

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 - 05 Mar 2025 21:04

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Checking in on this gloomy Wednesday.

Yesterday's porn fall really threw me off. Didn't realize it at the time, when I was just focusing on the positive of managing to end the fall, but it did mess with me a little. Got home and was just really angry with my wife and kids. Which made me feel (more) guilty which made me more mad. So it goes.

Ended up staying up late reading a (clean but inane) webnovel to "relax". So now I'm tired.

Been clean today, but definitely feeling some urges, and a lot of grumpiness.

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I'm making some progress with the job hunt. Pardon me while I unload about something on my mind.

On the one hand, I've left every previous job in my short career at least partially out of guilt that I was underperforming due to my incessant porn abuse at the office. I don't feel like that here. Yes, I am not working as well as I could be and that's very bad. But I'm doing everything I'm supposed to be doing, so not the same type of guilt. And that's good. I think I'm making the right hishtadlus by moving on, and bez"h Hashem will lead me on to greener grass on the other side.  
**Warning: Spoiler!**

On the other hand. I'm worried that perhaps if I was not busy with p&p (porn and procrastination) I would've been able to make this job work better. And perhaps I self-sabotaged a unique opportunity.

On the third hand, I'm terrified that I'm gonna screw up any new job with my out of control porn use and procrastination. And I worry I'm on a path of endless job hopping, just hoping that a new job will magically solve my p&p problem.

Oy.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 07 Mar 2025 16:25

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If I was counting, I'd be two-ish weeks clean from masturbation.

I'm very grateful that I was saved from going on a binge after my last fall.

Excited to work towards Pesach and complete freedom from this pit.

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Unrelated, but I had a hergesh in this week's haftorah.

This week's haftorah is perhaps the saddest incident in Tanach. The seforim say that there were 3 times evil could have been eradicated and wasn't. The sin of Adam, the sin of the Golden Calf, and Shaul's failure to destroy Amalek. (If anyone knows the source for that please lmk.) I think Shaul's failure is the saddest.

Pay attention this week to the words. Shaul, the greatest and most humble man among a nation of spiritual giants, was anointed as king and commanded to wipe out Amalek. Chazal testify Shaul was pure from sin like a one year old baby. This great man goes to fulfill the command of Hashem, and succeeds! He *eradicated* the deep spiritual source of evil in the world, finishing the job Yehoshua left over and paving the way for a complete and final manifestation of Hashem's kingship.

He comes to meet Shmuel, and you can only imagine the simcha shel mitzva that Shaul must have been feeling. The dveikus and pure, elevated simcha that must have overflowed from Shaul. He meets Shmuel and joyfully proclaims, "Blessed be thou of the Lord: I have performed the commandment of the Lord."

Can you imagine the scene? The majestic beauty of the greatest of the Jews telling the prophet of Hashem that he has completely fulfilled Hashem's will?

And in a second it's gone. Shmuel's devastating reply comes: You haven't fulfilled Hashem's words! All you've done is *disgusted* Hashem's words. And now Hashem is disgusted with you, and has torn your kingdom away."

From the highest heights all the down. And (unlike the eigel) Shaul had totally missed the boat. He thought he had fulfilled the mitzva in the most optimal way. He continued debating with

Shmuel because, as the massive talmid chacham and tzadik that he was, he thought he had done the mitzva perfectly. "Vayarev banachal." He learnt the torah of Hashem's commandment and applied that l'halacha. But was wrong.

What a tragedy.

So that's point one. "Behold, to obey is better than sacrifice, and to hearken than the fat of rams." Forget about the times when we do what we know is wrong, but we do it anyway. It's so terrifyingly easy to convince ourselves that what we are doing is exactly the right thing. It's a *mitzva* for me to . . . . WRONG! Stop inserting your own cheshbonos and just. do. what. Hashem. wants.

That's the scary thought in the haftorah. Here's a more comforting thought.

