

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 - 25 Mar 2025 13:37

Checking in.

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 goes women, and it's mamash pumfarkert.

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

Boy can I relate! I also pretended to be aloof and not notice. I was more efficient than Shem though. I knew her dress size plus all sizes of every body part.....

It's a really weird experience when my wife tells me "Mrs. Ploni is expecting" and I am honestly

surprised..... Until 322 days ago I knew where every woman was up to.....

We should all be zoche to not know if our next door neighbor is expecting!!!

With overflowing brotherly love and tremendous respect for R' Shem,

Muttel

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Re: Chooseurnames 90 day trip
Posted by Muttel - 25 Mar 2025 13:39

[chosemyshem wrote on 23 Mar 2025 20:25:](#)

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).

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 27 Mar 2025 21:29

Spent most of the day on a nice hard fall.

Been a rough couple weeks.

Warning: Spoiler!

I'm so checked out of work. I have a couple minor and inconsequential tasks that I've been ignoring, since they are minor and inconsequential and I'm super burnt out. But people are getting annoyed. Good news is I'm making progress on the job hunt so I can start fresh at a new place and have a few good months before I burn out over there.

Hmm this feels very negative. There must be something positive. I'm making half the amount as usually make this month since I've been underworked and not doing the little work I have. Wait that's not positive either. Positive. Positive. Hmmm.

Let's see. ~~I enjoyed some good porn.~~ Well that's not really true. I didn't enjoy it much at all.

What else? The Vaad is developing nicely. I had a nice talk with a new sign up about the benefits of the vaad and how it will help him get clean. That motivated to stay clean. For about a half hour - then I went back to porn.

I guess the only positive thing I have to say is I'm not dead yet and tomorrow will be another day (probably another day of falling but who knows).

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Re: Chooseurnames 90 day trip
Posted by levaryeh - 27 Mar 2025 22:11

Feeling your pain... will have you in mind when davening.

Just wanted to let you know that I enjoy your thread and your insights, it has definitely helped me in my journey

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Re: Chooseurnames 90 day trip

Posted by redfaced - 28 Mar 2025 02:20

[chosemyschem wrote on 27 Mar 2025 21:29:](#)

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Warning: Spoiler!

I guess the only positive thing I have to say is **I'm not dead yet** and tomorrow will be another day (probably another day of falling but who knows).

[As discussed](#)

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 28 Mar 2025 15:46

[chosemyschem wrote on 27 Mar 2025 21:29:](#)

Spent most of the day on a nice hard fall.

Let's see. ~~I enjoyed some good porn.~~ Well that's not really true. I didn't enjoy it much at all.

I guess the only positive thing I have to say is I'm not dead yet and tomorrow will be another day (probably another day of falling but who knows).

Two questions. Was that a self-fulfilling prophecy or an honest self-analysis? Am I not enjoying porn because I don't need it and it's disgusting me, or because it's not exciting enough anymore?

In other news. I showed up at 11 and did the work I procrastinated on yesterday. It took me all of a half hour (only because I literally typed something instead of copy pasting out of boredom) and now there's nothing. I did get a grumpy email at 8 a.m. asking me for the status of that work, but b"h in a display of hashgacha pratis I didn't see that email or the supportive texts from the boys so I wasn't distracted from falling.

One observation. I recently had a nice month (aprox.) clean. I think I was busy and focused (mostly on Purim) and that was crucial. One thing that kept me busy and focused was working on getting megillah done between tu b'shvat and purim. I did it daf yomi lite style, but it was a fulcrum of focus.

I'm actually doing haggadah now with a gye buddy. But I'm not focused in on it, just learning a little a day.

Warning: Spoiler!

Maybe doubling down on learning the haggadah for pesach will be helpful. Or maybe not, but either way it won't hurt.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Mar 2025 13:19

[chooseurname wrote on 03 Nov 2023 16:06:](#)

Tonight will be two weeks. It's actually been a pretty easy two weeks, mostly because it's been a very busy two weeks.

Something I'm very nervous about tho and I apologize if I ramble here. But I'm going to be starting a new job in a few weeks. It's a great opportunity but I'm probably under qualified for the role, and it is going to be very difficult in alot of ways. (Changing some details to hide myself here but) I've left multiple jobs because of incessant porn watching during work. Unfiltered computer, private office (or even when I was working in a hallway!) and long boring tasks kinda made porn my default escape (in addition to the "regular" porn that comes with me and unfiltered internet). Of course, watching porn instead of working made those unpleasant tasks pile up and become even more depressing, leading to more need to escape into porn. I switched jobs just to get out of the pit. Of course, I gave other explanations, but just leaving seemed to be the only way out of the vicious cycle. I've actually been at my current job longer than anywhere else, but part of the reason I'm leaving here (if I'm being honest with myself) is that I burned some bridges by doing work poorly/late so I could watch more porn.

