

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 BenHashemBH - 05 Dec 2024 14:04

preference), heartfelt recognition of YOU. , here is a not-so-long (Red's

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He chose his *shem* after deleting his name,

Thank the good Lord, back he came.

A close call, would have been a terrible shame,

Without him, he and we would not be the same.

(ok, not too short)

He kept his eyes on the prize,

and even he was surprised,
when Hashem answered his cries,
and it was his time to rise.

My helper, my brother, and my friend – what a zechus it is to know you and celebrate with you
1+1+1+1 . . . +1 days!

KOTSKMTASAIAGAMCTW

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 06 Dec 2024 02:03

There once was a warrior, his name was Name

As well as Shem, they're one and the same

To help others fight was his wont

Day in and out, 'The Vaad' he'd vaunt

Then came the day, 90 of his own

He thought "it seems a bit overblown"

Yet that's the thing about it you see

*A new **normal** it was meant to be*

An old habit broken, a new one created

Routine maybe, but not at all overrated

We're lucky to have him at GYE

*Helping us **all** stay strong and free.*

Long live the king,

iwantlife

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Re: Chooseurnames 90 day trip
Posted by wantingbetter - 06 Dec 2024 03:41

The oilam is rapping.....! Great bars!

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 09 Dec 2024 22:21

Checking in.

Been struggling a bit with some light urges. Friday I filter poked for a couple minutes but stopped. Weekend and today were good. I did spend a couple of days checking out of life with my favor mindless distraction that's not porn. Works been boring and that's not great. Through some hashgacha, the Dov call this week really focused in on distractions from life that come from the same drive as porn. Was interesting and helpful. Today was pretty good.

I need a little bit of plan for the end of the day when I'm tired and burnt out. Really I should just leave the office.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 12 Dec 2024 21:21

Well, if you could see the little number counter thingy under my name, you'd see it's back down to 1.

So it goes.

Funnily enough, what held me back from masturbating while I was watching porn was thinking that if I come on here and post about a full-blown fall it'll be super embarrassing. But if I post about fighting and holding myself back from masturbating *even after* falling with porn, then I'm a HEROTM. Thanks for the positive peer pressure, boys.

Interestingly enough, when I committed to the fall I realized that absolutely nothing in my life makes my heart race with anticipation like porn. Nothing at all even comes close to that. Which is fine. Just an interesting observation.

So that's where we're at.

Short term plan - avoid a follow up binge at all costs:

Strict zero tolerance on fantasy (every single time I watch porn after a decent break I'm surprised by the intensity of the mental "chazaras hashuir" that pops up over the next few days).

Reached out for some support.

Spend time every day reading (probably the big book, not TBOTG. Mostly bc I can read the big book in the bathroom.)

Spent some time letting the urges go, instead of trying to just overcome them.

Longer term plan:

Remember that I can't do this long term, but Hashem can.

Medium term plan:

Avoid the boom-bust/nuclear reset cycle.

Life goes on.

With love and never-ending

Shëm

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Re: Chooseurnames 90 day trip
Posted by youknowwho - 12 Dec 2024 22:30

[chosemyshem wrote on 12 Dec 2024 21:21:](#)

Well, if you could see the little number counter thingy under my name, you'd see it's back down to 1.

Sorry to have missed to poetry bonanza above, but in light of your latest post how can I defer?

Old and dingy man Shem, the creepy perv

Traveled back in time, that took some nerve

To fix and change what he needed to

So that in old age he shall not be blue

Now he's still young, full of vitality

Forging ahead, doggedly

A Hero™ on this forum he truly is

His growth upwards is not just show biz

Young Man Shem, you truly rock

Although Mistress Porn gave you a sock

It takes **zero** away from your net sum

You are no longer a walking P&M Zombie Bum

Please continue to enlighten and inspire

All us out here, as we sweat and perspire

Well written pearls of wisdom, mammash a treat

Or a Vaad or two, what an amazing feat!

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Re: Chooseurnames 90 day trip
Posted by iwillmanage - 12 Dec 2024 22:36

Sorry to hear about your fall Shem.

I'm interested in understanding your long term plan, 'remember that I can't do this long term, but Hashem can'. It does sound very 12 stepish but I'm wondering what it means for an outsider. How is that a plan? True Hashem can, but who says He will and why should He?

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Re: Chooseurnames 90 day trip
Posted by hopefulposek - 12 Dec 2024 22:51

I feel like I'm in no position to offer deep and powerful words as I'm talking to someone who has acted as an inspiration to me, you already know the basic shpeil better than I, and so many others on this thread will be able to hit the nail better than I, so I'll avoid hitting it off-angle and breaking it.

But I can say that this fall does not change my view of you at all, you're still an awesome inspiration to me. And you're right, life goes on. Thinking about you and hoping you are feeling well and keeping up your short term plan.

You already know you can reach out if you want to, and that I would enjoy the call.

Hatzlacha Rabbah! Forget the count (the 90 day myth) and KOMT (I think it's the first time I used that phrase, an apt time for it)

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 12 Dec 2024 22:51

[iwillmanage wrote on 12 Dec 2024 22:36:](#)

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Oh baby.

Here I was stuck between wanting to watch again and thinking I should flee mine office when you served up that fastball. Here we goooooooooooooo.

