

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: Connect Shem to the Shem

Posted by chosemyshem - 03 Jul 2024 16:40

I will keep the oilam updated. So far no progress to report.

Free ebook is available [here](#).

If you want to see it applied, check out lwannalivereal and Vehkam's threads. Kdai to read both even if you don't want to see it applied.

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Re: Connect Shem to the Shem

Posted by redfaced - 03 Jul 2024 16:49

[thompson wrote on 03 Jul 2024 16:34:](#)

[chosemyschem wrote on 03 Jul 2024 16:05:](#)

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I want this. I'm so jealous of how people here talk about feeling a victory and closeness to Hashem from looking away. I'm so jealous of how Dov talks about the real relationship an addict can develop with his personal Hashem. I'm so sick of feeling like garbage and dead inside after binging.

I've made a lot of improvement in the past six months. But 30 days or 90 days or better filters or less being alone or even meeting chaverim is not going to the root of the problem. I need to change. And I'm not going to start not liking porn. I have yet to see on this site a solution for the root problem besides connecting to Hashem. Call it step 3 and surrender or call it TBOTG and victory, it's a relationship with Hashem that seems to be the only way out. And I'd really like to get out.

Not sure how to go about this. But I'd like to. Practical suggestions are welcome. I already do a daily read of TBOTG most days (though it really is hard for me to get into it) and working on davening is an uphill battle.

This sounds like something I need in my life, and I very much relate to the first part as well (the crushing disappointment when yet another promise fails to deliver).

I'd love to see what you discover.

~~Please excuse my ignorance, what's TBOTG?~~

Ah, never mind, I got it.

Thanks anyhow.

Let the record show that I said thank you for the reason for the edit ONLY.

Not the post and not the edit.

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Re: Connect Shem to the Shem

Posted by youknowwho - 03 Jul 2024 17:46

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Lol! Was gonna say the same thing!!

Finchley would actually make an awesome username.

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Re: Connect Shem to the Shem

Posted by proudyungerman - 03 Jul 2024 20:05

[chosemyschem wrote on 03 Jul 2024 16:05:](#)

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Hmmm...this got me thinking...

[chosemyschem wrote on 26 Jun 2024 20:30:](#)

[Chooseurname wrote on 23 Oct 2023 19:52:](#)

[ainshumyeiush wrote on 23 Oct 2023 17:07:](#)

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shame is for when you decide to give up the fight. You're here because you want to get free. The past already happened. Now you're a human being with human emotions and weakness stuck in a porn trap. There's no shame being here now. (not that its something to be proud of)

if you dont feel comfortable with sharing this with someone you know, that's fine. But dont let this block you from reaching out to someone who can help.

yes its not exactly a party, but the shame of knowing you didn't reach out will be much worse.

Powerful.

But, when I think about sharing this with *anyone* I definitely feel shame. I agree I shouldn't let this stop me, but it's difficult. Chazal say being shamed is like being murdered, I don't think it's fair to expect someone to shrug that away instantly and confide (what's they personally experience as) a shameful secret to someone.

Huh. Only took since sukkos for this attitude to rotate a complete 180. Wow. Peer pressure is

And also...

[chosemyshe wrote on 26 Jun 2024 19:49:](#)

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Anyway, for the very first time reached out during a serious urge. Texted then spoke to my accountability partner. And somehow didn't fall.

Also davened a little, but I've often done that during an urge with very iffy results. Tried a new tefillah though: "Hashem, I wish I could give you this lust as a korban. But I can't, it's too precious to me. Please Hashem take it anyway."

Not getting optimistic bc when has that ever ended well. But trying to enjoy the feeling of not having fallen.

And one more...

[chosemyshe wrote on 10 Jun 2024 20:52:](#)

Was a weird fall. **Watched a little porn but didn't enjoy it at all. Didn't feel good, didn't distract/numb me. Terrible. Couldn't even work up the desire to masturbate.** Idk. (I know - you ARE growing - please excuse my edit...)

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Unless you think that perfection is the opposite of failure, you been successful and growing, I think.

Please contemplate that thought. Consider where you were 3 months ago, 6 months ago, 2 years ago, and where you are now.

Allow yourself to appreciate the progress that you have made, even if it wasn't as smooth as you would have liked.

