

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 chaimoigen - 05 Aug 2025 00:03

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I love that Netziv.

it one of the best formulations of the idea that you're bringing out, one that I've written about extensively: That there's a "Plan B" which is **today's** Razon Hashem to bring about the Tachlis Haberiya/person , irrespective of what **would** have been "Plan A" if other choices had been made.

Keep trucking on, friend. You're still a King.

here's a warm hand,

chaim

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 06 Aug 2025 17:50

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Had a longer post I wanted to write but no time. Maybe later.

But I gotta share this Ohr Hachaim Doeihu sent out today. Absolutely amazing. It's from Vayikra 18:2. The basic point is staying away from fantasy is just as important as staying away from porn (or other lust taken in through the eyes), and you can't do it without engaging *positively* in the mitzvos of shemira. That is to say, those guarding actions must be undertaken as a kum v'aseh "get closer to Hashem" type action. At least, that's how I understood it from the short translated piece - have not had time to see the full thing inside. KOT!

"It is known that all of the mitzvos that Hashem commanded His holy nation are commandments that a person has the ability to keep, and that he can arouse in himself the will to fulfill them."

"However, one mitzvah is an exception: that of distancing oneself from *arayos*. The desire for *arayos* is very strong and people feel compelled to submit to their desires. One can **only** withstand this challenge if he works on distancing himself from being affected in two ways: by what he sees (i.e., one must guard his eyes from seeing forbidden sights), and by what he thinks (i.e., one must guard his thoughts to avoid thinking forbidden thoughts)."

"However, if one does not guard himself in *both* of these areas — even if he is careful in one of the two — he will not have the strength to rule over his inclinations and overpower his desires. We find stories in *Chazal* that depict how someone who guarded himself in only one of these two areas was nevertheless subjected to very difficult challenges.

"Having said this, a person may think to himself: 'How can I withstand this *nisayon*? This test can only be withstood by people who have no problem guarding their eyes and thoughts and are easily able to protect themselves from spiritual harm. People like me, however, who live amongst lowly gentiles, have no way of controlling themselves from seeing improper sights and thinking forbidden thoughts!'"

“The answer is that this is indeed a valid claim. The vast majority of humankind does not, in fact, have the strength to overcome such difficult challenges. **However, the Jewish people possess within themselves a ‘chelek Elokah mi’maal,’ a Divine ‘piece of Hashem’ (kaveyachol).** Therefore, we *do* have the strength and fortitude to stand strong and overcome the most difficult challenges. Even if we live amongst the lowliest of people, we possess the strength to guard our eyes and thoughts to ensure that we are not dragged down by them, and we have the ability to stand firmly against difficult temptations.”

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Re: Chooseurnames 90 day trip

Posted by diamondwithaflaw - 06 Aug 2025 19:02

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[chosemyschem wrote on 06 Aug 2025 17:50:](#)

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I can attest to this based on my own personal experience.

For close to 6 years I stayed away from P & M, but I was only careful in those 2 areas. I was not careful in other areas of *shmiras eynayim* and I would definitely fantasize from time to time. My life got a lot better during that time period, but it wasn't great.

A couple of months ago I started turning away from anything inappropriate and I stopped fantasizing. Almost instantly My life changed drastically.

I don't know, maybe it's a coincidence. There's one way to judge. Everyone here should try it

Good luck out there!

-Diamond

P. S. Will this post be sufficient or do I still have update my own thread? Lol

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Re: Chooseurnames 90 day trip

Posted by mggsbms - 07 Aug 2025 00:42

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[diamondwithaflaw wrote on 06 Aug 2025 19:02:](#)

[chosemyschem wrote on 06 Aug 2025 17:50:](#)

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Good luck out there!

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P. S. Will this post be sufficient or do I still have update my own thread? Lol

An extremely powerful share, my humble advise, put it on your own thread.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 10 Aug 2025 18:56

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Checking in. Still sober from masturbation b"h. Still clean from porn b"h. Still struggling hard with not taking in lust by every women I see. Also b"h, but harder to feel.

Was on the phone with a vaad guy the other day, and actually was pacing around on the sidewalk "coincidentally" near an open bedroom window. Some woman walked into the bedroom and saw me there and slammed the window shut. Wanna bet if she believed the "innocently talking on the phone" vibe I was desperately trying to project? Funny how we can be reaching for the heights at the exact same time as we are reaching for the depths. I don't think it's a stirah - growth is not necessarily a linear path. But still kinda sad.

On that note, I feel a bit stuck. I do not want to negate the significant progress I've been making. I'm sober for my longest streak, and doing well with porn. In fact, I had a pretty solid win on Friday. I had the day off, and in such unstructured situations I've got a history with sitting down in the morning by the computer "just for a minute" and then sinking down into a solid day of lust. I didn't do that Friday. Instead, I went to shul and had a decent seder. So progress is happening.

But at the same time, I feel like a lot of my success is due to externals. My work setup is pretty solid. Although my computer isn't filtered, it's in a public area which is a much better shemira. And I'm busier than at previous jobs, with much more direct supervision. I generally have less access to porn. Obviously I can get access, hence the four months sober and less than one month free from porn. But less access. And it feels like my success is more external, but the internal work is not as advanced. And that's being expressed by drinking in lust obsessively on the street (or anywhere else there are women around.)

A lot more work to do.

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Unrelated (or maybe yes related), but I want to share a red line I felt I wandered across last week. Maybe getting it out there will help me stay away from it in the future. A huge issue for me is streaming sites. Without getting into my amateur Freudian self-diagnosis about how this developed, I have a real pattern of going onto streaming sites "just to see if anything looks interesting" and watching a few minutes of this or that; all the while just circling around until I can find the most erotic video on the site. It's a major issue for me. And it's actually pretty funny since I don't even watch movies recreationally anymore. But somehow I still allow myself to fool myself into going down that path.

