

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 frank.lee - 05 Nov 2023 23:24

Does it work for you to listen to music? I know people who do that while working, it keeps the energy. There is a Chrome extension for Jewish music...

Hatzlacha on your new job!!

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 07 Nov 2023 18:55

[frank.lee wrote on 05 Nov 2023 23:24:](#)

Does it work for you to listen to music? I know people who do that while working, it keeps the energy. There is a Chrome extension for Jewish music...

Hatzlacha on your new job!!

Not a bad idea. It's been helpful for me before, but it gets too distracting/annoying to keep up.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 07 Nov 2023 19:10

Long weekend without checking in, which isn't great. I think committing to check in daily has been surprisingly helpful.

Weekend was pretty smooth, I find Friday is either the easiest day or the hardest for some reason. It's not the usual schedule, which sometimes leads to something like "forget it, today will just be a porn day," but if I can get through that then it's a short and busy day so the end of the day is easier. Rest of the weekend was pretty good. I've been very busy and that's always made things easier for me.

Went to a chasuna yesterday. Definitely was hard to control where I was looking. I made a kabbalah before yom kippur that whatever happens I'll do full shmiras einayim from 6-7 (a difficult time of day for me), and I'll keep that no matter what. I recently extended that to 5:30 to 7. I'm not sure how well that would've held up on its own, without trying for 90 days now, but it was actually very helpful at the wedding. I was able to control myself for the first hour just by saying to myself I'll wait till after 7, and then by the time I hit seven the urges had faded a little.

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Re: Chooseurnames 90 day trip

Posted by hopefulposek - 07 Nov 2023 19:29

Wow, it's awesome to hear that the kabbalah worked for you! I also find weddings very difficult and have had little success with guarding my eyes when I go (which is why I avoid most weddings, probably not a good long term plan).

Hatzlachah man keep it up, it's very inspiring to read your real down to earth thread.

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Re: Chooseurnames 90 day trip
Posted by redfaced - 07 Nov 2023 21:37

[frank.lee wrote on 05 Nov 2023 23:24:](#)

Does it work for you to listen to music? I know people who do that while working, it keeps the energy. There is a Chrome extension for Jewish music...

Hatzlacha on your new job!!

I would be interested in that . Do you know what its called?

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 08 Nov 2023 22:36

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 09 Nov 2023 22:43

Pretty good day. I should block linkedin though. Don't need it for work anymore, it's a waste of time, and I definitely caught myself staring at some women who came through the feed.

If I can get through friday I'll be at 3 weeks. Looking forward to that.

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Re: Chooseurnames 90 day trip
Posted by hopefulposek - 10 Nov 2023 01:27

Glad to hear it's going well!

Have you listened to the F2F bit on the 2-3 week hurdle? Just as a heads up there, I found that after around 2-3 weeks of having basically no urges and things going great, I would have a day or two of intense feelings of loneliness/urges which I termed as withdrawal symptoms. It's worthwhile to be ready for it if it happens to you. There is a video on GYE+ (in the "Rise up Again" section) from fortify about it. The basic things which I found helped are 1) Realize that it is normal to feel this way, 2) It only lasts for a day or 2 or 3 at most, it does not last forever and you will feel awesome afterwards when you make it through, 3) a good way to deal with the feelings are to write about them and also to hang out and connect with others which will combat the loneliness feeling.

Hatzlachah! Keep posting and let us know if things get rough and we'll help carry you through!

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 11 Nov 2023 21:55

@redfaced Jmusic I think.

@Choose... I agree, I need to stay off LinkedIn. Wastes too much time.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 14 Nov 2023 21:59

[hopefulposek wrote on 10 Nov 2023 01:27:](#)

Glad to hear it's going well!

Have you listened to the F2F bit on the 2-3 week hurdle? Just as a heads up there, I found that after around 2-3 weeks of having basically no urges and things going great, I would have a day or two of intense feelings of loneliness/urges which I termed as withdrawal symptoms. It's worthwhile to be ready for it if it happens to you. There is a video on GYE+ (in the "Rise up Again" section) from fortify about it. The basic things which I found helped are 1) Realize that it is normal to feel this way, 2) It only lasts for a day or 2 or 3 at most, it does not last forever and

you will feel awesome afterwards when you make it through, 3) a good way to deal with the feelings are to write about them and also to hang out and connect with others which will combat the loneliness feeling.

Hatzlachah! Keep posting and let us know if things get rough and we'll help carry you through!

Thank you @hopefulposek. This is helpful.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 14 Nov 2023 22:04

Delayed check in from the weekend.

It's been a little rough. No falls yet, but been much more of a struggle.

Also, until now I had a smartphone, but a total internet block from tag. Now I need to get email on my phone. Trying to arrange the most locked down way of doing it, but can't help feeling like it's a bad idea.

Hoping for a good week. At least it's already Tuesday.

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Re: Chooseurnames 90 day trip

Posted by hopefulposek - 15 Nov 2023 03:21

Have you looked into getting a smartphone from safetelecom, I had one before that was blocked very well.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 15 Nov 2023 22:33

[hopefulposek wrote on 15 Nov 2023 03:21:](#)

Have you looked into getting a smartphone from safetelecom, I had one before that was blocked very well.

I will check it out. I did look at one of these kosher smartphones and it seemed very pricey. But I guess that's kdai.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 15 Nov 2023 22:35

Day went pretty well so far. B"h it's been easier than the beginning of the week.

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