

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 thompson - 05 May 2025 16:09

[chosemyshe wrote on 04 May 2025 21:01:](#)

Checking in.

Still clean. Definitely a little slipping at the end of the week last week, but feeling grateful that the area of slippage is in shemiras einayim in the streets and not hardcore porn at the office. Still something that needs work and a lot of care that it doesn't become that first sip that drags me off the cliff. One tough thing is that my new job is in a much more urban and crowded area, and the streets are just alot more intense than where my previous job was. And keeping your head down while driving is just not so shayech. . .

Actually a funny story about that. I was thinking over shabbos about what works in the street and what doesn't. One thing I used to try was to look out for interesting stuff on the sidewalk - Rabbi Miller has a shtickel about looking for coins or something. And I so on shabbos I decided that that doesn't work since there's never anything interesting on the sidewalk and I should focus on other tools. But Rabboisei! Pull out your guitar and hum along! Hayad Hashem Tiktzor!

There I was walking along this afternoon, and I happened to glance down. And what did I see?
A hundred dollar bill on the ground!

Never happened to me before. Absolutely blew my mind.

Now, this would be a better story if it motivated me to keep my eyes down. Which it hasn't so far. We'll see. I've been getting somewhere with the "women on the street are not your eye candy" so hopefully I'll be able to keep on working with that. But it's tough.

The GYE calendar has me at 32 days but no idea if that's accurate or not. I have not been checking in at all, trying to actively avoid it, but needed a little chizzuk so checked in for the boost from the "streak." Either way, glad to be clean today.

This reminds me of an amazing story with a profound lesson I heard recently.

A Ben Torah had a dream that he found a couple of hundred bucks on the street on Shabbos. Being a Ben Torah and all that flair, he started rummaging through his extensive knowledge of loopholes to see how he could take the money and settled on the good old "Graf Shel Re'i." He did his worst, and just as he was about to bend down to move it out of the way, he woke up and realized that only the second half of the story was real.

To echo Shem's words, Hayad Hashem Tiktzor?

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Re: Chooseurnames 90 day trip
Posted by simchastorah - 05 May 2025 19:08

I'm so glad you found it! Lemme pm you my address so you can return it, I've been looking everywhere

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 06 May 2025 18:15

[chosemyschem wrote on 04 May 2025 21:01:](#)

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Kol Tov Brother

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 07 May 2025 12:44

[simchastorah wrote on 05 May 2025 19:08:](#)

I'm so glad you found it! Lemme pm you my address so you can return it, I've been looking everywhere

Definitely pm your email address.

Returning the money we can discuss. After taxes, fees, shipping and handling it may be cheaper for you to just forget about it . . .

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 11 May 2025 21:11

Checking in.

More of the same. Some ups and downs, but all within a pretty good range. Definitely been more taking a second glance then is totally healthy for me. But doing good all the same.

Friday afternoon I randomly and completely decided I was gonna go fall. B"h came to my senses before I got to it. Shabbos, I saw an enticing sight in the street and instinctively turned away before it finished registering (though mixed success on the urges to check and confirm

exactly how enticing the sight was lol.)

Ups and downs but b"h doing pretty good. Working on maintaining my motivation and staying away from the first indulgence.

By the way, random grouch. My wife decided to use the money I found on a "date night." Ended up being quite an expensive bit of free money. Ain't no such thing as a free lunch.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 14 May 2025 00:22

Today, for no reason I can tell, was an absolute disaster of a day.

Not lust-wise. Life-wise.

Fighting with my wife over nothing, came super late to (my brand new) work, shouted at kids. The works.

I'm not sure what happened. What is very interesting is that 1) if I didn't have a little clean streak going there is no question at all I would've turned to porn. 2) While I'm (at least trying to be) very grateful I didn't do that, and I know it would have only made things worse, it does (as always) surprise me that leaving porn didn't turn my life into a sparkly rainbow of joy. 3) As a convo with the great hopeful P drove home, all those negative character traits that lead me down the path of porn are still there. And they ain't gonna go away by themselves.

