

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 chaimoigen - 03 May 2024 18:55

Did you finish the whole bag of popcorn?

I actually would not recommend starting up the Shmiras Enayim conversation about the laptop. It's ok if you have a regularly used computer - to talk about the need for a filter. Because regular use has Shmiras Enayim pitfalls without a filter. But to talk about how you dont want the passcode to a computer that only she uses- that would probably trigger warning bells. (Especially based on the history you mentioned).

I'd rather go for the Chol Hamoed/ Vayimaen conversation first ...

As for the laptop, I definitely like your idea to break it.

There are cheap whitelist options with most of the filtering companies (Nativ, Gentech, Techloq

etc) but i don't know of a free one. I will PM you a number to call.

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 04 May 2024 21:46

I think there is a way to block everything except one site using the hosts file, google it..

Techloq can give their block all plan for free..

Hatzlacha on the conversations with your wife.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 05 May 2024 20:41

Well. Didn't get around to having any conversations. Had a small fall Friday and was not in the frame of mind for any discussions.

Not really sure what my thought process was. I just wanted it and went for it. I think I got overconfident with my new work filter and let my guard down.

Moving forward:

- 1) recommitting to reading TBOTG daily
- 2) updating my work filter with the blocked sites on my home filter (anyone know if I can export a list of sites from techloq and bulk block on a different account?)
- 3) practicing urge surfing once a day for two minutes

I also think I'm going to back off from the "90 day" count. It was stressing me out. **I. Am. Clean.**

It doesn't matter how many days in a row I specifically have lined up. I was counting it like sefira and I think it was creating some unnecessary pressure.

So today is day one. Tomorrow will also be day one. That's as far ahead as I want to think.

[That being said, whatever day I am on is +32 clean from masturbation. I was going to say also +32 clean from 'hardcore pornography', but that is a meaningless distinction in every way.]

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Re: Chooseurnames 90 day trip

Posted by chaimoigen - 05 May 2024 21:39

Here's a hug.

The difference in intensity and severity of this fall versus previous falls is extremely significant, especially if it's not being used for justification or as a way to mitigate it. Because it's a significant way to see and **feel** that the changes you have been making are becoming internalized, and that you are actually changing. When you can see how you are different **even during a fall then you know you are actually changing. Not just white-knuckling.**

That doesn't mean the fall is ok. Or that it wasn't a fall because it wasn't hard-core. It mean that **YOU** are more than ok, because you are growing, changing, and reworking the way you react to triggers, and learning to have different patterns.

KOT.

Sefira means there's a Mitzva to count **each** day , according to the overwhelming majority of Rishonim. Those single days add up into weeks, into a total. There may also be a secondary Mitzva of the entire count, but even that comes from the days adding up.

So will you. Because I believe in you and so should you.

Warmly,

Chaimoigen

(P.S. At the risk of mentioning something triggering to some , Rav Yisroel Salanter writes that doing Teshuva even in only **an aspect** of the Aveira to ensure merely that it won't be as severe, that it won't be ?????? ????? is itself a level of Teshuva that can constitute a level of ?????? ????? . For some reason I think that this reference might help here, otherwise I wouldn't have written it. Feel free to disregard.)

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 05 May 2024 22:53

Yes, I heard that techloq can do that, reach out to them.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 06 May 2024 23:15

[frank.lee wrote on 05 May 2024 22:53:](#)

Yes, I heard that techloq can do that, reach out to them.

They said they could not. Could be I got one of the less knowledgeable people.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 06 May 2024 23:17

Checking in. A rare check in after the end of a work day. My wife's at a simcha. But I told my kids they can stay up till she comes back. Keeps them happy and keeps me honest.

Today went well mostly. Still need to update my blocked sites. Techloq wasn't able to do it the easy way, alas. Spent too long reading some trashy online novel. But better a wasted day than a fall. Though not much better.

So it goes.

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 07 May 2024 05:00

Yes, try calling them again and ask for a manager or second level technician. I may be wrong but I think they did it for me once or twice.

You have settings on one account, like a list of sites to allow, and want to copy to another account, right? How many are on your list?

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 07 May 2024 13:22

[frank.lee wrote on 07 May 2024 05:00:](#)

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I have a bunch of sites that are bad for me that I individually blocked (through their chrome extension tool thingy). I want to get that list and add them as blocked sites to my new account. Not sure how many - probably ten to twenty. They're generally sites that Techloq blocks, but will automatically unblock if requested. I need them added to the individual block list so they won't open automatically. And stupidly you can't add a blocked site to the individual block list, so I'd

need to unblock them in order to block them better. And unblocking a site I know is triggering for me is just asking for trouble.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 07 May 2024 15:54

[chooseurname wrote on 07 May 2024 13:22:](#)

[frank.lee wrote on 07 May 2024 05:00:](#)

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Well, the bad news is I'm an idiot. There is no good news.

I decided to unblock these sites to reblock them. The good news is I blocked them all. The bad news is I fell pretty hard. As I knew I would.

I think part of the problem is "knowing" a fall is coming is a self fulfilling prophecy. Should've waited till I was in a better head space. Also should've posted for some accountability.

The worst part is I knew I was capable of stopping myself and chose not to. I don't know what

type of fall is harder: feeling like I have no control (which is a truly unpleasant feeling) or feeling like I could have controlled myself but chose not to.

Blech.

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 07 May 2024 19:18

Boom just keep on going down why not.

After the binge finished I was listening to some veyimain videos to try to pump myself up. 1) EDRANT AGAINST VAYIMAIN OMITTED. 4) I still feel a little better. Oh well.

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Re: Chooseurnames 90 day trip
Posted by notezy - 07 May 2024 19:40

[chooseurname wrote on 07 May 2024 19:18:](#)

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After the binge finished I was listening to some veyimain videos to try to pump myself up. 1) If you have to put music as the background of your video that is a guaranteed sign the content is not good. If it was, it wouldn't need help. 2) Do not f#\$@ tell me stories about someone who did something for shmiras einayim and immediately had some success/yeshua/kupat ha'ir segula. It doesn't happen. 3) Do not f#\$%! tell me that there's such schar in shomayim for shmiras einayim or that this will bring moshiach. It doesn't matter. 4) I still feel a little better. Oh well.

I feel like this belongs on the grump board...

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Posted by notezy - 07 May 2024 19:40

[chooseurname wrote on 07 May 2024 19:18:](#)

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Re: Chooseurnames 90 day trip
Posted by notezy - 07 May 2024 19:44

[chooseurname wrote on 07 May 2024 15:54:](#)

[chooseurname wrote on 07 May 2024 13:22:](#)

[frank.lee wrote on 07 May 2024 05:00:](#)

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Blech.

I feel you on the "Self fulfilling prophecy" thing I have Been there too.

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