

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 chosemyshem - 29 Aug 2024 15:02

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

I agree with your "other type of tefillah."

When Rabbi Elazar ben Pedas 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.

Great points R' T.

Actually it's interesting you mention Rav Elazar Ben Pedas's tefillah. Rav Shimshon Pincus has an amazing shtickel on that gemara where he says the reason Hashem poked him was because Rav Elazar Ben Pedas missed something. REB"P argued that the reward Hashem could give in Olam Haba is limitless, but he should have also argued that Hashem's power to act in this world is also limitless, and that Hashem could grant him wealth without unmaking the world.

So regarding what you and R' CO wrote about acceptance and what @minhamayin wrote about "our struggle is us" (amazing vort by the way!). That's is really a broader hashkafic discussion. But I think you can daven to be placed on a higher level of life. To struggle on a plane that's closer to Hashem. That's why I wrote that I still ask for Hashem to take away the problem. Because he can, and maybe one day I'll be a person whom it would be good to not have the

problem. But my motivation when making that tefillah had been pure escapism. And that is the opposite of the very important acceptance you wrote about.

This may not be so clear. But to put it another way. The 12 steps teach radical acceptance of Hashem's will without praying for any change to it (see step 11). I don't think that's how normal people are meant to live. Yes, accept Hashem's will. Yes, stop trying to escape and start putting in the work to grow from where you are. And that realization and change in prayer has been (and is) very important for me. But you're allowed to want things and ask Hashem to change the world (and yourself) to give them to you. And Hashem can give that to you.

Regarding the Rav Dessler, I meant to stay totally away from the mechanics of how tefillah works. It's just too broad of a discussion.

To clarify a point in the original post. I don't just ask Hashem to help me with the struggle. Because I know how very, very little I can do (and that's been proven over many years of rigorous trial and error). I don't know if I'm powerless here, but I'm pretty darn close. So I daven for Hashem to give me the will to fight, the knowledge how to fight, and to help me do my part of the fight. And then I ask him to help me win the fight after I did my part.

All this is just thinking out loud about these excellent comments.

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Re: Chooseurnames 90 day trip
Posted by thompson - 29 Aug 2024 15:48

[minhamayim wrote on 29 Aug 2024 00:27:](#)

Perhaps, as we beg Hashem to help us with our struggle, **realizing that our struggle gufah is us** can help give us the proper prospective when it comes to tefila.

You aren't stuck in traffic; you *are* the traffic.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 30 Aug 2024 14:41

Had a stupid fall yesterday.

It was stupid since I had no urges, no triggers, and no excuses. I just didn't want to work and went straight for the jugular.

I was going to ask for suggestions about focusing at work. Especially since GYE is a gateway drug in this regard - it's the first, most kosher, site I turn to. But it doesn't matter.

It doesn't matter because focusing at work isn't my problem. It's a severe symptom of my problem. My problem is life.

I was trying to think back about when I'd really lived my life. Those times are disturbingly far and few between. Did I live life in yeshiva? Sometimes, but most of my time was spent just trying to get through the day and waiting for something to happen. There were I think just two years in a specific yeshiva where I spent significant amounts of time involved, living my life. The couple years I spent in kollel were also a time when I lived my life most of the time (unsurprisingly, those were clean times).

Looking back, I used to think I had problems getting up for shachris. What a stupid lie. I had problems getting up for shachris. But it's not like I missed shachris and then got up. I would

spend as long as possible lying in my bed until guilt, fear, or my chavrusa kicked me out of bed. I didn't have problems with shachris I had problems with the life that started when I got out of bed.

Spoiler alert, that's still more or less my morning routine.

So naturally when I started working I started trying to escape. It's not a work problem. It's not like I'd be better in any other situation. It's that I never lived my life, and don't particularly like living my life.

I actually like my job. Despite all the whining and complaining I do, it's interesting, meaningful, and I'm pretty good at it. It's life I don't jive with.

I don't know why I don't engage in living my life, and honestly I don't think it matters much. And please don't read this as some depression filled self-loathing rant (though it totally is coming from that heavy burden of post fall depression). I'm pissed about the fall, but far from depressed and I like myself a while lot. I'm identifying the problem, and the problem isn't just porn, the problem is not my family, the problem is not work. The problem is me and my relationship with life.

I don't have a solution. SA says they have a solution, but I don't particularly feel like joining that solution (and I know the most toxic thing to recovery is drawing a line and saying I'm willing to do this but not that. But here I am drawing a line.) Judaism has solutions, but I've been living those solutions for a long time and they haven't yet clicked. Therapy, medication, counseling, rabbinical advice all think they have solutions for problems but I don't think my life has an identifiable treatable problem. The good news is I don't particularly care if there's a solution. So it goes.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 05 Sep 2024 13:42

Feeling very grateful I was somehow saved from acting out yesterday.

Between labor day, a broken computer, and my general low work ethic, I have somehow managed to work just one day's worth of work this entire week. But I'm still clean.

Something's been weighing on me since Shabbos. It was a rough Shabbos. My wife got super pissed at me (unusually so and over what I thought was nothing) and I was already feeling very low after my fall Thursday. So I was very tempted to act out. Now, I don't usually masturbate without content these days, and I'm not watching porn on shabbos b"h. But I was checking out every woman in the streets to an extreme degree.

