

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 yiftach - 15 Feb 2025 23:28

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[chosemyschem wrote on 13 Feb 2025 21:03:](#)

Still clean from masturbation.

Been looking at some content that, to be totally honest, crosses the line. Trying to focus on the positive while not minimizing the real problem of the negative.

Had a thought on a Rashi in this weeks parsha relevant to this.

The posuk says, "????????? ?????? ???????????? ?????????? ?????????? ??????"

Rashi asks an interesting question. Why start weaker? Why not just be infinitely strong the

Rashi says a fascinating answer, "הַיְּמִינוּת הָעוֹלָם כֻּלּוֹ מְבֻרָךְ בְּשֵׁם אֱלֹהֵינוּ  
וְכָל חַי וְנֶפֶשׁ שֶׁבָּרָאנוּ לָנוּ עֲבוֹדָה יְחִידָה". We're used to hearing that phrase by anthropomorphisms of G-d. What does that mean here?

I think Rashi's saying if the shofar had started at the highest level people wouldn't be able to comprehend it. But by starting at a human level, the yidden were able to follow along as it grew higher and higher.

Powerful yesod for life. There are things that are *impossible*. But start doing the possible, and you can grow along with it until you're doing the impossible. Something to keep in mind on days like it feels impossible to stay clean. It takah might be impossible. But start with doing the possible and sometimes the impossible follows.

But the other way is true too.

I apologize for reading a little bit too much of a drush into this, but see how the Ibn Ezra phrases the same question and answer: **???? ??? ?? ??? ??? ??? ??? ????? ??? ??? ??? ?????**.

There are things in life that we would never, ever do. Things that if someone asked us to do them we would flee in fear. But if it starts off slowly, and we get used it, step by step we move deeper and deeper into places we would've been terrified to be. Until we look back over our shoulder and realize how deep we got into this swamp. Many times we think "I never want to do *that*." That's a red line I'd never cross. But this small indulgence isn't so scary. But the way of life is that the small things get us adjusted until suddenly we're in middle of something that we thought was terrifying.

Stay away from the first small step.

**GOLD!**

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 16 Feb 2025 00:36

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[chosemyschem wrote on 14 Feb 2025 16:46:](#)

Checking in.

Home today with a sick kid. Hard to be productive but harder to act out. B"H.

Heard a beautiful thought yesterday. There's a group that sends out a weekly short shuir based on the torah of R' Shlomo Hoffman. Happens to be I signed up for the email awhile back and never listened to the shuir till this week. But R' Stern shared a beautiful thought.

Apparently, R' Hoffman was very bothered by having normal bochur yetzer haras and would get very down when machshavos or hirhurim would pop into his head. R' Isaac Sher told him the following short vort. The posuk says in next week's parsha: "????????????????? ?????????? ????"

Said R' Isaac. It doesn't say "Be holy angels." It says "Be holy **men**." With all your yetzer hara, desires, and imperfections, be holy. Having desires is not a problem. The goal is to choose to be holy, not to somehow not have any desires.

Apparently R' Isaac then invited him to have a "date" with his yetzer hara and get to know it. Worth giving a listen to.

Anyway. Feeling a bit more in control today. Had a nice incident that's more appropriate for the baal habayis side of the forum but I'll share in general terms.

My wife has been sick and also grumpy at me the whole week. And not only were we not

together, time is running out before her anticipated assur time. So yesterday I had all those feelings of "I need to be satisfied before it's too late." And on top of that I've been definitely crossing some lines with filter poking etc. so I "needed" a "release". So prior to night seder I made it clear to my wife I deserved some intimacy.

On my way home from night seder I was thinking about it. And I was able to drive home to myself that being together in that way is not what I want, and also not helpful. I got home and (suprise!) she was asleep. B"h I'd already done the hard part and was able to just go to sleep without being resentful and disappointed.

**Warning: Spoiler!**

Anyway. Despite not masturbating it was nowhere near as clean a week as it should have been. Some filter poking and reading content that really crossed a line. yes, I was fighting with my wife and mega burnt out at work. But I gotta internalize that those are not excuses to act out or to get near acting out. **Because if those are excuses then I'm never gonna get clean. There's always some excuse.**

Lots of great stuff in this post.

I'm just going to focus on this last line and add a slight accentuation.

It's not only that if life's ubiquitous difficulties and painful annoyances are excuses then there is no end.

It's perhaps even more so- that a large part of the problem **in the first place** may, in fact, really be, the cognition, habit, and drive to **respond** to those situations by numbing and regulating ourselves with lusting and bad patterns.

If we can learn not only not to make excuses, but to **learn new patterns** in which negative emotions don't compel us to look for certain escapes and responses, we'll have come a long

way, baby.

As you have, friend.

But we've got miles to go before we sleep.

And miles to go before we sleep.

Eyes on the horizon, I am,

chaimoigen

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Re: Chooseurnames 90 day trip

Posted by chosemyschem - 18 Feb 2025 22:04

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Checking in. Still clean from masturbation. Over 5 weeks now I believe.

Really great vaad meeting yesterday that was very helpful and motivating.

Still struggling with general non-productivity at work leading to filter poking etc.

That's all folks.

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Re: Chooseurnames 90 day trip

Posted by chosemyschem - 19 Feb 2025 16:21

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Checking in early to share an amazing moment.

