

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 Muttel - 13 Dec 2024 18:31

[jollylemur95 wrote on 13 Dec 2024 17:06:](#)

I say in all sincerity that I have no doubt you will rise from this fall, **better and stronger than ever** and continue to be a source of strength in this fight for so many!!

Truer words than any...

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 13 Dec 2024 18:36

[BenHashemBH wrote on 13 Dec 2024 15:05:](#)

[chosemyshem 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?

I hope so too!

A proud Germanic umlaut is not to be darshened!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 13 Dec 2024 18:47

[iwillmanage wrote on 13 Dec 2024 10:36:](#)

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')?

Happy to schmooze about this. PM me for my number.

The way I'm looking at it, it's true either way I have to give it my best shot. But 1) I think the actions taken when you are just trying to let Hashem in to help you are (slightly) different than when you are gearing up to kill the YH on your own.

2) "sof maaseh b'machshava t'chila". Just important to have the final goal in mind.

3) If I think my best shot is to set myself up to "win" I'm dooming myself in three days when I see I can't win, or I see I don't want to fight anymore. So by reminding myself constantly that Hashem is here to help and all I need to do is everything I can, it really helps me take it one day at a time and not get overwhelmed by the impossibility.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 15 Dec 2024 21:16

Checking in on a slightly less rocky Sunday afternoon.

Friday was bad in the end. Not so much for the content I saw, which was not so terrible. But I was slammed with a huge task at work Friday and at the end of the day started in on the filter poking. Which made the task take longer which made me want to escape more. Rinse and repeat and repeat.

So there I was in the office two hours after I was supposed to leave on the second shortest Friday of the year. When my wife called frantically asking me where I was. Then I snapped out of it and left.

Point is. I feel much worse about that than the actual porn I watched Thursday. What bothers me is the out of control aspect of it. The sitting there when I could and should have left and I have important things to do but instead I'm sitting there just trying to see something to get me off. Sad.

Friday would probably have been worse, but I want to give a shout-out to all the people who reached out after thursday for some chizzuk. I appreciate it. Especially R' PY who called at a good time.

Anyway. Shabbos was a nice reset. Put in some effort today to let the urges go and things are feeling a little better.

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Re: Chooseurnames 90 day trip
Posted by hopefulposek - 16 Dec 2024 03:59

Sorry to hear about Friday but happy to hear about today. ODAAT!

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 16 Dec 2024 16:21

Happy Monday.

When it's blue

It's true

There's so very much to do

and a sense there is to go ahead

and chuck it all

But the friends

And ends

And surviving all those bends

Warm and squishy hands lend

pathway forward through bogs

to misty far off mountain tall.

"We all get by with a little help from our friends"

Here's a warm hand,

Chaim

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 16 Dec 2024 22:36

Great poem. Alas today is not a day for poetry. Or, at least not that type.

Try this one on for size:

In the desert

I saw a creature, naked, bestial,

Who, squatting upon the ground,

Held his heart in his hands,

And ate of it.

I said, "Is it good, friend?"

"It is bitter—bitter," he answered;

"But I like it

"Because it is bitter,

“And because it is my heart.”

But perhaps that's too self-consciously enjoying pain. Today's not a day for writing. But let's try this.

I bang my head into a wall

Will I or the wall first fall

Bang bang bang bangbangbang

Bloody eyes only see red

Was it always or never I said

bang

Don't care or care too much

Each time I've never felt such

Want Want Want Want Want Want

Want to stop or want to start

I feel an empty place no heart

To want

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Re: Chooseurnames 90 day trip
Posted by redfaced - 17 Dec 2024 02:07

[chosemyschem wrote on 16 Dec 2024 22:36:](#)

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Ill take scene two, (if you please)

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Re: Chooseurnames 90 day trip

Posted by youknowwho - 17 Dec 2024 02:17

[redfaced wrote on 17 Dec 2024 02:07:](#)

[chosemyschem wrote on 16 Dec 2024 22:36:](#)

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I feel an empty place no heart

To want

I'll take scene two, (if you please)

I'll take the naked creature scene one (if you please)

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Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 17 Dec 2024 14:16

What a creepy yet striking poem.

