

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...

=====

=====

Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 21 Aug 2024 21:58

[chosemyschem wrote on 21 Aug 2024 21:08:](#)

And externally the red line that's a lifesaver and the red line that's a distraction can look the same. Even internally it's nearly impossible to tell them apart.

So you have to know. But it's hard to know.

Does the red line really make you feel better about yourself, or just better about what you are doing?

=====

=====

Re: Chooseurnames 90 day trip

Posted by chaimoigen - 21 Aug 2024 23:36

[chosemyschem wrote on 21 Aug 2024 21:08:](#)

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

I think that filter-poking is a true expression of a soul in conflict. Screaming “??? ?? ?????? ???
?? ??????” at the same time.

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.

It's hard to know.

Someone once said they used to go to massage parlors but they always made sure the woman was not Jewish. Because G-d forbid they get involved with an eishes ish.

And I don't want to take away from the undeniable fact that there's some benefit in that. Some nekuda of self control, some schar for avoiding an aveirah.

But that's on Hashem's cheshbon. On the person's cheshbon, that's basically retarded.

You're doing horrible things and you're worried about this random small nekudah? You have no life, your entire life is dedicated to serving your lust, you're slowly but surely sacrificing your humanity on the alter of Aphrodite, and this arbitrary halachic line is what you're hanging on to??

You're like a guy who's likely got cancer and you got to the doctor because you're worried about an ankle sprain. Yeah an ankle sprain is annoying. But, like, why aren't you talking about your cancer that will kill you? (Dov's metaphor, and the story and general take on the massage parlor guy is from him too.)

And we all do this. We throw up these arbitrary red lines. I do this but not that, or not on that day, or not with that person. And that's fine, and saying that has no value is false.

The unfortunate nature of lust is it eventually sucks everything into its gaping maw, and that red line will almost inevitably shatter, but having the red line is undeniably not a problem and has real benefit.

It's when we point to the red line and say, "well, at least I didn't cross *the line*" that is so sick.

Who cares if you didn't cross that arbitrary line. That's not a lifeline pulling you back on shore, it's a red herring floating by as you keep on drowning. And pointing to that red herring is only a distraction that is stopping you from calling for help as you slide further into the whirlpool.

Except not. Because sometimes it's not a red herring. Sometimes growth is slow and steady and you can slowly cut back and crawl back to shore; broken, battered, but alive.

And externally the red line that's a lifesaver and the red line that's a distraction can look the same. Even internally it's nearly impossible to tell them apart.

So you have to know. But it's hard to know.

I get your point. But your analogy is not apt.

Im a big fan of Dov's posts, but Im not sure the "take no prisoners" straight-at-you cutthroat attack on the the lust-fanatic is appropriate here.

A filter-poker is **not** the same as the guy who is going to massage parlors and making frum distinctions (usually). It's more similar to the guy who notices every time he passes the strip club and cranes his neck but never stops and goes in.

I think it's foolish and wrong to paint everyone who has any problem with lust with the same tar-and-feather brush. No, a guy who pokes his filter but doesn't uninstall it is not a simpering, lifeless, completely out-of-control lust addict who is just fooling himself. Nay.

If there is no difference of degree, then we have lost perspective.

I respect the hell out of Dov, but don't tell me that a sip of lust while you are working on yourself is the same as a ten gallons dive. (Yes, I know that an addict is one who can't take even a sip. That's irrelevant here).

I think I understand the point he means to make. It's valid, but not to the extent that it destroys compassion, understanding, and perspective.

If is sound mad, I am.

I don't want someone (you) convincing you that you're worthless until you're totally clean. And any compassionate thought to the contrary is that red herring in your post. Hell no. A thousand times nay.

You're my friend and I believe that you can get there one step at a time. Whichever step system you choose to use. You shall choose your steps to freedom, cleanliness, hope and joy.

Im chaimoigen and i think you are worth more than you are thinking you are.

=====

=====

Re: Chooseurnames 90 day trip

Posted by Muttel - 22 Aug 2024 06:39

I'd like to jump in here too if I may.

I love the points chaimoigen made, I'd like to just add to this discussion what's pertinent to our subject - you.

Chosemyshem, I now know you for about 100 days. A short period of time to be sure - but we've had tens of conversations during that time period, some long and many intense. All revolved around this battle we jointly face, all focusing on strategies, tools, plans, and any methods we can try to get past this damned beast.