Embrace where you are and feel good about it. You are good!

(Disclaimer: I don't men to simply pump you up and make you feel good. I am trying to help you appreciate and enjoy what (I think) you have accomplished. It's a hard fight and you are making progress. That is actually a great thing. You need to learn to appreciate that in a serious way.

This doesn't take away from what there is to accomplish further. If anything it enables you gather the strength needed to solider on.)

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Re: Connect Shem to the Shem

Posted by chosemyshem - 03 Jul 2024 20:06

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This is probably not a great sign, but I didn't mean any of it in a negative way. Yes, on some level I have very little hope of getting free of this thing. But that doesn't hurt so much most days.

Just because (on one level I think) I won't be clean forever doesn't mean I can't enjoy being clean today. It doesn't mean I can't appreciate the progress I've made. It doesn't mean things can't change.

That list of things is an incomplete list of things I've actually tried. Some with more effort, some with less. Some helped more, some helped less. I'm glad I tried each of them, and I'll try more things yet.

My lusting hurts me. And there's no magic bullet to kill it, no lone cowboy to ride into town and slay the dragon. Life sucks and then you die but what's the point of being sad about that?

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(it's sunny in Burma...)

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Posted by youknowwho - 03 Jul 2024 20:37

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Needed to hear that, thanks!

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Re: Connect Shem to the Shem

Posted by thompson - 04 Jul 2024 14:22

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[chosemyschem wrote on 03 Jul 2024 16:05:](#)

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That's the point in the story of R' Elazar Ben Dordaya.

He had sex with every prostitute he could lay his hand on. The OG sex addict.

When he wanted to get clean, he turned to many programs.

Mountains and hills, Heaven and earth, Sun and moon, Stars and constellations.

They all turned him away. Nothing worked for him.

Till he realized that "programs" don't "work." It's up to me.

And he cried like he never cried before. It's a painful realization that, ultimately, I'm on my own. No one's coming to pick me up.

But it's also a liberating realization. Now, I can actually start working on it and make it my own.

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Posted by chosemyshem - 04 Jul 2024 14:34

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Great point and well taken. (Maybe the place to make it from was not from the story of the Rabbi who literally chose death since he knew he couldn't live a different life.)

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Great point and well taken. (Maybe the place to make it from was not from the story of the Rabbi who literally chose death since he knew he couldn't live a different life.)

I wouldn't say he chose death per se. For him, that was the only way out.

In fact, according to some commentaries, what he was seeking from these failed programs was to be able to stay alive. Dying was not his first choice. I'd say it wasn't his choice at all.

In any case, I highly doubt that anyone here is even close to his, uh, caliber, addicts or non-addicts alike.

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Re: Connect Shem to the Shem

Posted by frank.lee - 04 Jul 2024 17:37

I thought he died as he did teshuva, he cried until his soul left him, not that he requested to die. Am I mistaken?

Here is an article from Aish with various peshatim, with linked footnotes: aish.com/48922222/

While his gesture is grand and his resolve admirable, why did he need to die? The Talmud says that his corruption was so all-consuming, his indulgence so addictive, that it was as if he was an idolater. He worshipped(13) his own lust with all his heart and all his soul and all his possessions. He was willing to cross seven(14) rivers; he took all the money that was required, for his soul was consumed by his addiction. In order to be healed he needed to use the same forces: he now needed to serve God with all his heart all his soul and all his possessions. Perhaps this intense reversal is what led to his death. Perhaps his death was actually a kindness(15) on the part of God; for such a corrupt man to have reached a spiritual high is quite impressive, but how would this man conduct himself on a day-to-day basis? With his addiction subdued or under control, what would his life have been? Would he have been able to sustain this religious high with any consistency? Or was death an escape? Perhaps the only way he would gain a share in the world to come was by leaving the world at the time of his pinnacle, the moment he cried and achieved purity.

Our conclusion must be that Teshuva is always possible, though at times the effects of sin are so profound that they cannot be elevated. Death alone brings atonement. The uplifting message of the story, indeed the message and teaching of Rabbi Eleazar ben Durdaya, is that Teshuva is always accessible, purity always possible, a share in the world to come always available, even for the worst of sinners.(16)

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 09 Jul 2024 15:38

[chosemyshem wrote on 28 Jun 2024 15:16:](#)

Gonna be honest and share the L as well.