The pirkei d'rabbi eliezer darshans a reference to the purim story in this incident. And the pdr"e learns that when Shmuel told Agag, "???????????????????? ?????????????? ??????????" he didn't say "Your mother will be childless among women." He said, "Your mother *will be made childless by women.*"

What women? This was referring to the destruction of Amalek by Esther. How did Esther kill Amalek? In what way did she contribute so the whole victory should be attributed to her and not to Mordechai or the people who fought in the battles? The commentaries explain this is referring to the tefillos of Esther and her maidservants.

What a lesson about the power of tefillah. It's not what you do, who you know, or anything else that brings success. It's tefillah.

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 07 Mar 2025 19:48

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A few Kapittlach, and not just for the job, friend.

I believe in you.

Here's a warm hand,

Chaim

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 10 Mar 2025 18:17

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Checking in.

Almost no work today. B"h I'm energized with this 40 day challenge. I have clearly demarcated what I'm not going to be doing to fill time, and am working on some productive alternatives.

Here's an interesting thing, and it's not the first time I've noticed this during this journey. When I'm busy burying myself in the mud, I'm so filled with shame and guilt that I'm not able to stick up for myself even when I should.

Today, I am going to send a firm email about the workflow. If I was busy with distracting myself online, forget about with porn, I'd be so guilty about not doing my part that I wouldn't be able to take a stand about the rest. Today I did my part and feel able to make a fuss about other people not fulfilling their responsibilities.

Anyway. That's the positives. The negatives are still here, don't worry.

Sunday was rough. I got so frustrated with my kids it was terrible. Just a vicious circle of

impatience. I tangibly felt the need to escape, preferably to porn but to anything. I didn't have the presence of mind to do much about that feeling, but b"h Hashem saved me from the opportunity to indulge that urge.

I wonder which came first. The irritation or the urge?

Shmiras einayim has been tough too. It's not a new thing, I've just been very much ignoring it for the past few weeks. Now that I'm feeling a little more motivated, I'm noticing how much I'm swiveling around following every woman I see.

**Warning: Spoiler!**

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 11 Mar 2025 21:14

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Whined enough and got more work today. Of course with "urgent" (a.k.a. fake) deadlines.

So it goes.

Today was pretty good. Small slip when I somehow convinced myself I needed to check sheitel prices online (don't ask.) But twas only a small one and I'm back up and running.

Been under the weather, burnt out at work, and keep fighting with my kids. But b"h I'm clean today and I'm very grateful for that.

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 12 Mar 2025 20:57

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Was on point with the gedarim I've set for today.

Wish I could've been a tad more productive.

Feels good to be clean, even when it hurts a bit too.

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Re: Chooseurnames 90 day trip  
Posted by hashem help me - 13 Mar 2025 02:59

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

Checking in.

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!**

Trying to catch up on the forums and just came across this gadlus'dik post! A must for every chosson rebbi to share!

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 13 Mar 2025 14:46

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Busy day today, and it's hard for me to work on a fast at the best of times.

Hope to keep it productive. I'm dreading having to work on Purim if I don't get enough done today.

Either way. Looking forward to a joyful Purim.

Hope y'all have a blessed one.



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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 17 Mar 2025 22:43

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Checking in. B"h clean.

Today was lousily unproductive. Spent the day playing card games online. But at least it was

Glad to be clean.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 19 Mar 2025 00:48

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Checking in.

Maybe one day it'll finally sink in that I am making these bad choices and I'll stop making them.  
clean - and also a loophole in my self-imposed housecleaning on killing time online

No work the past two days. Job search is dead ended since I realized all other jobs also suck,  
and being "puneh el rehavim" is so far not working out well.

So I did the usual. Started with something okay, then to something borderline, than more  
borderline, then settled in for a good afternoon of filter poking. B"h found a nice way around the  
filter. Watched some porn, started masturbating, then stopped.

I'll block the site, and change my "rules" about what I allow myself to do at work (right now I'm

on a "no time wasting" cleanse. I.o.I.) But like I realized today when I started playing the video, I have a choice and all the externalities in the world aren't forcing me to make that choice correctly. It's even funnier because just yesterday I noticed how few "urges" I've been having. It's not a physical problem. It's a me problem.

Anyway. Philosophy aside. I was enjoying being very clean, and I think I'd like to go back to that way of life. Wish I knew how to stay living that way of life.