I must say, ***I see clearly your upward growth you've made over this short span of time, even if you don't or won't (the latter I believe).*** You are brilliant, insightful, brutally honest, probing, and refreshingly clear. However, to a fault. The standards you hold yourself to are beautiful, ***but not if it entails putting down my dear friend chosemyshem...***

It's time for me to publicly call out your shaming of one our best and brightest. It's time I announce for the entire GYE that ***chosemyshem has come a mighty long way....*** You may not be at your goal or exactly where you want to be, but ***you're miles ahead of where you were when we first spoke.***

I might add, ***I can already see the horizon shining brightly where chosemyshem takes his place amongst GYE leaders and reaches his lofty goals in this precious Avodas Hakedusha.....***

Signing off with a heart brimming with respect and brotherly love,

Muttel

=====
=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 22 Aug 2024 18:53

[chaimoigen wrote on 21 Aug 2024 23:36:](#)

So you have to know. But it's hard to know.

I get your point. But your analogy is not apt.

I think it's foolish and wrong to paint everyone who has any problem with lust with the same tar-and-feather brush. No, a guy who pokes his filter but doesn't uninstall it is not a simpering, lifeless, completely out-of-control lust addict who is just fooling himself. Nay.

If there is no difference of degree, then we have lost perspective.

I respect the hell out of Dov, but don't tell me that a sip of lust while you are working on yourself is the same as a ten gallons dive. (Yes, I know that an addict is one who can't take even a sip. That's irrelevant here).

I think I understand the point he means to make. It's valid, but not to the extent that it destroys compassion, understanding, and perspective.

I spent a long time thinking about that post about red lines and then you just blew it out of the water. I'll have to circle back around to that one day.

While I totally agree that there are differences of degree, it's sometimes hard to tell externally how sick someone is. I have seen people post here about "just" fantasy or "looking at women on the street" and they were clearly sicker than people who were actively acting out with other people.

It's more of a question of how deep the lust has sunk in, not the actions it's driving you to do. Most of the time, the external actions are a pretty reliable indicator for how deep the lust has gotten in, but not always.

Like I said, you have to know yourself.

So if we're talking about me again, most of the time I think what I'm doing now is better than what I was doing then. But sometimes I catch the smell of death in the air and I wonder . . .

=====

Re: Chooseurnames 90 day trip
Posted by cande - 23 Aug 2024 15:57

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. I was poking few days ago, and feelin' really good and strong that all I'm doing is pokein' when I could do much worse,

and by the time I got a juicy fish, I had too much time to think, and shut it down asap,

was feelin' like a winner not dumd

am i a weirdo?

=====
=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 27 Aug 2024 13:29

Spent way too much time at work yesterday reading a very stupid novel. And then decided I had to work last night to finish the tasks I procrastinated on while reading.

Unsurprisingly, this was a thinly disguised plan to continue reading the novel and I ended up reading on my computer till after 1. That situation has been a very dangerous time for me. For years I would stay up late "working" or "finishing schoolwork" (lying to myself as well as my wife) and as soon as my wife went to bed I'd take a "break" with reading some trashy novel, settle down into the posture of pornography, and then slide slowly and sweetly into whatever erotic content I could dig up on my filtered computer.

I didn't have any urges last night. But it's been a few months since I put myself into that situation and I'd forgotten how crucial it is to not put myself into that situation. Gotta keep that up.

And so now the work still needs to be done. But I know unless I've got some insane deadline I'm not getting anything productive done on the computer after 10:30ish. So why sit down on the

slippery slope.

=====
=====

Re: Chooseurnames 90 day trip
Posted by 138eagle - 27 Aug 2024 21:49

[chosemyshe wrote on 27 Aug 2024 13:29:](#)

Spent way too much time at work yesterday reading a very stupid novel. And then decided I had to work last night to finish the tasks I procrastinated on while reading.

Unsurprisingly, this was a thinly disguised plan to continue reading the novel and I ended up reading on my computer till after 1. That situation has been a very dangerous time for me. For years I would stay up late "working" or "finishing schoolwork" (lying to myself as well as my wife) and as soon as my wife went to bed I'd take a "break" with reading some trashy novel, settle down into the posture of pornography, and then slide slowly and sweetly into whatever erotic content I could dig up on my filtered computer.

I didn't have any urges last night. But it's been a few months since I put myself into that situation and I'd forgotten how crucial it is to not put myself into that situation. Gotta keep that up.

And so now the work still needs to be done. But I know unless I've got some insane deadline I'm not getting anything productive done on the computer after 10:30ish. So why sit down on the slippery slope.

