

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...

=====

Re: Chooseurnames 90 day trip

Posted by candé - 10 Sep 2024 00:57

There I am, toddling along to shul for mincha. I'm barely awake from my nap. The streets are bustling and I'm having a tough time. I'm almost at shul, and I've already told my brain I'm not looking at the woman jumping rope in the street just to see if she's good at it, I don't need to see the interesting dress that woman is wearing, and I'm not looking at this cute girl walking this way.

So there I am walking down the street to maariv and almost at the frummiest shul in town with tons of people heading in the same direction, when I see through someone's window not one but two underdressed women walking around.

seems all the shmutz goes down "on the way to shul"

maybe put together a minyan in your house.

or maybe shabbos is the issue,

try staying homebound on shabbos.

i personally hate shabbos when all the sexy girls emerge from there cocoon.

=====

Re: Chooseurnames 90 day trip
Posted by thompson - 10 Sep 2024 13:49

[cande wrote on 10 Sep 2024 00:57:](#)

seems all the shmutz goes down "on the way to shul"

maybe put together a minyan in your house.

or maybe shabbos is the issue,

try staying homebound on shabbos.

The problem is not out there. It's not "on the way to shul" and it's not "Shabbos".

It's in Shem (for the sake this thread), in me, in all of us.

If we stay home, the harem will follow us there.

=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 10 Sep 2024 15:09

[thompson wrote on 10 Sep 2024 13:49:](#)

[cande wrote on 10 Sep 2024 00:57:](#)

seems all the shmutz goes down "on the way to shul"

maybe put together a minyan in your house.

or maybe shabbos is the issue,

try staying homebound on shabbos.

The problem is not out there. It's not "on the way to shul" and it's not "Shabbos".

It's in Shem (for the sake this thread), in me, in all of us.

If we stay home, the harem will follow us there. Waiting at home to test this theory. No harem yet - I'll report back if things change.

It is interesting all the interesting stories happen on Shabbos. Though it makes sense - it's different than the routine so different things happen.

I have considered locking myself in a box with 3 challos and a bottle of bourbon to wait out the shabbos, but it turns out that unless I figure out a way to leave my hands out of the box it wouldn't help much. (Would've been really great for avoiding accidental chillul shabbos tho.)

=====

Re: Chooseurnames 90 day trip
Posted by thompson - 10 Sep 2024 15:28

[chosemyschem wrote on 10 Sep 2024 15:09:](#)

I have considered locking myself in a box with 3 challos and a bottle of bourbon to wait out the shabbos,

I've actually experimented a couple of times with some slight modifications.

I didn't lock myself in a box, just drank lots of bourbon. 60% of the time it works every time.

=====

Re: Chooseurnames 90 day trip

Posted by chosemyschem - 12 Sep 2024 15:33

Checking in.

This week has been smoother than last week. Trying to feel the joy of being clean, and it's kicking in every now and then. I made a slight change in schedule for Elul and it's in the "beginning is a gift" stage. So been a pretty good week so far.

Yesterday, at the end of the work day I was checking the news. Got randomly triggered by a picture and physically felt a wave of lust wash over me from head to toe. Searched for more, but b"h the filter stopped me.

I need to remind myself that I use wizimage for a reason. I'm so wired to act out that a simple picture in the news can be a double shot of lust. Committing bl'n to not unblock the full page of images on any news site. If I need to see a specific picture, I'll wait a second to confirm I need to see it and then open that picture. Would be nice if I could cut down on news, but I feel like (for me in my specific situation) that's opening a new front in the battle now that I'm not ready for.

=====

=====

Re: Chooseurnames 90 day trip
Posted by amevakesh - 12 Sep 2024 17:24

My friend. Reading about your battles, the ups, the downs, the celebrations, the insight you bring to the forums, and the way you never give up is awe inspiring. You are a fighter of the finest sort, and personally, I have very little doubt, that you will eventually win to the extent that even you will admit it. Keep on inspiring us all!

=====

=====

Re: Chooseurnames 90 day trip
Posted by Hashem Help Me - 12 Sep 2024 20:49

[chosemyshem wrote on 12 Sep 2024 15:33:](#)

Checking in.