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 19 Mar 2025 21:33

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Ho Hum. Did what I knew I was going to do.

It wasn't inevitable. There were several times along the way I could've stopped myself. But I chose not to. So it goes.

Davidt hitting the nail on the head today:

[davidt wrote on 19 Mar 2025 17:02:](#)

I would say he is in "Denial" which is one of the symptoms of addiction.

***Out of touch with the costs and reality of his addiction.*** Routinely ignores the kinds of warning signs that would be obvious to a healthier person. Externalizes blame for the consequences of his lustful acting out. Either unable or unwilling to see the destructive effects wrought by their his behavior.

But saying I need to wait until I get a wake up call is just making more excuses. I would commit to changing and implementing a plan, but I've done that soooooo many times. Is there any hope?

But idk. I was sober since February 21. And before that it was another few weeks (with porn but no masturbation). And before that it was a solid month of masturbating but 3 full months of cleanliness before that. Maybe I'm progressing to cleanliness. Or maybe I'm lying to myself and won't get better unless I do something drastic. Who knows.

A funny thing I felt today, and I apologize if this is somehow too explicit. I chazered some of my favorite videos. But while the first few seconds were enjoyable, after that it felt like drinking saltwater. Just made me thirstier and thirstier. There was nothing satisfying. I just wanted more. And while I know the only way to quench that thirst is by turning away, I wanted to quench it with some geshmake masturbation. So that's what happened.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 21 Mar 2025 19:48

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Checking in.

Been a lousy end of the week. Broke my streak, lost my motivation, and can't seem to find it back. I just feel . . . sick? numb? burnt out? hopeless? uncaring?

Not sure.

One highlight of the week was getting to meet some guys. It's amazing how someone can be a deep, close friend and you've never met them. It was interesting to me how it was the complete and total opposite of a Captain Kirk moment. It wasn't painful or shameful, aderaba, it was so pleasant to connect a little stronger.

Anyway. None of that stopped this little slide. I suppose I'll get back up off the ground. For a little while at least.

One more observation. A lot of my struggle comes up from being bored at work. But then a day like today when I had an urgent task, I still found reasons and excuses why I deserved the check out with some porn. Could it be that it's an internal problem almost totally unrelated to my external circumstances? I hope not.

The nice thing about shabbos is you don't have to scrub your whole house for it, and also there's beer. Have a shabbos.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 23 Mar 2025 20:25

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Checking in.

Shabbos was a nice break, but still not feeling particularly committed to being clean today. But trying to take it one day at a time.

Last night my wife got super pissed at me (wrongfully so, in my biased opinion) I retaliated, etc. etc. Major trigger.

I was actually on my computer working on a learning thing, and when she stormed off I was sooo very tempted to just check out. One click and away into porn preferably, but really into anything. I'm not really sure how I avoided it. Went on GYE a little and then was able to just focus what I was doing and not numb myself. It helped I was just typing up old notes and didn't need to think about anything. Twas rough though.

One thing I am proud of is I've gone without reading novels online or social media since whenever Vehkam made his point about 40 days till peach. I'm very happy about that (thanks to Vehkam, and BHBH).

Funny story from shabbos:

A neighbor brought a kid over to play when my wife was out with my kids.

When my wife came back I told her "Mrs. X came by with her kid." My wife said "are you sure it wasn't Mrs. Y?" I told her yes, I think it was Mrs. X and we went on like that for a bit, and she asked well was she wearing a [weird head covering Mrs. X wears]. I said I don't know, I guess so.

And my wife was like oh of course you don't notice things like that. Meanwhile, while I didn't pay much attention to her head covering, I'm sure I could tell you her dress size. And of course I knew what she was wearing on her head too, but part of my whole hiding from my wife thing is pretending to be aloof from noticing such things.

It's just funny that my wife could honestly think I'm not gores women, and it's mamash pumfarkert.

Wait, maybe it's a sad story not a funny one. Oh well.

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Re: Chooseurnames 90 day trip  
Posted by frank.lee - 24 Mar 2025 12:56

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Very much relate. Keep it up, and grow into the role for real BeH...

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