

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 mggsbms - 18 Aug 2025 18:21

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[chosemyschem wrote on 18 Aug 2025 17:45:](#)

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.**

I had a similar experience recently, we went to sit by a water and in my direct purview there was a immodest sight - to put it mildly, my wife insisted we stay, I insisted we move, and I moved away from the direct sighting, it bothered me for a bit, but the trigger passed, it felt good to be able to control my eyes not to get a second look, and too impress on my wife that I'm being careful about shemiras einiem.

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Re: Chooseurnames 90 day trip  
Posted by BenHashemBH - 19 Aug 2025 15:51

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[chosemyshe wrote on 18 Aug 2025 17:24:](#)

I can't say I've taken the first three steps, though I've definitely thought about them a lot. I don't expect to take them outside of joining the program (**which I'm not ready to do at this point**).

Shalom Brother Shem,

You've mentioned something along these lines several times in the past. I'm gonna segway off mggsbms (Marketing Group for Global Strategy and Business Management Solutions?) challenging where you are at and what you really want.

What makes you feel 'not ready' / what would make you feel like you would do it?

I'm not suggesting what you ought to do, rather that there might be some valuable insights in defining exactly where you are holding.

- Do you think you don't need it (yet)? Why?
- Are you afraid that you might need it, but not ready for that
  - think it might not work, (then what)
  - think it might yes work, and what that looks like

In your search for crucial bits, I'd investigate the positive effects you have experienced (and if you haven't, definitely investigate). A taste of life is good, but if that motivation is temporary, maybe you need more than a taste?

ps, I resent that you called jogging clothes "stam", but I forgive you. What tastes good on the tongue doesn't necessarily sit well in the stomach. It's hard to keep up a diet when you are constantly hungry. What can you do to satiate yourself with life so that the 'sweet drug' isn't so mouth-watering? I'd love to read your taste of life story - we should really all write our own.

Also, you can say because of shemiras einayim! What your BiL does or doesn't do ain't really yo business.

Oh, and kudos for rearranging your desk (not small!), the effort to avoid an immodest area, and feeling good about your recent efforts.

Hatzlacha and Kol Tov

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Re: Chooseurnames 90 day trip  
Posted by iwillmanage - 19 Aug 2025 21:33

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[chosemyshe wrote on 18 Aug 2025 17:24:](#)

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

[chosemyshe 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 yescharim 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?

Of course there's great value in anyone doing the inventory. To achieve a solid and extended sobriety, it's essential we know the truth about ourselves and be true to ourselves. Done properly, step four itself is a powerful process of self-discovery which can be very illuminating and liberating. It reveals the underlying resentment, fear, shame and other dreadful feelings we couldn't face and consistently covered over with layers of lust. Just being aware of what's going on inside gives us a huge advantage in breaking the cycle *before* it triggers lust.

My only point is that taking step four out of the context of the rest of the steps and a program of recovery eliminates so much of what the step is, that I would hardly call it a 'step 4'. Step four isn't really about achieving sobriety. That's step one. Step four is about starting a new *way of life*. It follows on from having come to the realisation that we aren't able to manage our lives on our own and then, having made a decision to turn our life and will over to the care of God, we now start the lifelong journey of trying to make that a reality. That starts with a thorough and searching stock taking of all our assets and defects, but merely knowing what's in stock isn't going to align our lives with His will of us. We have to move on to the next steps for that. The steps are a process that follow on from each other as well as 12 principles for a sober life, more than they are tools to reach sobriety. Maybe this is what you intend to do with your inventory, you do mention 'identifying and surrendering the actions I take that push me away from Hashem'. Either way I wish you lots of hatzlocho.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 22 Aug 2025 14:54

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Here's an overly dramatic complaint.

I went to yeshiva, successfully or not. I learnt in kollel. I try to try to do the right thing. I identify as a frum yid who tries to do the ratzon hashem.

Obviously, I am human and my understanding is limited. But to some extent, I understand how to engage in avodas hashem in various areas. I have an understanding of what I ought to be doing in davening, even though in reality I fall very short. I understand an avodah of learning, of family life, child raising, chesed, etc. Even things like eating, traveling, going to the bathroom: I understand there is an avodah there though I may not be able to connect to it. My understanding has grown and changed over the years as I grew, but I have *an* understanding that I hope will continue to grow.

