

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 redfaced - 11 Jul 2024 13:44

[chosemyshem wrote on 11 Jul 2024 13:38:](#)

[proudyungerman wrote on 11 Jul 2024 13:31:](#)

Why are you unsure if that's progress?

Warning: Spoiler!

Excellent question my friend.

To be blunt, I'm unsure if it is progress because my wife has not been a niddah during those days and I may have been unloading my lust with her instead of with myself. I'm also unsure because I've gone 30+ days totally clean a few times before that don't appear to have made any long term difference. I'm further unsure because while I haven't masturbated, I have watched porn, filter poked, and street lusted with perhaps the same intensity during this time.

So I'm unsure.

If you held back once from something that you would have done in the past, than all other chesbonos are irrelevant .

Progress doesn't mean you reached your goal, it means you made at least one step towards your goal.

In your case 45 steps (give or take 2-3) towards the goal.

(As a side point, you goal is today. So if today you accomplished than today you reached your goal)

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 11 Jul 2024 13:47

Overzealous mods nuked my halachic question ([See!](#)). Off topic embarrassing questions about zera are okay but embarrassing personal questions about brachos are not?! Where's the justice? This is probably because I'm Jewish. Discrimination!

I call for a boycott of the site until the mods step down. Everyone is invited to join me in a tent outside GYE headquarters until they capitulate to our demands for sanctions against the mods.

I got an answer but now I'm scared to post it. Maybe they'll nuke my whole thread in response.

(But for those who actually want to know the halacha. My Rav said that according the plain reading of the shulchan aruch you would have to spit it out. However, Rav Chaim Kanievsky is quoted as saying Chazal were never gozer an issur during tashmish and you don't have to spit it out. He was less sure on the bracha, but thought it is considered disgusting and therefore no bracha is required.)

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Re: Chooseurnames 90 day trip
Posted by redfaced - 11 Jul 2024 13:52

[chosemyshe wrote on 11 Jul 2024 13:47:](#)

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Good stuff in going to your Rav!

As far as the boycott is considered, I'm having a hard time thinking of what we could put on the giant placards that eerie will be waving so I think were better off just writing a nasty email to the Board

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Re: Chooseurnames 90 day trip

Posted by proudyungerman - 11 Jul 2024 16:48

[redfaced wrote on 11 Jul 2024 13:36:](#)

[proudungerman wrote on 11 Jul 2024 13:31:](#)

Why are you unsure if that's progress?

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Challenge accepted. Elaborate away.

Gimme 5 paragraphs

Start your own thread and Boy will I fill it up!!

Either way, I don't believe I was addressing you...

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guardyoureyes.com/forum/19-Introduce-Yourself/416899-The-Red-Face#416899

G'head . Fill er up

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 11 Jul 2024 16:59

Techloq notifications are set up. Thank you all.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 15 Jul 2024 15:35

Good morning checking in.

Sunday my kid was having a temper tantrum over some project he wasn't able to do. Just got overwhelmed and cried alot. I gave him a little fatherly lecture about how trying is important even when you think you can't and how you never learn new things if you give up too easily.

Warning: Spoiler!

Anyway, then Sunday afternoon was rough. Kids were wild, wife was grumpy, I did some budgeting and got very depressed over how little I'm making because I procrastinate too much. Then to top it all off night seder was a total waste of time.

So then naturally last night I had some medium urges to masturbate.

Fortunately, the lecture I gave my kid popped into my head. I thought to myself, "he's a little kid, and can be excused for having a temper tantrum when he's overwhelmed. But masturbating is the exact same reaction to feeling overwhelmed. What's my excuse?"

So I felt dumb masturbating and white knuckled it through.

Then this morning I felt the urges were still around. B"h I listened to one of Dov's 12 step workshops (No. 5. Really powerful). When I got to the office I spent a minute thanking Hashem for the problems*, and tried to surrender my ego - that demands my life run the way I want it and not the way Hashem wants it - a little bit.

Idk. Seemed to help.

*Not for the good in the problems, or the good things I have besides the problems. For the problems themselves.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 15 Jul 2024 16:53

Wow, this post needs to be framed and hung up!!!

It hit such a deep spot in my Neshama!

Chosemyshe, you're the best!

Muttel

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Re: Chooseurnames 90 day trip

Posted by yiftach - 16 Jul 2024 12:41

I'm a bit outta breath... Just finished the 25 pages of this thread in two sittings!

(The feelings expressed in this post were not written solely to provide chizzuk, they're my genuine feelings after being addicted to reading your entire thread (till my phone died:)).

An incredible thread by an exceptional individual! Authentic, relatable, and jaw-dropping posts. I love your documentation of both small and significant achievements, along with the struggles you encounter. (It's sad that we were here for so long together and it just went under my radar).

