

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 Bennyh - 15 Oct 2024 21:01

And don't forget what the Gaon said, that simchas yom tov is the hardest mitzva to achieve; to constantly be besimcha without hesech hadaas. What's your strategy for being mekayem this mitzva?

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Re: Chooseurnames 90 day trip

Posted by foolie - 15 Oct 2024 21:10

[Bennyh wrote on 15 Oct 2024 21:01:](#)

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I believe a couple of nuclear bombs and some time to mediate in peace and quiet without the

affront of the rest of humanity might do the trick for that one

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Re: Chooseurnames 90 day trip
Posted by Bennyh - 15 Oct 2024 21:13

I don't know, this is my biggest sukkos stress. Need some practical tips.

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Re: Chooseurnames 90 day trip
Posted by foolie - 15 Oct 2024 21:16

Have a car and your own sukkah is a good start

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 15 Oct 2024 22:18

And don't forget what the Gaon said, that simchas yom tov is the hardest mitzva to achieve; to constantly be besimcha without hesech hadaas. What's your strategy for being mekayem this mitzva? I'm not sure if you're being facetious or serious. I'll answer assuming that you're being serious.

Not sure how it works for someone struggling with depression.

- Thinking about you a lot, actually....

As for me, I know that I wont be able to make it to be Bisimcha the whole time.

But I try to do what I can.

I try to focus on the minute, in the minute. Try tp prepare brfore I come in the door.

Try not to sweat the small stuff , keep the big picture in sight. Family, HKBH, Avoda.

I love the Sukka, so that helps.

Simcha means wholeheartedness. Not bubbly joy. (Many rayos to this idea - it's a big topic.)
That helps a lot.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 16 Oct 2024 09:03

This post was super helpful, R' Chaim, thank you. Going to keep that in mind. Bh, I have so much to be thankful for (as do we all), and GYE has enabled me to focus on other things in life. I have my fair share of stresses and difficulties, but so much good to focus on. Wholeheartedness is something I can do part of the time (hopefully) and will definitely put a stress on (not to stress over it though).

Thank you all for being here and providing such amazing support!

Muttel

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 16 Oct 2024 16:43

[Bennyh wrote on 15 Oct 2024 21:01:](#)

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Some sh*tos hold it's doing the actions that bring you to joy, (as defined in the gemara). So if you have your wine and meat then according to many, you are yotzei a mitzvah deoraissa. I rely
Which is why I spent more on wine than my esrog.

Feeling joy is harder. A wise man once said something along the lines of "yuntif ain't for wimps."
It's hard, long days.

I'm maskim to CO's stoic philosophy of ignoring the kids spilling honey on your new suit, give up on everything external, surrender your hopes for a nap after you spent the whole night sleeping on basically a plank of wood, and focus on the inner joy of living in hashem's house (at least that's how I interpret his post). I've never pulled it off, which is why instead I'm fully stocked on sour candy, chips, meat, strong wine, and oral tobacco.

Here's hoping to joyful days, warmth in the succah, and cold streets outside it.

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on this sh*ta

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 20 Oct 2024 00:25

Dude,

You didn't read me totally right. I am not a stoic (though sometimes I wish I was). I am all for a glass of fine wine, and I actually enjoyed many, together with Esmeralda's splendid cooking, over this blessed three-day Yom Tov.

But there were moments of frustration. And moments of pain, (because Dumbledore still somehow knows of certain extraordinarily painful things that he cannot share, and Harry is still engaged in self-destructive behavior).

But through these special days - there is a thread of golden light woven through the tapestry that is life, the same golden light that slants through the Schach, and casts sun-dappled patterns on the wall. It wrapped me up during Hallel, and makes my Esrog glow. It's reflected in the faces of my wife and kids. It even made the words in my Siddur light up, a bunch of times.

And, at least, the message of the Yom Tov gave me a sense of joy in knowing that I have where to turn, on Whom to rely, that I can cast my burden on to the same Shoulder who wrapped us in his Wings and carried us over the burning sand... He will do so for me today, also. This provides soothing. And Simcha.

