

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 stopsurvivingstartliving - 27 Jul 2024 19:01

maybe go out for the day as well. maybe take on a big hike for the day. find a friend and go for it.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 28 Jul 2024 23:05

[chosemyshem wrote on 26 Jul 2024 17:13:](#)

Ending another sober(ish) week. Feeling pretty good.

Sunday my wife is heading out of town for the day. She doesn't do that often. Historically, every single time she's done that I've binged my brains out till she got back home. Something about knowing she's out of the city gives me a feeling that I've got the freedom to act out and I have to

grab every second (a source for a din of ishto ba'ir?). The couple of times she was out of town overnight I literally binged till close to sunrise. Even during cleaner times, this specific matziv is a massive, unstoppable, overwhelming trigger (if that's the right word).

I'm hoping I'm in a better place now. I have a schedule loosely planned in my head to stay busy (preferably out of the house and away from my computer). Imma try to reach out proactively. But I'm nervous. I've prepared properly for other similar times and folded like a cheap chair sat on by a fat man.

Posting for accountability, chizuk, and so y'all can please blow up my phone Sunday afternoon.

Thanks to those who blew up my phone. Being pretty asocial, it's tough sometimes for me to reach out. I feel like maybe I'm being a burden, and don't know what to say. So it was a big chizuk to have people reach out and proactively be in touch. Thanks guys!

So much for the good news. The bad news is that as soon as my wife left I instantly sat down by the computer and went on a four hour (and two ounce) binge. Went on GYE for some "chizuk before seder" and went straight into a power fall. Idk what happened to all my preparation - maybe it was really anticipation. Masturbated for the first time in over two months.

The good news is that I then got up (had breakfast) and got some stuff done. Other similar situations I binged literally from when she left till she returned. So some small amount of progress.

Takeaways: I gotta learn how to reach out when I want to fall. The best laid plans don't mean anything if you ain't gonna follow them.

I was planning on writing a piece about tisha b'av today to stay out of trouble. Something about how it's the once a year we can face the harsh truths* about ourselves and what we've done to our lives and our relationship with Hashem. I have a memory of flipping through a holocaust book on tisha b'av looking for a topless picture of one of Mengele's victims. A perfect metaphor for how, on some levels, we have destroyed our tzelem elokim in exchange for lustful pleasure.

But I was too busy pleasuring myself to write it.

*Disclaimer for the overly positive among us. Harsh truths are neither more nor less true than sweet truths. They are harder to handle so we don't focus on them the rest of the year. But once a year it's appropriate to recognize that we're frum adults playing with our penises like children. That we are so far removed from the picture of what a Jew should be that it's an accomplishment for us if we can withhold from looking at porn for a little bit - while we have a Torah that demands seven constant mitzvos be on our mind and that Torah is learnt every free moment on a level of hasmadah that none of us have ever seen. That the Torah is sweet and lust is bitter and we live our lives literally the exact opposite of the way it should be. That just like the Jews during the time of the beis hamikdash bowed to the sun and displayed their rear to the beis hamikdash, we push our gemara out of the way to make room to masturbate. That our lust issues are overwhelming and that's only a tiny fraction of the issues with our avodas hashem. That all our mussar is lip service (just look at this fiery little post that I'm writing in between masturbating myself for four hours and fressing on a fancy dinner.) That the jewish nation as a whole is assimilating as fast as it possibly can, and even the frum are only a few steps behind. That most frum people have almost no personal relationship with Hashem. That our nation is not dying, it's dead and barely still twitching. And above all that, that Hashem longs to fix the situation and could in the blink of an eye, and we spend most of our time pushing him away from doing that. And worst of all, we're content with this status quo.

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 29 Jul 2024 04:19

The searingly painful words you wrote in small letters ought to be titled "The Kinna Of Our Generation".

I don't think I agree with every part of what you wrote, but you made me cry for the churban that continues today...

As for your story, Shem, I don't have anything cogent to add to what you've already included in your post except sympathy and this:

You, Shem, are a fighter, a dreamer, a climber. You have grit and truth. I respect you and I'm rooting for you. It was good talking to you, too.