Wow!!!

What a milestone!!!

Shem

Keep Flying!!

=====

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 28 Aug 2024 20:12

A tale of two tefillos

Here's an issue I have. I have davened probably thousands of tefillos (way more than 515) for Hashem to fix my lust problem. Some with more kavana, some with less. Some with tears of repentance, some with utter apathy. But over the years, I have said many many many tefillos over this problem.

The issue I have is not that I feel like my tefillos are ignored. I can accept that Hashem heard my tefillos, put my tears in a box, and told me no. I think I can really accept that.

Here's my issue. If Hashem didn't grant my request the first three thousand times, why is time number three thousand and one going to change his mind?

This question really arose on step 2 and 3 of the 12 steps.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

I believe God is capable of returning me to sanity. But what I have trouble believing is that he wants to. For whatever reason he seems to want me in the trenches.

That question is specifically on the 12 steps and I'm not qualified to address it and therefore won't (Dov has a pshat. Talk to him about it.)

But the question applies to GYE too. Tefillah is mentioned over and over as an important tool, and I believe it is an important tool. But it seems clearly that the answer to this tefillah is, "Put in the work" so what's the point of continuing to daven?

I think the answer lies in the difference between two tefillos. And maybe this is obvious to many already, but to me it was a bit of a chiddush.

For a very long time I was asking Hashem to solve my problem. Just cut out my lust. Give me a clean day. Remove my struggle.

To put it harshly, that type of tefillah is an escapist fantasy.

It's like davening to win the lottery. Yes Hashem could do that, and I would maybe do excellent things with that money. But I'm davening for that because I want to get out of my life. That's not a healthy tefillah. Hashem is capable of doing it, but clearly doesn't want to, and on some level the request is coming from a desire to not put in the work.

There's another type of tefillah. Davening to Hashem to help me do it. Ilmoleh Hkb"h ozro ein yuchal lo. Accepting that I have this problem, being willing to put in the work, and asking Hashem to help me with the struggle because I cannot do it on my own. This can be done before an urge arises, but is extremely powerful at the time of an urge (and can often completely remove an urge).

So I still ask Hashem to take away my problem. He's capable of doing it and the power of tefillah is limitless. But primarily I ask Hashem to help me (to be clear, Hashem's "help" is doing it all. But that's a little bit of a separate discussion.)

This is something I'm still thinking about. But this is what my current pshat is. Comments are welcome.

=====
=====

Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 28 Aug 2024 20:41

[chosemyschem wrote on 28 Aug 2024 20:12:](#)

A tale of two tefillos

Here's an issue I have. I have davened probably thousands of tefillos (way more than 515) for Hashem to fix my lust problem. Some with more kavana, some with less. Some with tears of repentance, some with utter apathy. But over the years, I have said many many many tefillos over this problem.

The issue I have is not that I feel like my tefillos are ignored. I can accept that Hashem heard my tefillos, put my tears in a box, and told me no. I think I can really accept that.

Here's my issue. If Hashem didn't grant my request the first three thousand times, why is time number three thousand and one going to change his mind?

This question really arose on step 2 and 3 of the 12 steps.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

I believe God is capable of returning me to sanity. **But what I have trouble believing is that he wants to.** For whatever reason he seems to want me in the trenches.

That question is specifically on the 12 steps and I'm not qualified to address it and therefore won't (Dov has a pshat. Talk to him about it.)

But the question applies to GYE too. Tefillah is mentioned over and over as an important tool, and I believe it is an important tool. But it seems clearly that the answer to this tefillah is, "Put in the work" so what's the point of continuing to daven?

I think the answer lies in the difference between two tefillos. And maybe this is obvious to many already, but to me it was a bit of a chiddush.

For a very long time I was asking Hashem to solve my problem. Just cut out my lust. Give me a clean day. Remove my struggle.

To put it harshly, that type of tefillah is an escapist fantasy.

It's like davening to win the lottery. Yes Hashem could do that, and I would maybe do excellent things with that money. But I'm davening for that because I want to get out of my life. That's not a healthy tefillah. Hashem is capable of doing it, but clearly doesn't want to, and on some level the request is coming from a desire to not put in the work.

There's another type of tefillah. Davening to Hashem to help me do it. Ilmoleh Hkb"h ozro ein yuchal lo. Accepting that I have this problem, being willing to put in the work, and asking Hashem to help me with the struggle because I cannot do it on my own. This can be done before an urge arises, but is extremely powerful at the time of an urge (and can often completely remove an urge).