So I wasn't chock full of happy gladness every second of Yom Tov (though I was sometimes). But I feel a sense of simcha that permeates everything.

I am working on it.

Hope to go dance my brains out soon.

Maybe I'll be dancing with you!! Maybe we will sing together, not knowing who we are ???? ??
??? ??? ???? ???? ???? ???? ???? That would be terrific!!

I'll imagine that it will be so. Looking forward!! I'll dance with all of you,

LiChaim!!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 20 Oct 2024 17:31

Beautiful sentiments R' CO.

I was so fried by the third day of the three day yom tov that I have no idea what I was feeling. Joy, simcha, anger, lust, pleasure, pain. Idk man. Couldn't even focus on my second-favorite megillah - Ecclesiastes (*it's all pointless doomed fools!*). I just wanted a shower and a nap.

Which I got motzei shabbos.

The nice thing about low goals is how easy they are to hit.

Speaking of ~~low~~-high goals, I hit 50 days sometime over yom tov. I'm trying to not focus on the streak, and take it one day at a time. But not celebrating passing a number that I'd come to believe was truly impossible would be self-harming, ungrateful, and just plain wrong.

50 days! I thought something like that was truly impossible. I truly felt I would never get loose from the hooks lust had dug into me. But somehow, one day at a time, G-d worked a miracle for me and kept me free from lust. And even more enjoyably, I'm not feeling pressured or like the streak has to end anytime soon.

I do have a history of forgetting how bad it can get when things are going smooth. Just look at my post history around last chol hamoed pesach. And just over aseres yemei teshuva I found myself sliding near the borders a couple times. So I'm trying to keep in mind that I need to put in the work today and every day, while at the same time feel some simcha about a milestone.

This exact time last year (Sunday of chol hamoed IIRC) I was casually surfing the internet on chol hamoed and wandered right into some juicy porn and masturbation to brutally terminate my brief clean streak from Yom Kippur (or possibly just from first days yom tov). This year things are different. Idk how different, but hopefully different enough. Thank you chavers, and thank you Hashem.

Anyway. Yom tov was nice. Felt some joy. Shouted at the kids. Drank some wine. Slept relatively well in the succah (turns out sleeping on a lousy mattress in the freezing cold is a pretty solid way to kill any night time lustful thoughts). It was chilly around here most of the time, and the streets were not an unusually difficult challenge. Looked a bit, looked away much more, and didn't feel a whole lot of lachatz about not looking.

l'chaim!

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 21 Oct 2024 20:36

[chooseurname wrote on 01 May 2024 15:39:](#)

Checking in on this fine and sunny day 30.

Second days yom tov was very nice. I hope all of y'all had an enjoyable yom tov as well.

Sunday of chol hamoed my wife shlepped me out to a chol hamoed trip with the kids to a crowded. It was a hot day, and the area was naturally full of women in shorts and tank tops k'darkam b'tumah. It was very, very tough. In the street, at least there's usually another direction to turn. But here I was surrounded.

I actually think I did a very good job in shmiras einayim. I don't think I was "mistakel" at almost anyone. But it was so painful. I felt like I was fighting the whole time. I couldn't distract myself with something, because I needed to keep an eye on my kids. It was a two-hour fight and I hated it.

So I was tense the whole time, my kids picked up on it and they didn't like the trip. Then because this one stupid trip got me so worked up, second days I had a much harder time with shmiras einayim in the streets than I had first days. Was rough. Trying to compliment myself for the wins, and not get upset about the struggle. But it's tough.

Amazing how things repeat themselves.

Went back to the same place this chol hamoed. Less crowded and colder weather (so more clothes), but more tipsy young people for some absurd reason.

Looked away from some, looked at some, came home resentful and crabby.

Did some surrendering of my resentments by mincha yesterday, which helped.

Overall though, much less upset about the whole thing. Much less of tensely "fighting to keep my eyes clean" and getting upset about what I saw. I hope that's a helpful attitude.

Had truly absurdly sexual dreams for some reason though.

