

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 - 20 Nov 2024 21:47

Checking in. Techloq gave up the ghost. Not particularly worried actually, but fully committed to getting something back on ASAP (confidence good, overconfidence very very bad).

Gonna give Gentech a call.

Other than that life is good. For me at least. Heard about a horrific case of abuse the other day and am convinced the Jewish nation is deeply, deeply sick. But that's not really relevant.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 20 Nov 2024 22:34

[chosemyshem wrote on 20 Nov 2024 21:47:](#)

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And Gentech is on. Didn't work initially but the tech was able to tweak settings to make it work. Hopefully it'll keep on working.

I WILL NOT CHECK IF ALL THE LOOPHOLES I REMEMBER FROM TECHLOQ EXIST IN

Looks like Gentech nuked the GYE chat actually. Nu. We all have to make sacrifices.

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Re: Chooseurnames 90 day trip
Posted by cande - 21 Nov 2024 00:53

[chosemyschem wrote on 20 Nov 2024 21:47:](#)

it is.

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GENTECH. Posting for accountability
Re: Chooseurnames 90 day trip

Posted by chosemyshem - 22 Nov 2024 18:03

[chosemyshem wrote on 20 Nov 2024 22:34:](#)

I WILL NOT CHECK IF ALL THE LOOPHOLES I REMEMBER FROM TECHLOQ EXIST IN

For some reason I'm actually having a very hard time with this. The past few weeks have been beautifully smooth. But now I'm feeling strong urges to go filter poking. Not to watch porn or masturbate. Just to filter poke.

Weird.

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 22 Nov 2024 18:14

GENTECH. Posting for accountability

Yet not that weird really. Of course you don't want to watch porn. You're so past that! Now filter poking... there's a gateway drug if I ever heard one. This week was 'filter poke week' for me. Didn't end well. BH didn't outright fall, but I got a few scraped knees before the oilam here pulled me back up. Don't poke the hornets nest! Cuz there's always a hole. **Always!** So there, now that you know that, you don't have to go checking to 'make sure' it's secure...

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Re: Chooseurnames 90 day trip
Posted by Muttel - 22 Nov 2024 20:04

My falls often were "just checking to make sure everything is ok". I now see it for what it is, wishing I'd fall.... (R CO, you have a post about this I think)

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 25 Nov 2024 00:31

Great point Muttel and IWL. Thinking about what you both wrote, I think I disagree with both of you. (My thread, I can disagree with whomever I feel like. So there!)

I am unfortunately well familiar with "check if it's okay as a subtle subconscious excuse to act out." And filter poking is my gateway drug of choice (I think filters during my formative years gave me some weird associations. Whatever, that's a different discussion.) But I think this wasn't primarily either of those things (it was definitely some of both).

I think the main thing going on was some serious resentment and entitlement over an extended/difficult niddah season. I was getting very fixated on poor ~~depraved~~ deprived me not getting what I "deserve" and am "owed". And I was feeling resentments and stress over work, over my kids, over all sorts of petty things. And I just wanted to escape. The new filter was the excuse for the feeling, but if not for that I would have been feeling it some other way.

Grateful for the Desperado's call that helped me think some of this through. And grateful for being sober enough to be able to think.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 25 Nov 2024 02:56

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To put a finer point on it - sometimes the desire to act out is really a desire to escape.

And filter-poking can also be a way to escape that satisfies the urge to scratch the itch without (seemingly) giving in to what you don't want to, so it masquerades as a way to escape in which the cost is less than the benefit...

But giving in to the urge to escape is capitulation that leads

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I'm glad you choose not to, Shem.

I'm glad I choose not to.

Looking at living, even with pain, I am,

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 26 Nov 2024 21:54

Had a thought, but didn't post it and then forgot it. It was really great though. Oh well.

Some random updates as a check-in.

I'm working on a comprehensive "how I got here" post for after I hit ninety (this week g-d willing). Trying not to focus on the streak; I think the streak is counterproductive long term. But for a very long time that was my goal, and it seemed utterly and completely impossible. And now I'm there. Blows my mind.

Things are good. The truck is cruising along. Feeling a little less smooth, but cruising along nonetheless.

I'd like to work on a step four, if I can find someone willing to help me do it despite me not being in SA. I'm fully committed to continuing working on recovery, now that I have a few days of sobriety. Side point: I think the SA chit-chat between sobriety and recovery is a definition that's sadly lacking on GYE.

I went almost six years without being able to go through a niddah cycle without acting out (multiple times). And just went through three of them in about six weeks stone cold sober (more or less. Quite a lot of harchaka poking (this is like filter poking but irl). But still sober). If that's not progress idk what is. Thank the good lord.

That's all that's going on with me.

KOT boys.

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Re: Chooseurnames 90 day trip
Posted by 138eagle - 26 Nov 2024 23:29

[chosemyschem wrote on 26 Nov 2024 21:54:](#)

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What I want to know is what are you drinking to celebrate?

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Re: Chooseurnames 90 day trip
Posted by redfaced - 27 Nov 2024 00:31

[138eagle wrote on 26 Nov 2024 23:29:](#)

[chosemyschem wrote on 26 Nov 2024 21:54:](#)

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Whatever it is , I'll have some two (or three for that matter)

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 27 Nov 2024 00:36

KUTHWMF

Can you please expand on this ?

Side point: I think the SA chiluk between sobriety and recovery is a definition that's sadly lacking on GYE.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 27 Nov 2024 14:14

[chaimoigen wrote on 27 Nov 2024 00:36:](#)

KUTHWMF

Can you please expand on this ?

Side point: I think the SA chiluk between sobriety and recovery is a definition that's sadly lacking on GYE.

My favorite sentence! Certainly.

Basically, there's a difference between not acting out, and doing the inner work to create a new way of life. Not acting out is being sober, even if the only reason you're not acting out is because your wife drop-kicked you so hard your hands fell off. Recovery requires changing your way of thinking and your way of living. Perhaps because GYE is structured around the ninety days chart, there's no emphasis on here about the difference between the two stages. And I think that's a real problem for two reasons.

First, many people need to pick their head above water for a bit before they can start really working. They need a few weeks of not acting out before they can think properly about the sugya. There should be an emphasis on just getting a few days in at all costs in order to start working on it. I was definitely like this for a long time, and I think it would've been helpful for someone to tell me back in the beginning, "Just force yourself to get a month clean and then start thinking".

Second, there are people who have gotten sober for longer, but never worked on recovery. The stereotype is someone who's filtered to the max and is okay, but the second he has extended access to unfiltered internet he falls. Or the guy who is okay for the 90 day streak and then by day 93 he's right back in it. (And stereotypes aside, there are many people like this.) That's because he didn't take advantage of the sober time to do the inner work of recovery. He used external tools or sheer willpower to hang on, but has not changed his way of thinking, his mehalech haChaim.

If I was in charge, I'd divide the 90 day chart in half. The first half would be all about sobriety: just filtering up, accountability, TAPSHICHs, streaks etc. Just forcing yourself to be clean long enough to take a breath and start thinking. Then the second half would turn to recovery. Find the joy in being clean, understand your urges and triggers and learn long term different responses, change your way of life. I think many people would benefit from an understanding and emphasis on the two different phases.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 27 Nov 2024 14:16

[redfaced wrote on 27 Nov 2024 00:31:](#)

[138eagle wrote on 26 Nov 2024 23:29:](#)

What I want to know is what are you drinking to celebrate?

Whatever it is , I'll have some two (or three for that matter)

Quantity over quality baby.

The only other thing I have in the house is green
apple vodka, and that doesn't seem majestic enough.

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Maybe I'll run out and buy some woodford