Here's a warm hand,

get up and keep going, for

Chaim

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 29 Jul 2024 14:37

[chaimoigen wrote on 29 Jul 2024 04:19:](#)

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Yeah I guess I squished everything I wanted to write about into that footnote.

Great schmoozing with you too. Thank you to R' CO and everyone else who reached out. I most likely would've spent the whole day binging if not for the people who reached out and kept on reaching out after I ignored their calls.

R' CO how do you do that cool thing where you end your post with your signature but it is also part of the sentence?

With love and a lot of feeling

Shem

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Re: Chooseurnames 90 day trip
Posted by chancy - 30 Jul 2024 17:34

I love you Reb Shem,

I think you misunderstood my post regarding exercise. I didnt say its meant to fill the void of lust.

I meant to say that your brain will learn to want exercise. And not need lust to make it feel good.

All the other posts about letting go completely, that is a such a high Madraige i cant fathom that yet. But its not all or nothing, i agree that you need to give yourself over to Hashem slowly more and more.

That last "kinna" i agree only 50%.

The other 50% where you are saying its so terrible its never been worse. we are dead (CV!) I 1000% disagree. The plan was always that we need to go deep underground before the end so

we can find and lift up the holy sparks there. No other genaratoin was given this task, nobody trusted themselvs. Its too dangerous. But this is our task.

I think you need to learn more Chasidus and/or Kaballa to understand things from a different perspective.

Olem HaTikun vs Olem HaTohu

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 30 Jul 2024 17:41

[chancy wrote on 30 Jul 2024 17:34:](#)

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Olem HaTikun vs Olem HaTohu

Chancy I love every word you write. Keep on keeping on!

Re: the dead generation. I would be scared to say something like that on my own. But Rav Shimshon Pincus says it in a schmooze based on the posuk in Ezra "vayamus Hadar". The Kavod/glory of the nation is dead (perhaps not the nation itself). But yeah, this is definitely above my pay grade and I stay far away from the holy sparks, kabbala, and/or chassidus.

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Re: Chooseurnames 90 day trip
Posted by chancy - 30 Jul 2024 20:07

Shem,

Thats a shame.

I used to get very depressed about the generation and how there is no hope, etc.

I couldnt accept that. Hashem doesnt make mistakes! He didnt put us in a place of no hope to torture us! That would be cruel.

Saying that everything is going down the toilet and everyone will go OTD and we are terrible for lusting and disappointing Hashem helps nobody.

You really should star learning some Chasidus and you will see the light thats hidden in plain sight.

I can explain it more if you are interested, But I am refusing to accept fatalism or defeatism.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 30 Jul 2024 20:48

[chancy wrote on 30 Jul 2024 20:07:](#)

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I couldn't accept that. Hashem doesn't make mistakes! He didn't put us in a place of no hope to torture us! That would be cruel.

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Something some people have trouble doing is differentiating between realism and fatalism.

Hashem of course doesn't make mistakes, and wherever he put us (even if it's a hopeless situation *al pi derech hateva*) is for the best. And no one said everyone is going off the derech and straight to hell.

But denying the realities of the world isn't helpful either. Denying the current rates of teens going off the derech (or calling it "going on their own derech") is foolish and pointless. Denying that the vast majority of Jews literally cannot read the shema and overwhelmingly will not have Jewish grandkids is stupid. Thinking that Hashem loves me so I'm gonna keep on masturbating myself and will get out of jail free through God's grace is pretty dumb, and also Christian.

Being pessimistic is a foolish way of not being realistic too. And even when true, focusing on the negatives is often unhelpful. We're weak, and easily thrown into a funk by scary thoughts.

A man with no eyes can refuse to accept reality. He can delude himself that he can really see, he can get depressed, or he can try to escape mentally whenever possible. Or, he can accept he's blind and live the best life a blind man can. Either way he's never gonna see anything again, but why be sad about it. He can be realistic without being fatalistic.

Hashem is closer to us than we can possibly imagine. But someone denying the messed up

state of the world means that they either have a level of prophetic vision that is beyond everyone else, or, they're delusional.