Hoping that my ~~streak~~ cleanliness doesn't come to a crashing (and account deleting) end like pesach's did. But taking it one day at a time.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 22 Oct 2024 09:19

Buddy,

Youre a different person than Pesach... all the work you've done, the help and guidance you've provided, you're a leader....

Methinks you'll be going really really far...

With tons of brotherly love,

Muttel

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Re: Chooseurnames 90 day trip
Posted by avifl - 22 Oct 2024 19:00

[chosemyschem wrote on 21 Oct 2024 20:36:](#)

[chooseurname wrote on 01 May 2024 15:39:](#)

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I really lived this experience when I went somewhere a couple of days ago... Managed to not look, yes look and couldn't enjoy where I was because I was so stressed about it. Came home feeling really upset and had this feeling for the rest of the day and some of the next.

You mentioned resentmend shedding. Can you explain?

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 22 Oct 2024 20:30

[quote="avifl" post=423607 date=1729623654 catid=4]

[I wrote:](#)

I really lived this experience when I went somewhere a couple of days ago... Managed to not look, yes look and couldn't enjoy where I was because I was so stressed about it. Came home feeling really upset and had this feeling for the rest of the day and some of the next.

You mentioned resentment shedding. Can you explain?

I'm happy to explain, but I strongly suggest listening through the lectures in Dov's 12 step workshops to learn about this (link in my signature).

It's an idea from the 12 steps. I don't do 12 steps so I probably don't do it in the "correct" way if there is one. But it's a beautiful and powerful idea. For a better understanding really, please listen to the workshops etc.

Basically. You're tense, upset, angry. You want to look and you want to not look. You're torn, feeling deprived, and really just want to let loose with some solid lusting. At this point, it's fundamentally an issue of feeling upset about your urges and drives and what happened that day and *not* the urges and drives themselves.

Unless you're some secret mussar giant you can't just snap your fingers and stop feeling that way. (You also, short of castration, will not stop feeling urges.) But what you can do is recognize that the resentment you have against xyz is coming because you do not want to accept the situation Hashem put you in.

As believers we "know" that whatever happened to us throughout the day is coming from Hashem and is completely and utterly for the good. But we don't "feel" that. If we "felt" that we wouldn't be resentful - why be resentful about something good? Again, you can't just suddenly

accept the ratzon Hashem. But you can recognize the resentment, try to feel like you are ready to give it up, and ask Hashem to help you be mevatel your ratzon to his ratzon with joy.

A lot of times the resentment is wrapped up in ego, self-image, desire, jealousy or whatever important negative middah, and it can be very hard to be ready to give it up. Like, if part of my funk is that I'm resentful at my wife for not being as well dressed or attractive as those ladies on the chol hamoed trip, giving up that resentment kinda means giving up something that is important to me and I honestly feel like I deserve - the "right" to the prettiest wife (which is lust and ego all tied together.) So this takes work. But it is incredibly powerful - for life not just for this struggle.

This doesn't solve all problems. But it is really a very powerful tool and an essential and important idea.

I do not think I did it justice. Whatever truth there is in this is honestly recycled poorly from Dov's lectures. But I hope this helps some.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 28 Oct 2024 21:24

Checking in.

Second days of yom tov were.

Survived the open ezras nashim of simchas torah with less neurotic stressing than anticipated.

Survived Yom Kippur -> Chol Hamoed Succos without porn and masturbation for the first time.

Survived a nidah cycle without masturbating for the first time.*

Trying to survive some spotting issues and doing pretty well so far. Actually feeling slightly relieved for some reason I don't understand. Like if things were too smooth it would be weird.

Worried that my short term motivation of the high holy day season is gone and when the going gets tough again I'll crumple like a sheet of paper. At least I've got the 90 day deadline coming up in a month and that's pretty good short term motivation.

Trying to take it one day at a time.

*Note that I was clean for a two year period after I was first married. I don't really count that in the cheshbon for various reasons. If I were to count it, I think I would say this is likely the first nidah cycle I went without trying to convince my wife to take her clothes off for my entertainment. But that's a discussion that probably belongs on the BB forum and is beyond the scope of this post.

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