So there I am walking down the street to maariv and almost at the frummet shul in town with tons of people heading in the same direction, when I see through someone's window not one but two underdressed women walking around. I basically froze in my tracks for a second staring, then came to my senses and realized anyone could see me and kept on going. Stuck in my head for quite a bit though.

Here's the part that's been weighing on me. I don't know how many windows I look in (and was actually not really aware of the problem until this happened. But it's a real problem that needs work. Not today's topic though.) But I cannot recall ever seeing a sight like this. So why was it presented to me at such a vulnerable time? And then a day like yesterday where I was basically planning to act out I did not, in what I can only consider a direct divine intervention. What's going on up there??

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Re: Chooseurnames 90 day trip
Posted by thompson - 05 Sep 2024 14:40

[chosemyschem wrote on 05 Sep 2024 13:42:](#)

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Whom are you asking?

I don't think the Orchestrator is on the forum.

Warning: Spoiler!

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 05 Sep 2024 16:00

[chosemyschem wrote on 05 Sep 2024 13:42:](#)

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Brother Shem,

You are a deep thinker. Your analysis and conclusions are frequently on the mark - even in your own situation, though you may have a small blind spot when it comes to looking at yourself (don't we all).

Forgive my underdeveloped theory, but I wonder if such an unexpected event throws you off due to lack of deliberate actions leading up to it. A jolt that jumps you out of the pattern and stands out. The shock activates a part of you that is subdued, buried under the mundane acceptance of how things are.

Perhaps the divine bolt wasn't there to trigger you, it was there to resuscitate the slumbering part of you that can break the mold.

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As I said many, many times on this thread, I am well aware that I am not good with being honest with myself and recognizing what's going on inside me. At least I'm aware of what I don't know.

I like this theory.

Got me thinking on a related point. It's funny but I think a lot of the time when we actually obtain the lust we have been seeking it's a surprise. A substantial part of us is always hoping, or even expecting, something will come along and save us from ourselves. So kal v'chomer when we haven't been directly seeking out the lust we are surprised by getting it - despite it being what we wanted.

I figured you weren't G-d. Your name says you are G-d's son, and I'm pretty sure the official philosophy of this site is that one cannot be both G-d and his son. That being said, many people have pointed out that events are intended for us to learn from - therefore we must be able to come to a correct understanding of them from our own seichel otherwise the attempt at communication would be pointless.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 09 Sep 2024 19:05

A funny story from this Shabbos.

There I am, toddling along to shul for mincha. I'm barely awake from my nap.

The streets are bustling and I'm having a tough time. I'm almost at shul, and I've already told my brain I'm not looking at the woman jumping rope in the street just to see if she's good at it, I don't need to see the interesting dress that woman is wearing, and I'm not looking at this cute girl walking this way.

GYE - Guard Your Eyes

Generated: 5 April, 2025, 18:56

So I'm doin' okay, tryin' to keep my head down, when out of the corner of my eye I spot a woman walking in distance and something about her catches my eye. I force my head to stay down and try to distract myself. Up pipes my brain, "No don't check her out, but there was something interesting about her." I ain't dumb enough to fall for this one brain.

I catch another glimpse and my brain's like "dude just look at her." Brain I was not born yesterday do not try these cheap tricks.

So there I am, arguing with myself, when the lady I'm arguing with myself about waves to me.

It was my sister.

I hadn't really looked, and I wasn't expecting to see her on that side of town, but I guess catching her in my peripheral vision I sorta recognized her, but instead of realizing I assumed I was just trying to justify looking at a woman.

Boy did I feel dumb.

Relatedly, I was listening to a shuir about shmiras einayim and tznuis and I realized I have no concept of what normal people's struggles with shmiras einayim are like.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 09 Sep 2024 19:10

This is the stuff of ??????! Why would you feel dumb when you actually *succeeded in guarding your eyes!*

You should be exceedingly proud of yourself, as I am of you! You're a role model for many things, brother, chief amongst them, your tenacity.....

KOMT!!!!

Muttel

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 09 Sep 2024 19:18

[Muttel wrote on 09 Sep 2024 19:10:](#)

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KOMT!!!!

Muttel

I don't feel dumb I guarded my eyes. If I hadn't seen her I would be happy.

I feel dumb I was so lost in fighting with myself in my head that I didn't recognize her. Unfortunately that's where I'm at now and I'll keep on slugging.

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Re: Chooseurnames 90 day trip

Posted by Hashem Help Me - 09 Sep 2024 20:15

[chosemyshem wrote on 09 Sep 2024 19:05:](#)

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A "funny" story?! An **INCREDIBLE** story!!

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 09 Sep 2024 22:30

I think that is the correct way to walk in the street and GYE. That you don't recognize a woman who is across the street, or walking by.

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Re: Chooseurnames 90 day trip
Posted by abieham - 09 Sep 2024 23:05

Lol once I was walking down the street with my head down and I passed my mother in law! She called my name and I had to stay and talk. But bh i also passed the test.

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Re: Chooseurnames 90 day trip
Posted by odyossefchai - 09 Sep 2024 23:08

Not wanting to look at your Mother In Law? Now that's a madriegah one can only aspire to!

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