I really don't want to screw up this new job. But I know it's the type of place that is going to have alot of high-pressure boring tasks. Exactly the thing I used to turn to porn to distract myself and make myself feel better while procrastinating. I've got a few weeks before starting to prepare but this seems impossible.

Trying not to let the future kill my present success but I'm worried.

Advice and suggestions appreciated, but I probably won't be able to log back in until monday.

Huh. The more things change the more they stay the same. Don't have two clean weeks, and no formal job offer yet, but these exact same thoughts keep running through my head.

B"h feeling pretty motivated now to work towards going into pesach clean. Also working on going into pesach without my kids feeling like preparing for pesach is hell and Daddy is satan. Idk which is going to be tougher.

One reassuring thought from shabbos. My impression is that among my peers a significant percentage are getting high on at least an occasional basis. Not to get high and giggle like teenagers. Just quietly getting high by themselves at night to cope with life stress. Now, if my wife wouldn't literally kill me for that I'd be right there too, but it hit me that I'm not garbage for reacting poorly to stress and making poor decisions. Yes, my drug of choice is exponentially more destructive than theirs. But perhaps it's within the "normal" range. Idk, I found that reassuring.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 31 Mar 2025 18:30

I would join you for a bottle of beer. My alcohol tolerance kinda maxes out then. My drug of choice has been gone for a while and I'm in search for something new. When you discover something that's not harmful, lmk.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Mar 2025 22:12

Just wanna share that I think Gentech is pretty lousy. "Accidentally" totally deactivated the filter. Wasn't able to stop myself from confirming the totality of the deactivation. But managed to not get fully involved in watching and was able to move on. Eventually.

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Re: Chooseurnames 90 day trip
Posted by babayakob - 01 Apr 2025 01:00

It's wasn't gentech, I broked into your computer...

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Re: Chooseurnames 90 day trip
Posted by markz - 01 Apr 2025 03:48

[babayakob wrote on 01 Apr 2025 01:00:](#)

It's wasn't gentech, I broked into your computer...

The Rebbe is watching you!!

Yakov how about you offering free Shemira online services for the 1st 10 babas that subscribe to your hasidus.

It's a win win situation.

You save the world from P and M, and get all those social security numbers absolutely free.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 01 Apr 2025 20:58

Checking in. I had a stressful 24 hours. Very stressful.

I'm not sure why, but despite knowing I could deactivate my filter again I didn't. Wasn't even very tempted to despite desperately wanting to numb myself (a chaver pointed out that porn's not much of an escape. At best a temporary numbness.(For those wondering why I didn't block the loophole. I'm not sure how to. I'm also so sick of filter whackamole I haven't blocked anything recently.))

I did distract myself with internet inanities. Although I was pretty productive till around 2, with non-work productive tasks mostly. Then I checked out.

Idk.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 02 Apr 2025 21:02

Feeling frustrated. Fell in the morning. Spent most of the day reading to distract myself. I've been doing so good on that front, but I thought I needed heavy duty distraction or I'd continue. Unfortunately, after the distraction ended I went back to porn. Stopped eventually though.

Life's been confusing recently. But that's not an excuse. I do think though that if I had some momentum going I'd be able to withstand these urges. All the momentum is in the wrong direction though.

Idk what to do. Feeling kind of hopeless tbh. I guess the good news is I'm also feeling numb and the hopelessness isn't hurting too much.

Funny thing. At some point today the thought hit me that perhaps I hadn't closed out the browser window on my home computer with the evidence of my early morning fall. I started pictured my wife turning on the computer and what would flash in front of her eyes. Instant panic. I tried reassuring myself that I cleaned up the evidence, and anyway being caught would be deadly but cleansing. Still panicking. It's funny but the thought that crossed my mind was to numb myself with porn. As if doubling down on lust would somehow solve anything.

Warning: Spoiler!

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Re: Chooseurnames 90 day trip
Posted by Muttel - 03 Apr 2025 12:50

Oy, I feel for your hopelessness, and even more for the fact that you're numbed to it.....

)? I wonder
how long I could withstand the temptation if I had a ???? ????? sitting right in front of my desk
(dressed like the ???? ???? for all those learning the Daf)? One thing is certain, not very long.....

With boundless brotherly love,

Muttel

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Is it possible for you to cut off the access you have (to porn - not to masturbation