Had a fall yesterday. Felt overwhelmed at work so escaped to porn. Didn't reach out, didn't urge surf, didn't do nothing.

Was saved by the filter from any "hard" stuff, but it's kinda stupid to get hung up on some arbitrary line when I spent something like three hours feeling completely out of control while I poked at the filter.

Meh.

Ditto on last Friday. No masturbation again. But spent at least three hours filter poking obsessively. Feels gross. Came home very late (for a Friday) and my wife was annoyed. Lied and said I was trying to finish a work project. Meanwhile I had rushed through and did the minimum on that project and it really came back to bite me Monday.

Wasn't any urges or reasons. And I feel like once I start the filter poking it's so hard to stop.

Bleah.

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Re: Chooseurnames 90 day trip
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[chosemyshem wrote on 09 Jul 2024 15:38:](#)

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Was thinking about the filter poking issue. And had a good schmooze with a chashuve member here yesterday that really drove home that there's an easy way to set a geder to deter myself from this. All I need to do is switch the email that gets the Techloq notifications of allowed sites to my wife's email. She does theoretically have access to my email that the notifications go to, and I know she looks at it sometimes (not in a snooping way (I hope) but because alot of notifications go to it). But it doesn't deter me because I just delete them before she sees them. So if I switch it to an email that she has on her phone I would not be able to delete the notifications before she sees them and she would see all my filter poking.

Obviously this wouldn't "solve" my problems. But it's an easy-but-powerful barrier to set up. And it think it would give me alot of space to do the inner work.

But I'm feeling a lot of internal resistance to doing this.

1) She'd realize something is up.

2) What if I theoretically need to chat with Techloq about something and don't have access to that email.

- 3) I don't know if I can switch my work filter to her email.
- 4) What if I slip up and she sees me allowing something sketchy.
- 5) What if this stops me being able to indulge in my favorite habit.
- 6) What if it doesn't stop me and I go buy an unfiltered device or something instead.

Number one is the only claim with any legitimacy. But I'm still feeling alot of resistance.

Any eitzos? Does anyone know if it's possible to add an email to techloq to just receive the notifications but not manage the account? Then I could add a GYE chaver to get the notifications.

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Re: Chooseurnames 90 day trip
Posted by redfaced - 10 Jul 2024 14:01

[chosemyschem wrote on 10 Jul 2024 13:32:](#)

[chosemyschem wrote on 09 Jul 2024 15:38:](#)

And I feel like once I start the filter poking it's so hard to stop.

Was thinking about the filter poking issue. And had a good schmooze with a chashuve member here yesterday that really drove home that there's an easy way to set a geder to deter myself from this. All I need to do is switch the email that gets the Techloq notifications of allowed sites

to my wife's email. She does theoretically have access to my email that the notifications go to, and I know she looks at it sometimes (not in a snooping way (I hope) but because a lot of notifications go to it). But it doesn't deter me because I just delete them before she sees them. So if I switch it to an email that she has on her phone I would not be able to delete the notifications before she sees them and she would see all my filter poking.

Obviously this wouldn't "solve" my problems. But it's an easy-but-powerful barrier to set up. And I think it would give me a lot of space to do the inner work.

But I'm feeling a lot of internal resistance to doing this.

- 1) She'd realize something is up.
- 2) What if I theoretically need to chat with Techloq about something and don't have access to that email.
- 3) I don't know if I can switch my work filter to her email.
- 4) What if I slip up and she sees me allowing something sketchy.
- 5) What if this stops me being able to indulge in my favorite habit.
- 6) What if it doesn't stop me and I go buy an unfiltered device or something instead.

Number one is the only claim with any legitimacy. But I'm still feeling a lot of resistance.

Any eitzos? Does anyone know if it's possible to add an email to techloq to just receive the notifications but not manage the account? Then I could add a GYE chaver to get the notifications.

So I just took the initiative and called Techloq. You absolutely can set it that the notifications for APPROVALS go to another email address. Rejections and billing emails would still go to the email on file.

The way to do it is to send them an email with all the pertinent information and they can set it up for you.

You can do this.

To paraphrase Neil Armatrong - One small step for man , one giant step for your humanity!

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