

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...

=====
=====

Re: Chooseurnames 90 day trip

Posted by cordnoy - 19 Dec 2024 03:01

[proudyungerman wrote on 18 Dec 2024 03:59:](#)

[cordnoy wrote on 18 Dec 2024 02:52:](#)

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

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

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.

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!!

Hey!!! Watch it!

Uh-oh...

What's gonna happen?

Warning: Spoiler!

Try it again and you'll find out.

FAFO!!

=====

====

Re: Chooseurnames 90 day trip

Posted by chosemysheM - 19 Dec 2024 21:07

Checking in.

In the interests of being honest with others in the hope that it makes me more honest with myself (I definitely have an honesty problem) had a rough slip last night. Was reading a novel that had some spicy content and started masturbating for a second. Got a grip after a second (metaphorically) and was able to let go (metaphorically and literally). I'd consider it a light slip, except I picked a novel that I knew would have content like that. Ergo, the rough slip.

It's interesting. I think I posted about this previously but I used to read a lot. At some point, out of a sincere desire for avodas hashem, I cut out novels (which I would have sworn I could not do. I was much more hooked on novels than I was on porn.) And it was shockingly smooth and easy.

At some point, not unrelated to my struggles with this stuff, I started reading again. But I already had this thing of not going to the library. So instead I read online. So instead of somewhat carefully selecting novels, I was reading random blogs, self-published webnovels, forums, news sites etc. etc. Obviously, sitting by the computer wasting time = terrible idea.

So this very special l'shem shomayim thing I did ended up biting me hard.

These days my space-out reading material of choice are these exceedingly stupid, poorly translated chinese webnovels. These bad boys are truly endless and incredibly dumb. And of course some of them are nothing more than really low-quality smut. So it's just a bad idea all around.

So I'm giving them up for 30 days. I don't know what exactly I am going to do to "relax" but perhaps I'll start going to the library again. I'd prefer not to, but what I'm doing instead is not kdai. At the end of the day, I need to be not sitting by the computer for the sake of living my life (also it'll help with porn).

Anyway. Today's been squeaky clean.

=====

====

Re: Chooseurnames 90 day trip

Posted by chaimoigen - 19 Dec 2024 21:35

“Arry ! Whatayer doin with the Monster Book Of Monsters? Don ye know that if ye start ooglin’ the page with the Veelas it’s liable to bite yer!?!? Arry - watch out!”

=====

====

Re: Chooseurnames 90 day trip

Posted by redfaced - 19 Dec 2024 22:07

[chosemyshe wrote on 19 Dec 2024 21:07:](#)

Checking in.

In the interests of being honest with others in the hope that it makes me more honest with myself (I definitely have an honesty problem) had a rough slip last night. Was reading a novel that had some spicy content and started masturbating for a second. Got a grip after a second (metaphorically) and was able to let go (metaphorically and literally). I'd consider it a light slip, except I picked a novel that I knew would have content like that. Ergo, the rough slip.

It's interesting. I think I posted about this previously but I used to read a lot. At some point, out of a sincere desire for avodas hashem, I cut out novels (which I would have sworn I could not do. I was much more hooked on novels than I was on porn.) And it was shockingly smooth and easy.

At some point, not unrelated to my struggles with this stuff, I started reading again. But I already had this thing of not going to the library. So instead I read online. So instead of somewhat carefully selecting novels, I was reading random blogs, self-published webnovels, forums, news sites etc. etc. Obviously, sitting by the computer wasting time = terrible idea.

So this very special l'shem shomayim thing I did ended up biting me hard.

These days my space-out reading material of choice are these exceedingly stupid, poorly translated chinese webnovels. These bad boys are truly endless and incredibly dumb. And of course some of them are nothing more than really low-quality smut. So it's just a bad idea all around.

So I'm giving them up for 30 days. I don't know what exactly I am going to do to "relax" but perhaps I'll start going to the library again. I'd prefer not to, but what I'm doing instead is not kdai. At the end of the day, I need to be not sitting by the computer for the sake of living my life (also it'll help with porn).

Anyway. Today's been squeaky clean.

Listen to the Harry potter audiobook by Jim Dale . Its countless hours of mindless nonsense done very very well

=====
=====

Re: Chooseurnames 90 day trip
Posted by proudyungerman - 20 Dec 2024 03:38

[cordnoy wrote on 19 Dec 2024 03:01:](#)

[proudlyungerman wrote on 18 Dec 2024 03:59:](#)

[cordnoy wrote on 18 Dec 2024 02:52:](#)

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

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

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.

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!!

Hey!!! Watch it!

Uh-oh...

What's gonna happen?

Warning: Spoiler!

Try it again and you'll find out.

FAFO!!

I hafta say, this post has tempted me all day...I toyed with the idea of maybe, just maybe, I could play by with the old, grizzled Cordnoy...

Y'all think he can still swing his cane??

