over what is right.

I wasn't saying "Let them eat cake". And I really like the attitude conveyed in your post. I just don't hear it as the nimshal of the cake story.

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 10 Jul 2024 16:20

Would the cake story apply to someone that is miserly and working on giving more tzedaka? Didn't want to give any, tried to give \$20 to the meshulach but ended up pulling out a \$5 when he walked by.

Maybe I'm reaching, but could you be considering a battle with lust to be different than a battle with other nisyonos / challenges, so the cake is for easy street but not enough for the big game?

Still trying to understand the limitation of valuing self-control and why it doesn't apply across the board (addiction aside).

Everyone gets chizuk from different things, so it's also ok if this simply doesn't do it for you. In

that vein, I don't think I should try to convince you that it works. We've elaborated on our

(I don't mean agree to disagree - I actually dislike that saying, maybe I'll grouch about it sometime. I mean that I can agree with your assessment for yourself even if it's different than mine - no disagreement. It's not settling, rather understanding).

viewpoints and its ok to leave it at that

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 10 Jul 2024 17:54

[BenHashemBH wrote on 10 Jul 2024 16:20:](#)

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Still trying to understand the limitation of valuing self-control and why it doesn't apply across the board (addiction aside).

I think we're talking past each other a little. I agree self-control is important. My point was only that the cake story stresses the preciousness of doing whatever you can even if it's not perfect. And that by itself will not solve any sort of real problem (whether with lust, stinginess, anger, jealousy or anything else).

Of course every journey to success begins with small victories. And perfection is not the opposite of failure (or something like that). But I do not understand the cake story to be saying, "work on small bits of self-control and relating to Hashem and that will help you get to resolving your problem."

I understand it to be saying, "don't beat yourself up if you only batted .300 because you tried your hardest and Hashem loves your trying." For many people, there's nothing wrong with their swing and by staying positive they'll be able to do the best they can. But for many people this

attitude just enables people to keep on batting .300 their whole life without trying to get to the root of their problem, fix their swing, and bat the .600 (or 1.00) they could be batting.

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Re: Chooseurnames 90 day trip
Posted by cande - 10 Jul 2024 18:16

[chosemyschem wrote on 10 Jul 2024 13:32:](#)

[chosemyschem wrote on 09 Jul 2024 15:38:](#)

And I feel like once I start the filter poking it's so hard to stop.

Was thinking about the filter poking issue. And had a good schmooze with a chashuve member here yesterday that really drove home that there's an easy way to set a geder to deter myself from this. All I need to do is switch the email that gets the Techloq notifications of allowed sites to my wife's email. She does theoretically have access to my email that the notifications go to, and I know she looks at it sometimes (not in a snooping way (I hope) but because alot of notifications go to it). But it doesn't deter me because I just delete them before she sees them. So if I switch it to an email that she has on her phone I would not be able to delete the notifications before she sees them and she would see all my filter poking.

Obviously this wouldn't "solve" my problems. But it's an easy-but-powerful barrier to set up. And it think it would give me alot of space to do the inner work.

my techloq, goes to my wife email,

but when i poke, i tell her its nothing, im just trying to watch a shiur, about ????? ???? and the guy must be using words the filter doesnt like, its a crazy filter.....

and she falls for it hook line & sinker..... theses ladies are so oblivious and so out of reach of whats going on, its scary, girls just dont get it.

cande'

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 10 Jul 2024 20:32

Checking in.

Think it's been about 45 days (give or take 2 or 3 days) clean from masturbation. Unsure if that's progress, but trying to appreciate it in the right way.

Committing here to set up my Techloq notifications going to a GYE chaver by Friday.

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Re: Chooseurnames 90 day trip
Posted by Heeling - 11 Jul 2024 01:24

[chosemyshem wrote on 10 Jul 2024 20:32:](#)

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POWERFUL!

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Re: Chooseurnames 90 day trip

Posted by proudyungerman - 11 Jul 2024 13:31

Why are you unsure if that's progress?

Warning: Spoiler!

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Re: Chooseurnames 90 day trip
Posted by redfaced - 11 Jul 2024 13:36

[proudyungerman wrote on 11 Jul 2024 13:31:](#)

Why are you unsure if that's progress?
Warning: Spoiler!

Challenge accepted. Elaborate away.

Gimme 5 paragraphs

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