I think, Shem, it would be a great idea for you to read through it in one sitting. You'll realize the progress you've made these last few months. To echo what PY wrote, remember, progress isn't just about reaching your goal; it's also about reflecting on where you started and where you are today. As you reflect on your journey, it's clear to see the remarkable progress you've made. While we all strive to achieve our goals, it's important to acknowledge and celebrate the beautiful strides you've taken, no matter how challenging the path may have been.

Reading through your thread was sometimes disheartening. I noticed how people who commented at the beginning of your journey seemed to vanish, only to be replaced by others. But what struck me was that **you're still here!** You didn't just come to a train station; you're determined to make it to the end.

That determination will surely stand by your side to help you overcome this struggle (which we never really get rid of fully, but it gets muted), once and for all.

Just a quick thought: I noticed you mentioned a few times that you really desire lusting and see it as part of your ideal day. I don't know if this will help, but this is something that resonated with me deeply. There's a story in one of the Hasidic seforim about a disagreement between the malach Michoel and the YH. The YH argued that Klal Yisroel are within his control, even though they occasionally do good things. However, Michoel argued that despite occasional failings, a Jew's true desire is to follow the Torah and perform mitzvos, and is not completely under the control of the YH. To support his argument, Michoel pointed out that when a Yid fulfills a mitzvah, they tend to celebrate it. When someone completes a masechta, they celebrate. However, we rarely find a God-fearing Jew celebrating a wrongdoing. It's like they were forced, driven by a desire, but that's not their true nature.

Without delving too deeply into the religious aspect, you crave and desire lusting strongly, but do you rejoice when you fail? It doesn't seem that way, based on the emojis you use. After finishing a seder, when you perform an act of kindness, do you feel accomplished? If your answer is yes, then that's a good way to figure out what you really want.

Sharing your journey has helped me tremendously (as I texted you last night +++), so plz never disappear and keep 'em coming. Wishing you freedom from temptation and a future filled with happiness and abundance!

Looking forward to get to know you better and deeper.

- Yiftach'I

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 16 Jul 2024 13:39

Sheesh who needs masturbation when I can just come on here and get flattered.

Thank you for the chizzuk R' Yiftach (no 'I for such a chashuve fighter) and it was fantastic schmoozing with you. To make a counterpoint to the story about Michael and the Satan. It's true

I feel low after indulging and good after doing mitzvos. But on the other hand, which one do I put more energy into doing? Which one do I spend more time anticipating? If I did chazara of the daf the way I chazer over my favorite videos I'd be a gadol . . .

But the point is well taken and I think there's alot of truth to it.

Anyway, checking in.

The good news is the Techloq notifications system works. The embarrassing news is how I
Some pretty heavy slipping yesterday, and the porn counter is back down to day zero. Masturbation counter is up to around 50 days which is the longest I've gone in the past five years. Trying to celebrate that in the right way.

Blocked Twitter which I allegedly needed for work but on further thought turns out it was needed for pleasure.

Hoping today goes better, and trying to remember that Hashem put me where I'm at and it's just my ego telling me that I need to escape.

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found out that it's working

Re: Chooseurnames 90 day trip

Posted by proudyungerman - 16 Jul 2024 18:57

[chosemyshem wrote on 16 Jul 2024 13:39:](#)

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Now make sure you go think about it long and hard! But only after re-reading your entire
thread...

Warning: Spoiler!

But for real, yiftach'l is making a very good point...

Please do yourself a favor and really contemplate your entire saga. Remember how it was before GYE, when you started, in the middle, and finally, where you are now. When you can appreciate your **progress**, that can be used as motivation to continue further towards your goals!

Warning: Spoiler!

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 16 Jul 2024 20:55

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Huh. Maybe porn is just a symptom of me not living my life. And I suspect if I squash down porn it'll pop back up with drinking, tobacco, marijuana, or escapist fantasies. Maybe I just need to except that this is the life Hashem gave me, and turn my life over to him.* Painful to realize.

*And I don't think finding a more interesting job is a possible solution. I think I'm just existentially uncomfortable. I try to escape any situation. When I'm with my kids I try to escape to learn. When I'm with my wife I try to escape to work. When I'm learning I try to escape to (kosher) fantasies/spacing out. When I'm at work I escape to porn, or to news, or to posting on GYE, or anything else I can.

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Re: Chooseurnames 90 day trip
Posted by frank.lee - 16 Jul 2024 22:27

Great progress! If you know what the issue is, hopefully you can know gain the skills, coaching, whatever it takes, to overcome this procrastinating. And then you can please share tips with us!

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Re: Chooseurnames 90 day trip
Posted by proudyungerman - 18 Jul 2024 01:44

[chosemyshe wrote on 16 Jul 2024 20:55:](#)

[chosemyshe wrote on 16 Jul 2024 13:39:](#)

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Why do you think you are escaping?

BTW...have you thought about yiftach's point from a few days ago yet???

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