Some heavy life happened over last night and this morning. Nothing very major b"h, but life. And I woke up late and was feeling down.\* B'kitzur, by the time my kid's very late carpool came I missed minyan. And a thought popped into my head to act out. And it wasn't just one of those passing thoughts that pop in and then pop out the other ear. No. This was a real, final, decision made in a heartbeat.

I was ready to go. Somehow though, and I have no idea how, I found the presence of mind to surrender the urge. It was amazing. Not only was the urged nuked from orbit, instead I used that time for one of the best shachries I've had in a long time. It really felt great.

At least, until I realized when I was done that it was already ten o'clock and I was super freaking late for work. And then I checked my phone and saw I had two missed calls from the office and an impatient text from my boss. But I don't regret it. I felt like I went m'afeilah l'ohr gadol.

\*

**Warning: Spoiler!**

And because "surrender" is a vague term (at least it feels like that to me who doesn't do SA) I'll be maarich a little on the process I did because I think it's a very helpful tool.

1. I realized that I had already fully committed to the fall and there was nothing I could do to stop it. Yeah, I could have run out of the house screaming, but that wouldn't have done jack for the unresolved *life* that was driving me towards escaping. Best I could've done was delayed a bit.
2. I contemplated briefly that even though I can't solve this problem, Hashem can and is interested in doing so.
3. I mentally reviewed the things that were driving me to act out, and identified very broadly and briefly the negative middos at work behind those things.
4. I davened a short tefillah, telling Hashem I'm ready to give up these negative middos and asking him to remove them so that I can live the life he wants me to live and be close to him.

I felt like an inescapable burden was lifted off my shoulders. And in the end I was able to use the time to daven for all the life stuff going on, instead of escaping into porn and adding feeling like a piece of garbage to the pile. Feeling very grateful.

Edit: Meant to mention this. At ten o'clock when I was heading to work my wife called with an urgent thing she needed me to do. And I had to explain why I was still in the car at ten. While I don't enjoy talking to my wife about shachris, that conversation was approximately ten million times more pleasant than if I would've had to come up with a lie to cover up what I was doing at home until then.

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Re: Chooseurnames 90 day trip  
Posted by BenHashemBH - 19 Feb 2025 16:40

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[chosemyshem wrote on 19 Feb 2025 16:21:](#)

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Shalom Shem,

Thank you for sharing this gadlus!

As an amatuer Fraudian, I mean Freudian (don't mind the slip), it sounds like you may have had a premonition.

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Re: Chooseurnames 90 day trip  
Posted by jollylemur95 - 19 Feb 2025 16:56

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Shem,

You never fail to teach me how deep humans really are. How we can dig deep in ourselves to find a better mindset, a better attitude to deal with the situation. (Not that I am holding there, bjut knowing the potential is worth so much!)

Keep it up!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 19 Feb 2025 23:01

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And despite that awesome story I still devolved to some filter poking today.

I did poke too hard and find a loophole. Here's the funny part. I was literally on the phone working on the 3 circles plan with my chavrusa right after I found the loophole and before exploiting it. I was too ashamed to mention it though. (Or too excited and didn't want to lose it?).

B"h after working on the 3 circles plan for a bit, I was able to get up, get a drink, pause for a minute, and do a little more surrendering. I blocked the loophole without exploiting it. This is tough for me and I'm glad I was able to do that.

**Warning: Spoiler!**

I still continued poking for a bit afterwards, but much less successfully.

I wish I was able to get off this d\*rn filter poking whack a mole merry go round. I wish I was able to be consistently productive at work. I wish for a lot of things. B"h had some successes today. I'll think about that instead since it makes me happier.

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Re: Chooseurnames 90 day trip  
Posted by iwantlife - 19 Feb 2025 23:33

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[chosemyshe wrote on 19 Feb 2025 23:01:](#)

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Tell us more about that drink! Woodford?

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Re: Chooseurnames 90 day trip  
Posted by chosemyshe - 20 Feb 2025 14:20

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[iwantlife wrote on 19 Feb 2025 23:33:](#)

[chosemyshe wrote on 19 Feb 2025 23:01:](#)

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Tell us more about that drink! Woodford?

Bro, Woodford is for celebrating when you're in the clear. Not for mid-urge refreshment.

I had a nice can of Spindrifit. I love me some Spindrifit. Also a nice pinch of some really fresh minty dip\*.

\*Kosher dip. Most dip is not kosher. AYLOR.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 20 Feb 2025 22:53

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Welp.

All the line crossing the past few days ended the way it inevitably does.

Is any of this stuff working?

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 21 Feb 2025 00:19

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Damn.

At the risk of saying something, and not to be trite, “working” doesn’t mean the same as “worked”. Your post from yesterday is not deleted.

Nevertheless, it stinks. as bad as it can.

Truly sorry, brother.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 21 Feb 2025 17:01

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Had a nice continuation this morning. Yay

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Re: Chooseurnames 90 day trip  
Posted by lamaazavtuni - 21 Feb 2025 18:55

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Dont let the YH mayacharainu get you.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 24 Feb 2025 16:03

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Checking in.

Not sure what the plan is.

Not feeling particularly devastated from this fall(s), for better or worse.

Also kinda feel like I need more powerful tools, but don't have the willingness to go find them.  
Maybe if I got caught again it would motivate me.

Did some philosphizin' but no useful maskana.

Applied to a new job. Who wants to bet on whether or not switching to a new job will solve my

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problems