So I still ask Hashem to take away my problem. He's capable of doing it and the power of tefillah is limitless. But primarily I ask Hashem to help me (to be clear, Hashem's "help" is doing it all. But that's a little bit of a separate discussion.)

This is something I'm still thinking about. But this is what my current pshat is. Comments are welcome.

Have you turned your will completely over to Him if you are questioning what Hashem wants?

I recently read that "we don't go to work because we need money, we need money so that we should go to work."

We have growth to accomplish, to develop to our shleimus. G-d could have created us complete, He can grant the lottery win, but whole point is in the work, not the money. He can take away lust, but that misses the boat. The success is in the process, so davening for His help aligns with your purpose, as opposed to davening to skip to the end and miss out on reason we are here.

(Bookmarked this post from richtig's thread and feel like this might be a good place to share it. Please let us know what you think).

guardyoureyes.com/forum/17-Balei-Battims-Forum/396104-Some-Stuff?limit=15&start=120#397845

I always love your posts Shem, and can count on you to bring out helpful ideas.

Thank you

=====
=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 28 Aug 2024 20:56

[BenHashemBH wrote on 28 Aug 2024 20:41:](#)

Have you turned your will completely over to Him if you are questioning what Hashem wants?

I recently read that "we don't go to work because we need money, we need money so that we should go to work."

We have growth to accomplish, to develop to our shleimus. G-d could have created us complete, He can grant the lottery win, but whole point is in the work, not the money. He can take away lust, but that misses the boat. The success is in the process, so davening for His help aligns with your purpose, as opposed to davening to skip to the end and miss out on reason we are here.

(Bookmarked this post from richtig's thread and feel like this might be a good place to share it. Please let us know what you think).

guardyoureyes.com/forum/17-Balei-Battims-Forum/396104-Some-Stuff?limit=15&start=120#397845

I always love your posts Shem, and can count on you to bring out helpful ideas.

Thank you

It is indeed more of a question on step 2 than step 3. But the explicit purpose of the steps is to end up free from the addiction, so I think it's fair to question how that works.

I like that line about work and money.

=====

Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 28 Aug 2024 21:04

[chosemyshem wrote on 28 Aug 2024 20:56:](#)

[BenHashemBH wrote on 28 Aug 2024 20:41:](#)

Have you turned your will completely over to Him if you are questioning what Hashem wants?

I recently read that "we don't go to work because we need money, we need money so that we should go to work."

We have growth to accomplish, to develop to our shleimus. G-d could have created us complete, He can grant the lottery win, but whole point is in the work, not the money. He can take away lust, but that misses the boat. The success is in the process, so davening for His help aligns with your purpose, as opposed to davening to skip to the end and miss out on reason we are here.

(Bookmarked this post from richtig's thread and feel like this might be a good place to share it. Please let us know what you think).

guardyoureyes.com/forum/17-Balei-Battims-Forum/396104-Some-Stuff?limit=15&start=120#397845

I always love your posts Shem, and can count on you to bring out helpful ideas.

Thank you

It is indeed more of a question on step 2 than step 3. But the explicit purpose of the steps is to end up free from the addiction, so I think it's fair to question how that works.

I like that line about work and money.

Is 'free from the addiction' and 'free from lust' the same thing?

Meaning are you supposed to lose it, or supposed to regain the ability to choose?

=====

=====

Re: Chooseurnames 90 day trip

Posted by thompson - 28 Aug 2024 21:14

I agree with your "other type of tefillah."

When Rabbi Elazar ben Peda fainted from malnourishment and asked Hashem how much longer he'll be suffering like this, the response he got was, if we start over from scratch, there's a chance things might be different for you. He didn't like the odds and rejected the offer.

Asking Hashem to "fix my lust problem" is akin to what he wanted. And the answer is likely the same too.

Your tefillos aren't being ignored, you're just asking for the wrong thing. This is you. Essentially, you're asking to be someone else.

As the saying goes, it's not a bug; it's a feature.

And that's where acceptance comes into play.

I don't want to be anyone else. I embrace everything I have, and ask Hashem to help me get the most out of it.

P.S.

Regarding this line:

Here's my issue. If Hashem didn't grant my request the first three thousand times, why is time number three thousand and one going to change his mind?

I think it's Rav Dessler (please correct me if I'm wrong) who writes that Tefillah is never about changing Hashem's mind, but about changing ourselves into the person worthy of what we're asking for.