I need to remind myself that I use wizimage for a reason. I'm so wired to act out that a simple picture in the news can be a double shot of lust. Committing bl'n to not unblock the full page of images on any news site. If I need to see a specific picture, I'll wait a second to confirm I need to see it and then open that picture. Would be nice if I could cut down on news, but I feel like (for me in my specific situation) that's opening a new front in the battle now that I'm not ready for.

It is really the same front. Many people have found that cutting out the imagined need to follow news is a game changer. Unless Biden, Putin, and Netanyahu call for someone's input, it appears they will continue doing their thing without our wisdom.... Try one week of not using technology as a time killer. Use Internet for real necessity only. You may find a level of menuchas hanefesh you didn't realize existed. You will also be sparing yourself from hearing many doses of kefirah, leitzanus, and apikorsus. I do not know of anyone who regretted taking such a break. Hatzlocha. If you are bored, come visit.

=====

=====

Re: Chooseurnames 90 day trip

Posted by Hashem Help Me - 12 Sep 2024 20:57

Just came across this post - same point explained so well

: guardyoureyes.com/forum/19-Introduce-Yourself/406231-The-Real-Me?limit=15&start=210#421325

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 12 Sep 2024 21:05

[Hashem Help Me wrote on 12 Sep 2024 20:49:](#)

[chosemyshem wrote on 12 Sep 2024 15:33:](#)

Checking in.

Would be nice if I could cut down on news, but I feel like (for me in my specific situation) that's opening a new front in the battle now that I'm not ready for.

It is really the same front. Many people have found that cutting out the imagined need to follow news is a game changer. Unless Biden, Putin, and Netanyahu call for someone's input, it appears they will continue doing their thing without our wisdom.... **Try one week of not using technology as a time killer. Use Internet for real necessity only.** You may find a level of menuchas hanefesh you didn't realize existed. You will also be sparing yourself from hearing many doses of kefirah, leitzanus, and apikorsus. I do not know of anyone who regretted taking such a break. Hatzlocha. If you are bored, come visit.

I am totally maskim that it is the same front. Turning to the news is often* coming from the same drive to escape my current reality that motivates a substantial chunk of my porn usage. My GYE usage is also driven by that - I spend too much time on this site and it's not healthy.

But these substitutes for porn are working. So I'm scared to try a week of not using technology

except for necessary things because when I've tried that I've failed miserably and slid straight into acting out. I've tried before using "torah" sites as the alternative but it didn't work either. Would love advice on how to make it work. . .

The only area (though a very important one) I've made gains in this area is not going online after night seder. Just come home and go to bed instead of sitting around on the computer "unwinding". That was a pit into hell right there. I'd like to extend that to the whole time I'm home at night, but there are legit "online errands" that need to be done and it's tough. This I can work on though.

*People, men especially, generally have a very intense drive to know what's going on in the world, and a drive to not know the hock that other people know. That's definitely at play too.

=====

Re: Chooseurnames 90 day trip
Posted by chosemyschem - 16 Sep 2024 13:55

Checking in.

Smooth going for the most part over Shabbos b"h.

It's been going pretty well and I find myself worrying over the future. When Elul ends, when more difficult times come, when the motivation is gone and the lust comes raging like the tide. Trying very hard to take it just one day at a time and not let those thoughts perturb me. I am wondering though if there is more I could be doing in the good times to prepare for the bad?

I was in a seforim store the other day and I saw a new book out. It was called something like "Break Free" by Shaya Ostrow (might be misremembering the name of the book and the author). The cover said it was about "technology addiction" but I opened it up for a quick peak and it seemed to be explicitly about porn addiction. Anyone seen this? Read it? Can comment if it's a good book?

I think it's amazing mainstream Jewish bookstores can put out a book like that and don't hide it away behind the counter.

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 17 Sep 2024 21:13

Great schmooze today with a deep-thinking chaver I hadn't spoken to previously (and was sorely disappointed to hear his lack of a British accent).

One important topic that came up was motivation. Sometimes it feels like smooth sailing and calm seas. So much so that motivation isn't really required. Other times it's all thunder, whirlpools, Scylla and Charybdis. And then there's no motivation. Many times fall somewhere in between.

