

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 chaimoigen - 15 Aug 2024 16:20

Hot Darn. I pushed the "Thank you" button like 19 times, but it only registered once.

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Re: Chooseurnames 90 day trip

Posted by redfaced - 15 Aug 2024 16:58

For 50 bucks I'll let you use mine. I was withholding it till now with that in mind

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 15 Aug 2024 17:25

[redfaced wrote on 15 Aug 2024 16:58:](#)

For 50 bucks I'll let you use mine. I was withholding it till now with that in mind

Aderaba. Skip the thank you and send me the 50 bucks. Heck, I'll even give you the friends and family discount and cut it to \$40.

I accept cash, gold, and bitcoin.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 15 Aug 2024 21:09

[chaimoigen wrote on 05 Apr 2024 18:37:](#)

[chooseurname wrote on 05 Apr 2024 17:21:](#)

[Hashem Help Me wrote on 05 Apr 2024 16:48:](#)

How about an accountability partner?

I did try that. But then just stopped texting when I had falls...

How about a **relationship**? Breaking out of the "alternate-universe" of a secret life, and meeting someone who cares and knows who you are. And maybe he helps you see that you can be more than you thought...

See above...

Sheesh all this great stuff buried in this thread. I'm putting this little dialogue in my signature

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 19 Aug 2024 14:24

Checking in.

Still clean for the past couple weeks. Been pretty smooth sailing for the most part. Friday was rough (for some reason Friday is the toughest day of the week for me. Probably feels like a lazy day, even though I technically have the same amount of work to do then as any other day.) Watched some very borderline videos, but not counting it as a fall.

My Rav was nudging me to install webchaver. I think it may be helpful (or it might drive me to unfiltered devices. I'm not sure). But I'm feeling a lot of resistance. The main issue is it'll almost certainly raise a red flag for my wife. But another issue I was surprised by was that it feels like a serious invasion of privacy - I just don't want my rabbi seeing the inane stuff I'm googling or whatever. A think a third issue was that I still have that unhelpful "I will fix this" attitude and webchaver is a whole nother level of someone babysitting me.

But clearly opening up to him is paying off, since he's still pushing.

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 19 Aug 2024 15:29

Getting web chaver is still you.

Does it have to be your Rabbi. What about someone here who you don't feel judged by?

It's there anything you could implement on Fridays, like a weekly shiur (dvar Torah for Shabbos), to give it a new flavor?

Continued Hatzlacha

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 19 Aug 2024 16:07

[BenHashemBH wrote on 19 Aug 2024 15:29:](#)

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Continued Hatzlacha

Oh I told him I wouldn't want him as my webchaver regardless. But I don't really want anyone seeing all my browsing history - nothing to do with porn. It just feels like an invasion of privacy. (I'm not saying that's a good or correct feeling. But that's the internal resistance I'm feeling. I think I could make that "sacrifice" if necessary, the main reason I haven't done it yet is because I know it'll raise a red flag by my wife (and, yes, I know all the excuses and ways to push it by. But given my specific situation I think it'll raise a red flag.))

I actually think the feeling of Friday being a "just get ready for shabbos" day is what makes it more difficult. Buckling down and working a full workday on Friday would probably be more helpful for this than adding more shabbos prep.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 19 Aug 2024 17:36

Saw a post from a therapist on Linkedin about quitting pornography that I'm curious to hear the chevre's thoughts on:

If you're trying to stop watching pornography, but still carry the same overwhelming guilt, it's not going to work.

? Part of what we're doing here is creating a model for a life worth living.

And here's the key:

? You've got to experience that life, not just think about it.

? It can't be some distant, imagined future where everything is perfect and pornography is no longer an issue.

No, it has to be lived.

? A fulfilling, enjoyable life needs to be part of your present before you can let go of the addiction.

When you start living that life, you'll understand what you're working towards and why it's worth it.

Snazzy tik-tok style video aside (flashing subtitles in different fonts and all) I think this sounds nice, but presents a barrier to getting clean.

Start living life, but no guarantees it'll be happy and fulfilling.

Also, there totally are people (on this site!) who have gotten clean just by opening up and getting some filters and accountability without changing their whole attitude to life.

(Obviously, not judging this guy's therapy skills or approach based on one post, but judging this one post.)