I must've posted that exact question at least . . . once. Read through my whole thread several times and dok v'tishkach. Okay fine, I'll elaborate. No need to pester. Can't elaborate as long as I'd like because I'm late, but happy to discuss more in depth.

I definitely asked this to Dov in exactly that form. I don't remember his answer, or I didn't understand it, but here's what I think. Keep in mind that although I think highly of the 12 steps, I have zero affiliation with that mehalech.

First, why do I think I can't get out of it myself?

I really like porn on at least one level. I also have poor self-control. I've also trained myself that this sweetest escape solves all of life's scrapes and bruises. So although in the short term there are a lot of things I can do to stop myself acting out, in the long term, I seem to just lose interest in doing those things or they lose their effectiveness. I'm simply not strong enough or motivated enough to stay away from this stuff long term. At the very least, my behavior has not demonstrated otherwise.

At the same time, I'm not hubristic enough to believe that I'm so wicked I cannot get clean.

So we have these two conflicting ideas. One the one hand, I can't get clean. On the other hand, I must be able to get clean.

What's the answer? I can't do it but someone else can. Hashem is capable of doing literally anything.

So we come to our second part of the equation. Hashem will get me out. You ask a good question. Why should he? Why will he?

This is good question. Let's turn it around. Why won't He? This thing is spiritually harmful and causes me great pain. I firmly believe he wants neither of those things.

If so, why hasn't he yanked me out yet?

So I think the answer to that is 1) You have to do your part. G-d is not a deus ex machina come to yank me out of pain and shower me with 72 virgins. There's a lot of work that is in our control and G-d helps the sailor - but the sailor must row. You gotta do everything in your power. 2) G-d's help is not gonna destroy the problem. That appears to not be how the world works. G-d's help pulls you through the problem. Don't look for G-d as an escape hatch. You won't find that. Look for him as a generous helping hand giving you exactly what you need and helping you through.

In short. G-d is infinitely kind. We only think he won't help us because we think he hasn't been helping us so far. But that's because we're not interested in what he has to offer. We want either lust, or no issue with lust. We want a "Get out of jail and into a mansion free card".

That does not exist, generally speaking.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 12 Dec 2024 22:54

Coming in from a bad day

I don't got much to say

except this:

Heres a warm hand,

Held out to a good friend.

Hang tight.

#Yes **HE** Can

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 13 Dec 2024 01:37

Ouch. Sorry about this bro. Honestly as someone who's been slipping here and there for weeks, there but for the grace of G-d go I. Like you said, Hashem kind of a big deal in this here battle; I came super close to falling more than once, including right before a good GYE friend called me out of the blue. Legit out of the blue, late at night.

That said, I'll share a thought if you're up for it. (If not, scroll down for hug etc..) I'm only a bit ahead of you, past the 90 day mark. I realized that the streak isn't doing for me what it used to. For me, on a **practical level**, I need a **goal** to motivate me. I haven't quite mastered the ODAAT thing yet, though that's the dream. So while it's nice to check in at the end of the day to add a bean to my counter, it's not a goal anymore. So I set a **goal** with the aforementioned friend, something doable, like 1 week no filter poking. I think it's helped. Also set goals in reading TBOTG etc. Sounds like you're already doing that. Anyway, there's more to say if you want to shmooze, I don't want to turn your fall into an advice column. Enough about me.

Hang in there Shem! Here's a hug, hand, and here's your crown back, oh King. Give your YH a *slug*, right smack dab in the middle!

Feeling your pain,

iwantlife

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Re: Chooseurnames 90 day trip
Posted by Muttel - 13 Dec 2024 09:42

I can't resist joining the cacophony here (all great posts). Brother, we should catch up! Feeling for this fall, as it came after you've established yourself and have been helping many others...

Looking forward to talking,

Muttel

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Re: Chooseurnames 90 day trip
Posted by iwillmanage - 13 Dec 2024 10:36

[chosemyshe wrote on 12 Dec 2024 22:51:](#)

[iwillmanage wrote on 12 Dec 2024 22:36:](#)

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Thanks for your swift reply Shem, I'm impressed how you manage to get all those ideas down in just a few minutes. I admit I haven't read the whole thread or even most of it, but I did start to take a look, there's some real gold here and all your posts are amazing! I wish I'd have more *time* to go through the entire thing. Maybe post a link if you've discussed this all before.

I relate to how you describe what you see as your inability to do this yourself. I feel much the same. But I still don't get your plan going forward. As you so rightly say, Hashem won't pull you out if you don't do your bit. So doesn't your plan have to focus on your side of things, the actions you have to take? Knowing that Hashem can and wants you out of this mess won't get you anywhere. And if those actions are the ones you listed in the 'short / medium term plan' (which in any case you say lose effectiveness for the long term), why would you say that you aren't doing it yourself (more than anything that we do in life is only 'bezras Hashem')?

I'm sorry if I'm pestering here, it's just I think that after all we're here to find a path out of this and having a sound plan is critical, so we might as well spend some time clarifying what it is. I appreciate you wrote that response in a rush, I'm sure you've got a lot more to say and I'd love to hear what it is.

All the best and good shabbos!

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 13 Dec 2024 15:05

[chosemyschem wrote on 12 Dec 2024 21:21:](#)

With love and never-ending

Shëm

Thank you for the love and sending some back.

Hope you have a Shabbos of Shalom.

Side note:

Reb Akiva,

Can you please *darshen* for me what the *kesser* means above the letter e?

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