It's probably the number one way I fall into lust. Definitely top five. So this week I had some slow time at work and ended up starting down that road. I didn't see anything worse than five minutes of the new superman movie (which was pretty bad, but in the filmographic sense not the lust sense.) But I can't even call that a slippery slope. It's beyond that. I *know* where that inevitably ends up. I guess I'd call it the initial stages of a fall.

Hoping that getting this out there will help me acknowledge what is going on and stay away from it.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 14 Aug 2025 13:26

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Checking in quickly.

Fell hard with porn yesterday. No real justification. Not gonna lie, it felt like I scratched an itch until it bled. You know what I mean? Good at first and then it kinda hurt but I kept going until it really hurt but also still kinda felt good.



I bsh\*ta haven't been logging a porn streak, but I do use the logger to catch falls so I don't fool myself. Turns out I'd done a solid 31 days porn free (and by porn free, I mean no filter poking, no attractive women on social media, no nothin.) Pretty good if I say so myself.

But at the end of the day if I don't do something real about lust and the things driving me to lust this is gonna keep on happening. Two things I want to work on.

1) Daily chizzuk on shemiras einayim. Gonna do Vayimaen for 30 days (although honestly sometimes those videos piss me off so much I want to watch porn in retaliation.)

2) Anyone want to walk me through a Step 4? I think it would be helpful for me.

Didn't masturbate, so technically that sobriety is hanging in there. But it's a half a comfort when I was stuck at my desk watching for 2+ solid hours and came home an hour and a half late to my wife freaking out.

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Re: Chooseurnames 90 day trip  
Posted by kavey - 14 Aug 2025 14:30

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Wow. I really wish I had ideas but I don't however I'm a firm believer in teshuas Hashem k'heref ayin. Keep trucking love your attitude brother

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Re: Chooseurnames 90 day trip  
Posted by mggsbms - 14 Aug 2025 19:23

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[chosemyshem wrote on 14 Aug 2025 13:26:](#)

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Didn't masturbate, so technically that sobriety is hanging in there. But it's a half a comfort when I was stuck at my desk watching for 2+ solid hours and came home an hour and a half late to my wife freaking out.

I know and feel this cycle, it sucks, and I feel it in my bones. This question must have been asked at nauseum, but needs to be asked - again, what is your real motivation to stop the cycle? Or do you really want? (Sorry).

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 14 Aug 2025 21:07

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[mggsbms wrote on 14 Aug 2025 19:23:](#)

I know and feel this cycle, it sucks, and I feel it in my bones. This question must have been asked at nauseum, but needs to be asked - again, what is your real motivation to stop the cycle? Or do you really want? (Sorry).

No need to apologize! A very valid question.

I do have tons of motivation. Mostly to avoid pain, but also to taste life (I told myself I'd write a follow up to the Taste of Death post called a Taste of Life. But that one comes less naturally.)

The issue is keeping the motivation strong when the sweet drug is so close. . .

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Re: Chooseurnames 90 day trip  
Posted by iwillmanage - 17 Aug 2025 22:19

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[chosemyshem wrote on 14 Aug 2025 13:26:](#)

2) Anyone want to walk me through a Step 4? I think it would be helpful for me.

Help you walk four steps or somehow start the walk on step four?

Or have you already taken three steps yourself?

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Re: Chooseurnames 90 day trip  
Posted by novardoker - 18 Aug 2025 04:04

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Where can I find this netziv?

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 18 Aug 2025 17:24

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[iwillmanage wrote on 17 Aug 2025 22:19:](#)

[chosemyshem wrote on 14 Aug 2025 13:26:](#)

2) Anyone want to walk me through a Step 4? I think it would be helpful for me.

Help you walk four steps or somehow start the walk on step four?

Or have you already taken three steps yourself?

I can't say I've taken the first three steps, though I've definitely thought about them alot. I don't expect to take them outside of joining the program (which I'm not ready to do at this point). But I love the idea of a full moral inventory with a specific eye towards identifying and surrendering the actions I take that push me away from Hashem and towards lust. I could try to do it with a mesillas yesharim instead, but if there's a program around that's so precisely targeted it's almost a shame to not try it.

I respect your opinion. Do you think it's a waste of time without doing the whole program? You don't think there's any independent value to a searching and fearless moral inventory?

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 18 Aug 2025 17:28

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[novardoker wrote on 18 Aug 2025 04:04:](#)

Where can I find this netziv?

Hamek Davar on "????? ?"?:"??"?

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 18 Aug 2025 17:45

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Quick check in.

B"h shabbos was a beautiful reset. Helped that Hashem did a very significant chesed for me Friday afternoon. Today I rearranged my desk to make it harder for me to hide my screen. A small step, but it'll help.

Sunday I took the kids on a trip (something I hate doing). On the positive side, my wife suggested a destination that I knew would likely have more immodest people around and I

made an excuse why it wasn't a good spot (I think I would've said shemiras einayim, but my ultra-frum brother in law was going.) On the negative side, at the place we ended up going to there was a woman hanging around literally wearing underwear. Not stam jogging clothes which are like underwear. Actually underwear. While blaming my lack of shemiras einayim on other people's clothing choices is a losing game, the point is that there was a lack of shemiras einayim.

Spent some time on shabbos thinking that I feel like I'm almost getting the hang of this, but missing some crucial bits. Not sure which crucial bits though.

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