Life goes on (
Something is hidden for guests. Please log in or register to see it.
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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 14 May 2025 12:52

Think I'm coming down with a bad cold. Not great, but nice to have an explanation why yesterday was so tough.

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 14 May 2025 13:12

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Life goes on (like it or not.)

I don't disagree but I do.

You see - negative character traits take a lifetime of work to change. Or should i rather say, to sublimate, enhance, and transcend. The Nesivos Shalom speaks many times about how, in truth, the "good days" aint that great, and the "bad days" are really good days [I think it was the Vorka Rebbe who said that on his deathbed]. I think it means that the days when our negative traits are flaring up, and we struggle and yet persevere to an extent - well - THAT'S GROWTH. There's nothing more valuable than that. "All in all its yet another rung up the ladder" [my version of the Pink Floyd Yesoid].

You had a sucky day. You didn't fall. You are pushing forwards. You are seeing what you can learn from it.

It's days like this for which we are born. Scratching a bit further at what we have to work on, getting a little better each day. Only this and nothing more.

Hang on friend, and feel better! You're one of the good ones.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 14 May 2025 13:15

[chosemyschem wrote on 14 May 2025 00:22:](#)

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Posted by chaimoigen - 14 May 2025 13:18

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I hear you, brother. I have a slightly different take. Life going on the way you describe is pretty good. You see - negative character traits take a lifetime of work to change. Or should i rather say, to sublimate, enhance, and transcend. The Nesivos Shalom speaks many times about how, in truth, the "good days" aint that great, and the "bad days" are really good days [I think it was the Vorke Rebbe who said that on his deathbed]. I think it means that the days when our negative traits are flaring up, and we struggle and yet persevere to an extent - well - THAT'S GROWTH. There's nothing more valuable than that. "All in all its yet another rung up the ladder" [my version of the Pink Floyd Yesoid]. You had a sucky day. **You didn't fall.** You are pushing forwards. You are seeing what you can learn from it. It's days like this for which we are born. Scratching a bit further at what we have to work on, getting a little better each day. Only this and nothing more. Hang on friend, and feel better! You're one of the good ones. ??? ???? ?????

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Re: Chooseurnames 90 day trip
Posted by mountainclimb - 14 May 2025 22:00

No it really doesn't lead to a rainbow of joy. I'm depressed as I ever was. Clean about 25-30 days.

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 14 May 2025 23:00

[mountainclimb wrote on 14 May 2025 22:00:](#)

No it really doesn't lead to a rainbow of joy. I'm depressed as I ever was. Clean about 25-30 days.

I don't like to talk about myself so much.

But the following may be valuable for others to see. So here goes.

I just realized that today, day 730 for me, is two years clean.

BH.

Life isn't a bed of roses. In fact I have a number of major Nisyonos that have taken place and continue to take place, and I struggle with them internally as well as outwardly.

However, the internal joy that I have inside from the sense of Tahara that I've developed from being clean has changed my life, and given me strength and clarity and a wellspring of Koach that I would not otherwise have. Because being clean is not just about stopping to feel sick about what was wrong. It's about how so, so, much in my internal spiritual and emotional life is better from this place that I'm now in, BH. Everything looks different from here. I've written about it on the forums...

I don't think life ever stops being filled with challenges. That's why we are here. But the rewards of being clean - long term - are abundant.

Hang on, friend. It comes with time, and it's worth it.

Here's a warm hand,

Chaim Oigen

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Re: Chooseurnames 90 day trip

Posted by mggsbms - 14 May 2025 23:13

Wow I've yet to see such a post, pure gold, and amazing chizuk. I'm far from being fully clean, but recently I have tapped into this, days that are relitivaly clean are priceless and just make everything spiritual sweet, I can only imagine how being clean long term only compounds this clarity and sweetness.

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However, the internal joy that I have inside from the sense of Tahara that I've developed from being clean has changed my life, and given me strength and clarity and a wellspring of Koach that I would not otherwise have. It's not about stopping to feel sick about what was wrong. It's

about how so, so much in my internal spiritual and emotional life is better from this place. I've written about it on the forums...

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