With love and unending

Shem

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Re: Chooseurnames 90 day trip

Posted by oivedelokim - 31 Jul 2024 06:38

As a recovering pessimist, the last few posts in this thread have been refreshing to read, though I haven't read them with the appropriate ????

My two cents:

We live in a dark and broken world, where the future looks bleak and not at all promising. Both on an individual and global level, our lives are falling apart in every imaginable way.

And yet, G-d doesn't make mistakes. Hashem knows who we are and what we are capable of. He put us in this generation because he is absolutely confident in our ability to overcome this unprecedented darkness. The darkest period of the night is right before dawn. We stand at the cusp of the revelation of Hashem's full glory in this world, and kelipah is in it's death throes, putting up a valiant fight. But we are way stronger...

Chassidus explains that when Torah says that Moshe Rabbeinu was the most humble of men, it is specifically referring to his humility before the last generation of golus, who will face off the greatest challenges any generation has ever faced, and will overcome it with mesiras nefesh. We are small people, with inferior intellectual and emotional capacities in relation to those who came before us. And yet, we fight to the death. We fight our desires, our temptations, our inner darkness. We're not inspired, but we glorify Hashem in our thoughts, speech and actions. We might slip here and there, and sometimes even fall. But our commitment to Hashem is rock solid.

Yes, it's easy to get discouraged. But every morning that we wake up is an opportunity to solve the final pieces of this great cosmic puzzle, bringing about the realization of Hashem's vision for his creation:

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Re: Chooseurnames 90 day trip
Posted by chancy - 31 Jul 2024 15:25

Reb Shem,

I see that we are diametrically opposed, so I will not try to change your mind.

I am not blind BH and not Dumb.

I never said that you can continue masturbating and think Hashem is ok with it.

Its just a matter of looking from a different perspective. When you learn what Golus and Geula mean and what Hashem plan was with this specific Golus was, you will understand.

Chancy Out

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Jul 2024 16:25

[chancy wrote on 31 Jul 2024 15:25:](#)

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Chancy Out

Aderabah the difference is very, very small. I'm just focusing on recognizing what things look and feel like before recognizing what is happening behind the scenes.

(Unfortunately, it's impossible for us to know Hashem's plan before he reveals it. This might be a bigger point of contention than the realism debate.)

I'll end with this. Someone who makes a bracha of hatov v'hameitiv when something bad happens just made a bracha l'vatala. Ay, everything Hashem does is for the best? And won't we make a hatov v'hameitiv on bad news in the future?

Yes, that's true. But it feels bad now. And to deny that is living a (holy, pure, spiritual) fantasy. So you are required to make a dayin ha'emes because it hurts and the Torah deals with reality as we experience it.

When it comes to Tisha b'av specifically (which is where this got started) we're dealing with the worst and most painful tragedy the world has every known. So someone who doesn't mourn *because it hurts* is demonstrating only that the tragedy is not real to them. If they mourn because of the "pain of the shechina in galus" that's beautiful, but unless they also mourn *because it hurts* than they are cut off from the tragedy (which in itself is a tragedy that one could and should mourn over).

Yes our generation is beautiful, inspirational, heroic, and has a special place in gan eden. But facts on the ground are that we are spiritual dwarves. And if not for the churban we could've been giants. And if that doesn't make you sad, then you don't understand what a giant you

could've been.

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 31 Jul 2024 16:31

Very insightful discussion, thank you!

Can you explain the last part about spiritual dwarves and giants?

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Jul 2024 16:40

[BenHashemBH wrote on 31 Jul 2024 16:31:](#)

Very insightful discussion, thank you!

Can you explain the last part about spiritual dwarves and giants?

Ran out of energy. See Rav Pincus's english book on Tisha B'av. Or call me later.

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Re: Chooseurnames 90 day trip
Posted by Heeling - 01 Aug 2024 00:20

Oish! Ouch! Just saw this....that hurts!

I know of another idiot who did the same thing 16 days ago, but hey hook onto my monste' truck
and we'll continue goin'

Nothing! No Nothing! Can stand in our way!

Keep trucking!

Keep plowing!

Keep cargo shipping!

Whatever it is, just don't get stuck in traffic or bridges.

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