=====

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 28 Aug 2024 22:39

[chosemyschem wrote on 28 Aug 2024 20:12:](#)

A tale of two tefillos

Here's an issue I have. I have davened probably thousands of tefillos (way more than 515) for Hashem to fix my lust problem. Some with more kavana, some with less. Some with tears of repentance, some with utter apathy. But over the years, I have said many many many tefillos over this problem.

The issue I have is not that I feel like my tefillos are ignored. I can accept that Hashem heard my tefillos, put my tears in a box, and told me no. I think I can really accept that.

Here's my issue. If Hashem didn't grant my request the first three thousand times, why is time number three thousand and one going to change his mind?

This question really arose on step 2 and 3 of the 12 steps.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

I believe God is capable of returning me to sanity. But what I have trouble believing is that he wants to. For whatever reason he seems to want me in the trenches.

That question is specifically on the 12 steps and I'm not qualified to address it and therefore won't (Dov has a pshat. Talk to him about it.)

But the question applies to GYE too. Tefillah is mentioned over and over as an important tool, and I believe it is an important tool. But it seems clearly that the answer to this tefillah is, "Put in the work" so what's the point of continuing to daven?

I think the answer lies in the difference between two tefillos. And maybe this is obvious to many already, but to me it was a bit of a chiddush.

For a very long time I was asking Hashem to solve my problem. Just cut out my lust. Give me a clean day. Remove my struggle.

To put it harshly, that type of tefillah is an escapist fantasy.

It's like davening to win the lottery. Yes Hashem could do that, and I would maybe do excellent things with that money. But I'm davening for that because I want to get out of my life. That's not a healthy tefillah. Hashem is capable of doing it, but clearly doesn't want to, and on some level the request is coming from a desire to not put in the work.

There's another type of tefillah. Davening to Hashem to help me do it. Ilmoleh Hkb"h ozro ein yuchal lo. Accepting that I have this problem, being willing to put in the work, and asking Hashem to help me with the struggle because I cannot do it on my own. This can be done before an urge arises, but is extremely powerful at the time of an urge (and can often completely remove an urge).

So I still ask Hashem to take away my problem. He's capable of doing it and the power of tefillah is limitless. But primarily I ask Hashem to help me (to be clear, Hashem's "help" is doing it all. But that's a little bit of a separate discussion.)

This is something I'm still thinking about. But this is what my current pshat is. Comments are welcome.

I really appreciate this post. I think it's gold, correct, and it believe it can be extremely helpful for all the lonely, dejected people out there who are wondering what the point of Davening again is....

To add one important point. Moshe Rabbeinu davened 515 times to be allowed into EY. Presumably Moshe davenwd with a lot of Kavana. The Rebono Shel Olam said "No". Nevertheless, had he davened **even one more time** , the Aibishter would have had "no choice" but to accede to his request. It's clear from this Chazal that repeated Tefillos have greater power, even after many, many times. The way my Rav explained it is that Tefillah changes us. So more Tefillos change **us more**. And **that's** what "changes" Hashem's Ratzon.

This is in line with your point, Shem. But it's also a stand-alone point.

Gotta run to Daven now, actually.

Love,

??? ???? ?????

=====
=====

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 28 Aug 2024 23:08

[thompson wrote on 28 Aug 2024 21:14:](#)

I agree with your "other type of tefillah."

When Rabbi Elazar ben Peda fainted from malnourishment and asked Hashem how much longer he'll be suffering like this, the response he got was, if we start over from scratch, there's a chance things might be different for you. He didn't like the odds and rejected the offer.

Asking Hashem to "fix my lust problem" is akin to what he wanted. And the answer is likely the same too.

Your tefillos aren't being ignored, you're just asking for the wrong thing. This is you. Essentially, you're asking to be someone else.

As the saying goes, it's not a bug; it's a feature.

And that's where acceptance comes into play.

I don't want to be anyone else. I embrace everything I have, and ask Hashem to help me get the most out of it.

Fantastic, as well.

This is compatible with Shem's point, taken from a different angle, which is what I think you're saying.

To be precise: A Tefillah to take the problem away is a Tefilla to be a different person.

“Acceptance”, to me, means accepting the contours of my internal reality and the true nature of who I am and what I have to do. Accepting my imperfections and limitations. But it does not mean to give up, perish the thought, on the work and on the goals that I hope to yet accomplish, with ?? ??????

???

=====

=====