Yet somehow I have no idea of how to engage in avodas hashem at work. I've looked. I've read Ben Torah for Life, mussar seforim, listened to shuirim etc. etc. And I just don't see it.

Everything out there seems to be a "sur m'rah." Go to work and don't steal. Go to work and don't lose your yiras shamayim. Go to work and don't get so lost in work that you forget to daven mincha.

I'm not negating those things. I see myself they're not easy things. But where is the active avodas Hashem? Where is the avodah of building?

Perhaps my issue is learning to see sur m'rah as an opportunity for active avodas hashem, a la TBOTG. But I still feel like I'm missing something.

This is a long winded way of saying I watched some porn at work the other day. A classic situation for me. Alone at the office, tasks I didn't want to do, feeling low. Boom.

And so instead of just accepting personal responsibility I have this complaint. Where in that long boring afternoon, with nothing to do but calendar deadlines, was the place for me to do something positive? It's very hard for me to see that "just" doing my tasks and not watching porn would have been positive.

I feel like until I learn how to engage positively with those stupid tasks I'm going to have this same type of struggle. I cannot motivate myself by just saying "this is your job and do it!" That works about as well as saying "porn is bad, don't watch it!" How can I learn to see that silly boring task as an avodah?

Is this philosophizin'? Perhaps. But it's also a question that has been weighing on me.

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Re: Chooseurnames 90 day trip  
Posted by vehkam - 22 Aug 2025 15:13

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Workplace is a great place to work on bitachon

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Re: Chooseurnames 90 day trip

Posted by mggsbms - 22 Aug 2025 15:22

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Isn't the boring job an issue in itself? why conflate it with finding avodas hashem in your work, it sure is a lofty goal, but work being productive and fulfilling is also important.

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 22 Aug 2025 15:26

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I wonder what Yosef HaTzaddik thought about his avodah after ending up in Potifar's house?

(My work usually doesn't feel super positive and avodas Hashem-ish. Heck, even my learning and davening don't always feel as such - unfortunately. I think that's part of my avodah though, to keep doing it even though I oft feel disconnected and far. I need to feel positive for simply showing up. For me, not watching porn is positive. Wish I had something to share re the piece you feel is missing.

Hatzlacha and kol tov Brother

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Re: Chooseurnames 90 day trip

Posted by kavey - 22 Aug 2025 15:30

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My friend I think you're barking up the wrong tree. I think for a lot of us we first have to be a "working man" before we can be a "yiddishe working man".

If you want to do what the mussar seforim say then say "hineni muchan umezuman" at the beginning and then go about your day. Using it for motivation is a madreiga imo.

You mention boring tasks without motivation...but porn and masturbation have taught us to have low frustration tolerance and seek an escape. So the porn itself imo makes the boringness of the tasks a bigger issue. I think the solution lies in a "gito veyado ba'im k'echad" type approach.

You have to teach yourself to slowly get used to working through those boring tasks while slowly weaning off the escape neurosis. Not easy especially when the object of your desire is by design at your fingertips.

I know you've been at this awhile but I think starting from a secular point of view may be more constructive.

Of course Vehkam's point about bitachon helps remove the stress...

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Re: Chooseurnames 90 day trip  
Posted by kavey - 22 Aug 2025 15:50

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And I'll throw down the gauntlet.

Share with Am V'Eda here one small thing you'll do to improve productivity and one small thing to be Misracheik Min HaKi'Ur (sorry I'm on a transliteration kick apparently)

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Re: Chooseurnames 90 day trip  
Posted by 138eagle - 22 Aug 2025 16:20

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Oh Boy! Can I relate.

Sitting at work, and just wondering, "What on earth am I doing here??"

Forget sitting at work, I sometimes can't get out of the car to get into the office, I am held back

by this thought.

One way to think of what the ????? of work is to think that I am here to support my family. That is an extremely important ??????. However, that is harder said then done, as ??? ????? is what I am doing accomplishing that, and I feel frustrated.