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Re: Chooseurnames 90 day trip
Posted by thompson - 19 Aug 2024 18:02

[chosemyshe wrote on 19 Aug 2024 17:36:](#)

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Bring back the snazz and put it in The Grouchery.

I can certainly understand and appreciate the strategy.

Is it the one and only path? Nah.

Is he claiming it is? It seems so.

If that's the case, I guess we will judge his therapy skills. Is that wrong? Are you judging me for being judgemental?

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 19 Aug 2024 18:19

I think he's saying something similar to the popular mehalach that you don't want to just stop, you need to start.

Starting to live a new life without pornography vs trying to cut pornography out of your current life.

Both can work, but starting to live a new life has less white-knuckling willpower involved.

Being happy in life is definitely effected by your circumstances, but much of it is a choice.

Eizeh hu ashir?

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 21 Aug 2024 18:43

Anyone else notice a new "delete" button by their posts?

Anyway. I wrote something on someone else's thread that hit me hard after I wrote it:

I pity the fool who puts on filters and locks himself inside away from all the schmutz, but then spends all his time trying to fool himself into letting himself out of his self-imposed prison. (And by the fool I mean myself.)

I feel so much dumber about trying to get around filters than I do about watching porn. Porn I can justify - there are urges, drives, it's a powerful drug etc. etc.

But poking for hours for one small image to get around the filter just feels dumb.

And it's so weird. I installed the filter. I could uninstall it and no one could say anything or stop me. But I don't do that. I don't go buy a device or find access to an unfiltered device. Instead I just poke and poke and poke, looking for an image the filter doesn't block or a non-pornographic video with an attractive woman that will get through. Just freaking weird.

Yesterday was a filter poking day. Not nearly as bad as some other days, but bad enough that I feel like it counts as a fall. Bad enough that I blew hours of work on stupidity. Bad enough that I left work late and my wife was annoyed. Bad enough that I feel like it made my life worse.

Is there any difference between watching porn and trying to get around a filter to try to watch porn?

For me, I don't feel much of a difference, except that when I watch porn or masturbate it pulls me to repeat it much more than filter poking (which is an important thing).

Just feels dumb.

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 21 Aug 2024 19:34

[chosemyshe wrote on 21 Aug 2024 18:43:](#)

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Shalom Brother Shem,

I think (at least for you) that there is probably a difference in the process, though with a similar outcome. Poking a filter could be something of a challenge, and there is no guarantee you'll succeed - so it may seem less deliberate. As you said, you have direct ways to access porn if that was your goal.

So there is the challenge, that perhaps starts more innocently, and then you are hooked with "just one my try" - continuing out of curiosity. Still no absolute outcome. Vs you have no excuse if going straight for it.

If feels the same because you are cheating yourself, knowing that it has no toeles other than the possible 'success' at the end - which you aren't doing directly, but you are still doing it. You are still giving in to doing something that you are trying not to do, albeit in a more subtle way. So you feel as bad about it afterwards. The same lack of control, veiled behind the justified choosing of something that's not as blatant.

Kol Tov

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 21 Aug 2024 20:36

[chosemyschem wrote on 21 Aug 2024 18:43:](#)

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Just feels dumb.

Yeah. It feels dumb.

I was a compulsive filter-poker.

I think that filter-poking is a true expression of a soul in conflict. Screaming “??? ?? ?????? ???
?? ??????” at the same time. A deep part of the soul wanting to lock away the possibility of lust ,
and another deep part simultaneously craving it.

Falling into the sweaty armpit of hazy hot unblocked porn is a sickening dive into toxic
intoxicating sensuality- the higher part of the Neshoma gets trampled down and silenced.

Filter-poking is an ode to the part of you that will not allow yourself to remove the filter, yet at the
same time thrusting his fist against the posts trying desperately scratch the horribly compelling
itch...

So, yes- filter-poking may be intellectually stupid. But I think it's not coming from a stupid place.
Because the conflict in your Neshoma means that the Turkey Slug King is very much IN THE
GAME.

maybe this is just drivel that I made up once upon a time to make myself feel better.

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Re: Chooseurnames 90 day trip
Posted by Heeling - 21 Aug 2024 20:50

[chaimoigen wrote on 21 Aug 2024 20:36:](#)

[chosemyschem wrote on 21 Aug 2024 18:43:](#)

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Great post!

Love it,

Thanks CO,

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