It is important, methinks, to note that this creature lives in the desert.

Desolate things happen in desolate places.

Perhaps he calls it "friend" because of some misplaced pity.

Or perhaps it is just a poem.

Regardless, we should be careful not to pity ourselves. Also not to spend too much time in desolation.

If you are having a hard time feeling your own heart - look for your friends. We're all holding some pieces of it that you've shared with us.

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 17 Dec 2024 22:10

Welp. Let's see.

Listened to some Vayimaen for chizzuk. Got told that my name will be left off the choshen. Got told that I never will be able to see the light of Torah. Heard an interesting story with the Sfas Emes and got told that if I just hang on to a moment of inspiration all will be good. Jeez.

At least no one promised that if I just look away one time I'll win the lotto.

Moving on. Somehow today is so different than yesterday. Somehow I went from the darkest choshech right back into the light in a heartbeat. It's honestly confusing.

Yesterday, I was being hammered by irresistible urges. Non-stop. I felt like I was going insane.

Today is calm and smooth sailing.

I'm very confused about what changed. Was it the exceedingly random Hasidic vort someone stopped to tell me about how teshuva depends on techiyas hameisim because that is what ensures you are never out of the game? Was I suffering from nicotine withdrawal yesterday? Was it the non-judgmental caring and support from the boys? I suspect the most likely culprit is the vaad call -- I came off of that hour call in a **totally** different place than when I went in.

(No that's not marketing. It's just a really helpful tool for people at all stages of the struggle. But since someone brought up the vaad. Let me just mention it's not too late to join! And if you'd like to give back to the community, being a vaad gabbai is an excellent way to do so!)

I think it also helped that two different people pointed out that giving in after a long break re-sensitizes you to this powerful drug - strong urges after a fall like this are normal. It's interesting how helpful it is to feel like you're normal and not a piece of garbage who will never change.

Definitely not out of the woods yet. I committed to three days clean with my accountability partner. I think I can handle that. Then we'll take a breath and reevaluate.

But very grateful to Hashem for this free gift of a drop of calmness.

Keep on trucking and/or eating your own heart

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Re: Chooseurnames 90 day trip
Posted by Hashem Help Me - 18 Dec 2024 00:29

Sorry for late post, but just accessed this thread for the first time in a while. Great stuff expressed here. It's an interesting fact that Hashem gave the salmon the ability to harness the energy of the water surging downstream to propel themselves upstream as they head to their birthplaces to breed themselves. We sometimes have to take that raw searing pain of confusion and disappointment and use it to propel ourselves upstream to head towards our goals. This is similar to the way Rav Hutner and others explain Shlomo HaMelech's famous statement - sheva yipol tzaddik, ve'kam. Through utilizing the nefillos properly, one emerges as a tzaddik.

You are a massive inspiration for so many. No doubt that this experience will assist you in understanding others and giving them even more useful chizuk and advice. The Satan wants to demoralize us; we answer "sorry buddy, nothing will be changing! we wipe off the dust and move on b'ezras Hashem."

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Re: Chooseurnames 90 day trip
Posted by proudyungerman - 18 Dec 2024 00:44

[chosemyshe wrote on 17 Dec 2024 22:10:](#)

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I think you meant it like this...

*Click [here](#) to learn about the project, click [here](#) to join.

Lookin' forward to hearin' y'all there!!

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Re: Chooseurnames 90 day trip
Posted by cordnoy - 18 Dec 2024 02:52

[proudyungerman wrote on 18 Dec 2024 00:44:](#)

[chosemyschem wrote on 17 Dec 2024 22:10:](#)

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Hey!!! Watch it!

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