I don't know if this is the correct answer, but let's take a moment to think about the fact that my ????? is to do whatever ????"? wants me to do at this moment. And apparently he wants me to go into the office and punch keys on the computer.

How do I know? If he didn't want me to be here, I wouldn't be here. So I go do that. Is it stiling at times? Yes. Do I get bored? Yes. DO I feel frustrated and want to escape (with whatever - fill in the blank)? Yes.

But this may be a possible way to look at it.

Wishing us both ????? in this challenge.

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Re: Chooseurnames 90 day trip  
Posted by Muttel - 22 Aug 2025 16:22

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What about thinking of the Gemara in Kesuvos (50a) ????? ?????? ????? ?????? ????? ??? ???. ??? ????? ?????? ????? ??? ?? ???' ?? ??? ????? ?????????? ????? ??????? Wondering if thinking of the value in what you're doing may be helpful....

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 24 Aug 2025 18:59

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Some very thought provoking responses. Very much thought provoking. Hmmm.

Hopefully I'll actually sit and think the thoughts being provoked, instead of distracting myself.

Wanna share a big win.

My wife got super pissed shabbos afternoon. IMHO over nothing, but I did my best to be supportive; which backfired terribly and she said some harsh things. Without getting stuck in the mire of "who is right," I was sitting there motzei shabbos feeling like I was unjustly hurt. And I had an urge to turn to my computer to soothe myself. Not with porn god forbid poo poo poo. Or at least, not without easing into it.

But I didn't. B"h hashem reminded me that I'm not trying to stay clean for *her*, I'm doing it for *me*. Regardless of what happens.

I was also able to remember that numbing myself is not a solution. Went and took a shower and in response to all the excellent comebacks that popped into my head I was able to turn to Hashem and ask him to take away the ego and fear that was driving me.

And it worked. I went to bed at a normal time, without turning to entertainment to soothe myself. I was even able to reach out to my wife with a kind word before I went to bed, which is tough because I feel like I'm always the one apologizing for her getting upset (again, it doesn't particularly matter if that feeling is correct.) Funnily enough, she ended up staying up until 3 a.m. soothing herself with youtube or something. But that's not my problem.

And because I de-escalated, she was remarkably civil today. A win all around.

Had a thought last night I thought was encouraging. See Tanna D'bei Eliyahu Rabba 9:11

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Here's my translation:

Joyful praise to he who never sinned and never departed from the path of goodness. Though he be a non-priest he is fitting to offer sacrifices on the altar like the High Priest, as it says . . . However, someone who has sinned and sinned again but holds back

and gives up an opportunity to repeat the sin, **even just out of laziness**, this second person is far greater and is comparable to the ministering angels.

Not sure if this translation is totally correct. But seems inspiring.

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Re: Chooseurnames 90 day trip  
Posted by alex94 - 25 Aug 2025 10:53

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[chosemyshe wrote on 24 Aug 2025 18:59:](#)

I was able to turn to Hashem and ask him to take away the ego and fear that was driving me. I was even able to reach out to my wife with a kind word before I went to bed, which is tough because I feel like I'm always the one apologizing for her getting upset (again, it doesn't particularly matter if that feeling is correct.)

This is the stuff of legends! Real real avoda. May Hashem help you savor the incredible ?????? ?????? of this win!

KOT

???"? ??? ???

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Re: Chooseurnames 90 day trip

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Posted by chosemyshem - 25 Aug 2025 17:42

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[alex94 wrote on 25 Aug 2025 10:53:](#)

[chosemyshem wrote on 24 Aug 2025 18:59:](#)

I was able to turn to Hashem and ask him to take away the ego and fear that was driving me. I was even able to reach out to my wife with a kind word before I went to bed, which is tough because I feel like I'm always the one apologizing for her getting upset (again, it doesn't particularly matter if that feeling is correct.)

This is the stuff of legends! Real real avoda. May Hashem help you savor the incredible ?????? ?????? of this win!

KOT

???" ??? ???

Meh.

She got over herself and wanted to move on. But I wanted some groveling apologies and was too proud to say so.

Actually ended up with some filter poking during a long afternoon - just to crank the Elul guilt to the maxxx.

Ahhhhh the joys of life.

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