

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 chooseurname - 07 May 2024 19:57

And since today is a ranting day:

YOGA PANTS ARE NOT OFFICE ATTIRE. Put on some real clothes - it's just not professional. Maybe if you were more competent you could dress normally.

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Re: Chooseurnames 90 day trip

Posted by chooseurname - 07 May 2024 20:04

I could handle it if you told me the struggle never stopped.

I could even handle it if you told me it never gets easier.

But that the struggle never changes? That I'm still falling in the same way for the same things with the same ease. That after month of being squeaky clean at the first opportunity I jump back

in to a fall with both feet? I don't know if I can handle that.

I know, I know, focus on the victories. And one (extended) fall does not mean I didn't make a progress. But right now it doesn't feel that way.

Blech.

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Re: Chooseurnames 90 day trip
Posted by youknowwho - 07 May 2024 20:52

[chooseurname wrote on 07 May 2024 20:04:](#)

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Re: Chooseurnames 90 day trip

Posted by youknowwho - 07 May 2024 20:55

[youknowwho wrote on 07 May 2024 20:52:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

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And feel free to ignore this if you're not in the mood of anything other than ranting. I get it.

Phooey on Vayimaen videos!

Phooey on yoga pants!

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 07 May 2024 21:11

Reading your words I am vicariously experiencing that sick, deep, horrible feeling inside. Ugh. Arghhh . Blech. It's not that long ago that I can't emphathize.

Just swear that you won't fall again today because of this feeling. That's the only thing that can make it worse...

Hang on,

Chaim

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 07 May 2024 21:13

[youknowwho wrote on 07 May 2024 20:52:](#)

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Well, way to take the wind right out of my sails. I don't know for sure I made progress. V'ha rayah, today's very intense fall.

But, I am currently defining progress as 1) urges weakening or coming less often due to not indulging them 2) becoming more experienced and habituated in applying tools such as urge surging, distraction, reaching out etc. 3) becoming smarter in setting gedarim / setting myself up for success.

So being able to make the decision to filter my work computer = progress on #3. Going to a chol hamoed trip and not staring despite the sea of short shorts = progress on #2. Progress on #1 is the sweetest, but probably something that just happens and ebbs and flows at the will of G-d. Not something I can "progress" myself on. But I do feel like I some progress progressed itself there too. Until today, urges were not crazy since before pesach.

End of answer. Begin unqualified philosophical rant. Not sure if I totally agree with everything I'm about to write, and it's definitely subject to a serious machlokes rishonim.

Free will is not a muscle. Every bechira is precisely balanced between yes or no and hangs on nothing but your ratzon. [As a side point, this is why it rankles me when people say our generation is challenged in ways no other generation was. That may be true, but is totally irrelevant to being bocher b'tov, which is always a 50/50 choice.] So to progress in being bocher b'tov in shmiras einayim (or anything) is an oxymoron. What we can do is move our nekudas habichara by making good decisions that limit the need for bechira when presented with a nisayon in shmiras einayim (or anything). So setting gedarim, inculcating good habits, avoiding tests, davening, psyching ourselves up that we want to not sin and drilling into ourselves that sin is something we dislike, are all way of winning the battle by flying over it. Progress is building wings.

[I think this rant is philosophically well grounded in the opinions of some rishonim, which I did not ever learn. Practically, no one approaches their life like this, and we view ourselves as being bocher in a much broader way than I just stated.]

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Re: Chooseurnames 90 day trip
Posted by youknowwho - 07 May 2024 21:30

[chooseurname wrote on 07 May 2024 21:13:](#)

[youknowwho wrote on 07 May 2024 20:52:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

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Woah! My mind got stuck on the yoga pants...I will need to read this later when I have more focus.

Hang on, you are not alone!

-YKW

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 07 May 2024 22:19

Great philosophical questions!! Something to think about and research.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 07 May 2024 22:24

[chooseurname wrote on 07 May 2024 21:13:](#)

"chooseurname" post=412764 date=1715116395 catid=4

[youknowwho wrote on 07 May 2024 20:52:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

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Noch Ah Hug.

If you want philosophy, I can chime in.

I agree and disagree. (Philosophical answer)

Without getting involved in the Machlokes Rishonim, I don't think that point that you made means what you are trying to say.

Yes, the **Nekudas Habechira** will always be 50/50. So what? The Avoda is to create aggregate success. So when a person, through repeated positive choices and actions moves his Nekudas Habechira to the point, for example, that horribly painful events in his life no longer make him want to drown himself in porn, and if fact he goes and learns instead, he is at that moment experiencing a smashing success at the exact moment that he had no challenge at all. (???? ?????? ??????? ??? ??????? ?????? ????????) . Of course, he will have another challenge in something , if he's not dead yet, and that will test his mettle with a 50/50 choice. And that Nisayon will be his current point of growth or descent.

But the success that he's accomplished through past choices is wholly his.

So Bechira may not be a muscle that you build up, but you do build yourself up through acts of Bechira.

If i misunderstood you please correct me. Ad Kan Philosophy

As for your definitions of growth and progress, which are terrifically cogent as always - please remember that changes take a long time to register on the inside. Less urges, less intense urges, less sexualization pf everything happens gradually and with time.

And saying that “Since this particular urge was super-strong therefore every change I thought I had experienced must be false” is just an **illogical** argument of the Yetzer Hora.

Analyze how you came to fall and how you need to change to avoid it.

But don't deny or void your previous growth and change. That's not called for.

You're a good man.

Chaim

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Re: Chooseurnames 90 day trip
Posted by Heeling - 08 May 2024 02:15

Yoga anyone? this is getting way to philosophical.

@chooseurname - I can relate to this disgusting feeling. I hope you don't get to experience it again.

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Re: Chooseurnames 90 day trip
Posted by jackthejew - 08 May 2024 04:46

[chaimoigen wrote on 07 May 2024 22:24:](#)

[chooseurname wrote on 07 May 2024 21:13:](#)

"chooseusername" post=412764 date=1715116395 catid=4

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Re: Chooseurnames 90 day trip
Posted by youknowwho - 08 May 2024 13:11

Excellent points, chooseurname and chaimoigen. I appreciate it.

Just making sure you know, Reb chooseurname, my question was out of genuine interest in what you would have to say and bring out the discussion, not meant to hurt you or take wind out of your sails.

Sail on, matey!

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Re: Chooseurnames 90 day trip

Posted by guardyouriz - 08 May 2024 13:32

[youknowwho wrote on 07 May 2024 20:55:](#)

[youknowwho wrote on 07 May 2024 20:52:](#)

[chooseurname wrote on 07 May 2024 20:04:](#)

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Phooey on Vayimaen videos!

Phooey on yoga pants!

why phooey on Vayimaen videos? i think they are doing a great job.hatzlacha!

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Re: Chooseurnames 90 day trip
Posted by chooseurname - 08 May 2024 13:39

[chaimoigen wrote on 07 May 2024 22:24:](#)

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While I don't take generally responsibility for the validity of philosophical arguments made mid-rant, I think what I said shtims 100% with what you said. The elevated levels that come from being bocher btov are totally yours.

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