

Chooseurnames 90 day trip

Posted by Chooseurname - 11 Oct 2023 20:09

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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 - 13 Jan 2025 23:14

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Such high hopes for the planned schedule. Alas.

There's always tomorrow.

Getting to a point where I feel ridiculous that I'm in a slump. Oh well.

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Re: Chooseurnames 90 day trip

Posted by richtig - 13 Jan 2025 23:47

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[chosemyshem wrote on 13 Jan 2025 23:14:](#)

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 14 Jan 2025 13:54

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Re: Chooseurnames 90 day trip  
Posted by jollylemur95 - 14 Jan 2025 14:13

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On the contrary!

I have greater respect for you when you are honest about regular human desires. It is so inspiring that you keep putting in the work to improve!

THank You!!!

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Re: Chooseurnames 90 day trip

Posted by odyossefchai - 14 Jan 2025 14:45

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[richtig wrote on 13 Jan 2025 23:47:](#)

[chosemyshe wrote on 13 Jan 2025 23:14:](#)

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Why is having a difficult yetzer hara, a stira to being holy!

(By the way, I always thought that my personal life issues, parnassah/chinuch etc were directly . So why should ruchniyos problems be directly tied to it. You have a shmiras habris challenge and you may also have a davening/learning challenge)

Wishing you much hatzlacha

**Warning: Spoiler!**

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Posted by odyossefchai - 14 Jan 2025 14:47

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 14 Jan 2025 16:12

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Hey, here's a hand.

I am confident that you will get out of this, and keep growing. The journey isn't over till we're dead, but it changes. All in all it's another rung on the ladder to heaven...

Just wanted to point out that the reputation to maintain, and the requirement for personal honesty, is a powerful tool, in and of itself. (Sometimes I wonder where I'd be holding if I didn't  
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It's altogether fitting, proper, and wise for us to use **every tool** that we have.

Hang tight,

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Re: Chooseurnames 90 day trip

Posted by jollylemur95 - 14 Jan 2025 17:34

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Why is having a difficult yetzer hara, a stira to being holy!

(By the way, I always thought that my personal life issues, parnassah/chinuch etc were directly tied to my shmiras habris issues. They weren't. When I got clean, I lost my job!!!! . So why should ruchniyos problems be directly tied to it. You have a shmiras habris challenge and you may also have a davening/learning challenge)

Wishing you much hatzlacha

I actually thought like that as well!

It may still be true. The sefarim speak of great reward in Oilam Haze and oilam haba for being oimed bnisoyon. ( there was actually a Vyimoen video a while back that quoted Harav Don Segel Shita who said the best segula for parnassah is shmiras einayim.)

I was thinking about that recently. With all my current difficulties I am dealing with right now outside of kedusha, I wondered where is all the good things promised for those who are working and trying to grow in kedusha. I then reminded myself that Yosef Hatzadik stood up to the hardest nisoyon anyone can ever face. (See the medrash tanchuma for more details on how difficult it was) What happened to him when he passed? No great reward. He ONLY got locked up in prison for 12 years! He only got great things years later...! The point is that hashem will give all these things promised for staying strong at time of his choosing. (which is really the best time for us as well).

It is also possible that Hashem still wants more from us so he is trying to encourage to go further.

(maybe both is true).

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Re: Chooseurnames 90 day trip  
Posted by BennyH - 14 Jan 2025 18:06

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I can confirm that shmiras eynayim and shmiras habris will not lead to wealth. If your consolation is that it will eventually come more than a decade down the line, then you need to find a different source of motivation because there's only so long you can hold on to the hope that the manna will rain down from the heavens.

Also, I'm pretty sure that Yosef achieved greatness in mitzrayim because Hashem fulfilled his dreams and it was His plan all along for him and it had nothing to do with his withstanding the temptation of Mrs. Potifar.

Don't do this for the wrong reasons. You will be let down.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 14 Jan 2025 19:12

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Don't do this for the wrong reasons. You will be let down. The double edged sword of Vayimaen.

I thought today I finally heard a Vayimaen I could get behind. The one by R' Elchonon Jacobovitz "Until the Buzzer Sounds". Nice story about Tony the boxer and a gevaldig vort from the baal shem tov. All about not giving up and keep on picking yourself off the ground. I can dig that.

And then (ironically) he blew it at the end by saying "Just stay on your feet until Mashiach comes soon".

So when Mashiach doesn't come tomorrow I can masturbate?

(Ayin the famous story w/ R' Yaakov and the guy who wanted to become frum because of mashiach.)

Doing better today b"h. It's amazing how much of a difference it makes having interesting things to do at work.

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Re: Chooseurnames 90 day trip  
Posted by cande - 14 Jan 2025 19:25

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[Bennyh wrote on 14 Jan 2025 18:06:](#)

Also, I'm pretty sure that Yosef achieved greatness in mitzrayim because Hashem fulfilled his dreams and it was His plan all along for him and **it had nothing to do with his withstanding the temptation of Mrs. Potifar.**

WRONG.

see

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and ??"?

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 14 Jan 2025 21:52

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Gonna try to check in daily for the next 30.

Today was good. Busier and more interesting at work and that's a huge help. Been trying this week to do 10 minutes of exercise a day. Hope to get that in tonight too and maybe that'll help.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 15 Jan 2025 21:16

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Wrote a huge check in post and lost it when I hit submit. Your loss guys.

Basically. Did my exercise. Trying to start a learning project. Switching to audio instead of reading for daily chizzuk since that's easier.

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