Warning: Spoiler!

=====

Re: Chooseurnames 90 day trip
Posted by redfaced - 20 Dec 2024 04:43

[proudyungerman wrote on 20 Dec 2024 03:38:](#)

[cordnoy wrote on 19 Dec 2024 03:01:](#)

[proudyungerman wrote on 18 Dec 2024 03:59:](#)

[cordnoy wrote on 18 Dec 2024 02:52:](#)

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

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

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.

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!!

Hey!!! Watch it!

Uh-oh...

What's gonna happen?

Warning: Spoiler!

Try it again and you'll find out.

FAFO!!

I hafta say, this post has temptin'g me all day...I've been toyin'g with the idea of maybe, just maybe, playin' with the old, grizzled Cordnoy...

Y'all think he can still swing his cane??

Warning: Spoiler!

You may need to prove. Goona need to see Cane-Man-Avatar-Thing limping a bit more than usual

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 20 Dec 2024 18:19

Checking in on this short clean Friday.

Blew through the no novel thingy instantly resulting in some filter poking. It's interesting. Sometimes the more gedarim you set just results in more of "oh I broke the geder, may as well go for the rest of the fall." I'm not removing my filter, but I suspect I'd avoid a certain amount of falls if "filter poking" wasn't available.

Regardless, I'm not doing the novel thingy for porn. I'm doing it for life. Gotta take some time and internalize giving them up. Should be able to do that over shabbos iy"h.

Hoping for clean and peaceful shabbos.

=====

Re: Chooseurnames 90 day trip
Posted by Muttel - 22 Dec 2024 10:20

How was Shabbos, chaver?

=====

Re: Chooseurnames 90 day trip
Posted by redfaced - 22 Dec 2024 13:19

[Muttel wrote on 22 Dec 2024 10:20:](#)

How was Shabbos, chaver?

Thanks for asking,.

It was nice. Nothing major in either direction

=====

=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 22 Dec 2024 17:24

[redfaced wrote on 22 Dec 2024 13:19:](#)

[Muttel wrote on 22 Dec 2024 10:20:](#)

How was Shabbos, chaver?

Thanks for asking,.

It was nice. Nothing major in either direction

What he said.

Only thing that was unusual was I was with my wife just for a release and it left me feeling verrry empty. I was pretty happy about it though. I saw I really had made some significant changes in this area since what I did was totally not unusual a year ago and it never bothered me then. Guess the GYE brainwashing is sinking in. Hopefully for good things.

=====

=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 23 Dec 2024 13:51

Checking in just to share a W from last night.

My wife went to party and left me babysitting for hours at night. That situation is somewhat

dangerous for me. Forget about porn for a minute. When I don't have my normal structure and schedule, I often sit down to "learn - but just check the news first" and boom at best the whole evening is wasted on nothing.

Last night I planned ahead, put my devices away (once I finished weighing in on the GYE machlokes hayom), and did my regular night seder from home. Wasn't the most productive seder, but infinitely better than sitting and killing time online.

Felt good. I probably wouldn't've fallen with porn last night. My tailspin from last week has been b"h straightening out slowly. But I for sure would've killed the whole evening on narishkeit, and I'm happy that didn't happen. I'm also happy I stayed far away from a situation that could have become a struggle very quickly. #TYHAGYE

=====

Re: Chooseurnames 90 day trip
Posted by redfaced - 23 Dec 2024 14:03

[chosemyshe wrote on 23 Dec 2024 13:51:](#)

Checking in just to share a W from last night.

My wife went to party and left me babysitting for hours at night. That situation is somewhat dangerous for me. Forget about porn for a minute. When I don't have my normal structure and schedule, I often sit down to "learn - but just check the news first" and boom at best the whole evening is wasted on nothing.

Last night I planned ahead, put my devices away (once I finished weighing in on the GYE machlokes hayom), and did my regular night seder from home. Wasn't the most productive seder, but infinitely better than sitting and killing time online.

Felt good. I probably wouldn't've fallen with porn last night. My tailspin from last week has been b"h straightening out slowly. But I for sure would've killed the whole evening on narishkeit, and I'm happy that didn't happen. I'm also happy I stayed far away from a situation that could have

become a struggle very quickly. #TYHAGYE

Hero!

Here's a hug.

And another on.....

Actually the other one will wait until tonight

=====

=====

Re: Chooseurnames 90 day trip

Posted by youknowwho - 23 Dec 2024 14:12

[redfaced wrote on 23 Dec 2024 14:03:](#)

[chosemyschem wrote on 23 Dec 2024 13:51:](#)

Checking in just to share a W from last night.

Here's a hug.

And another on.....

Actually the other one will wait until tonight

Now that's what / call cheating.

=====

=====

Re: Chooseurnames 90 day trip

Posted by Muttel - 23 Dec 2024 14:13

Is Igor involved?

=====

=====