The issue is that there's this paradox in that the really bad times should need the most motivation to get through them, but often those times also come along with a complete lack of motivation. What's to be done?

Some people keep up their motivation through a daily dose of chizuk - vayimaen, a daily read of TBOTG, whatever. But the problem is the really low times also come with no motivation to get motivated.

This is something that concerns me, as I've never really gotten long-term sobriety and am fighting off worries that my current clean streak will dissipate at the end of Elul.

And so but thinking about that, it's not really true. I did have a clean streak for a couple years when I was newly married. Yes it disintegrated like wet ash when life got a little more complex. And there were still issues of lust in my life. But by and large it was a long clean period. So what was the difference?

I was living a life. Busy with kollel, new marriage, stuff. I was also set up in a way to minimize challenges as much as possible (dumbphone, no consistent internet access etc.)

So maybe the idea is after some real change, motivation won't be needed day to day. If we can build functional lives, build connections (to friends, to our spouse and to G-d), set up smart gedarim and stick to them. Maybe we won't need the same motivation, even when the going gets tough.

At least, this is what I'm hoping. Because motivation always fades.

=====

Re: Chooseurnames 90 day trip
Posted by richtig - 17 Sep 2024 21:30

[chosemyshe wrote on 17 Sep 2024 21:13:](#)

Great schmooze today with a deep-thinking chaver I hadn't spoken to previously (and was sorely disappointed to hear his lack of a British accent).

One important topic that came up was motivation. Sometimes it feels like smooth sailing and calm seas. So much so that motivation isn't really required. Other times it's all thunder, whirlpools, Scylla and Charybdis. And then there's no motivation. Many times fall somewhere in between.

The issue is that there's this paradox in that the really bad times should need the most motivation to get through them, but often those times also come along with a complete lack of motivation. What's to be done?

Some people keep up their motivation through a daily dose of chizuk - vayimaen, a daily read of TBOTG, whatever. But the problem is the really low times also come with no motivation to get motivated.

This is something that concerns me, as I've never really gotten long-term sobriety and am fighting off worries that my current clean streak will dissipate at the end of Elul.

And so but thinking about that, it's not really true. I did have a clean streak for a couple years when I was newly married. Yes it disintegrated like wet ash when life got a little more complex. And there were still issues of lust in my life. But by and large it was a long clean period. So what was the difference?

I was living a life. Busy with kollel, new marriage, stuff. I was also set up in a way to minimize challenges as much as possible (dumbphone, no consistent internet access etc.)

So maybe the idea is after some real change, motivation won't be needed day to day. If we can build functional lives, build connections (to friends, to our spouse and to G-d), set up smart gedarim and stick to them. Maybe we won't need the same motivation, even when the going gets tough.

At least, this is what I'm hoping. Because motivation always fades.

Ask if you can share this elusive Englishmans number, I'd also like to chat with him.

We come around to the idea that to really fix the porn/lust problem, we need to focus on other things. Like getting a life. No biggie. And then, when you already have a life and it's normal for you, and you get comfortable, the work is still to get a life. It's just a different level. Ya?

=====

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 17 Sep 2024 23:49

[chosemyshem wrote on 17 Sep 2024 21:13:](#)

Great schmooze today with a deep-thinking chaver I hadn't spoken to previously (and was sorely disappointed to hear his lack of a British accent).

One important topic that came up was motivation. Sometimes it feels like smooth sailing and calm seas. So much so that motivation isn't really required. Other times it's all thunder, whirlpools, Scylla and Charybdis. And then there's no motivation. Many times fall somewhere in between.

The issue is that there's this paradox in that the really bad times should need the most motivation to get through them, but often those times also come along with a complete lack of motivation. What's to be done?

Some people keep up their motivation through a daily dose of chizuk - vayimaen, a daily read of TBOTG, whatever. But the problem is the really low times also come with no motivation to get motivated.

This is something that concerns me, as I've never really gotten long-term sobriety and am fighting off worries that my current clean streak will dissipate at the end of Elul.

And so but thinking about that, it's not really true. I did have a clean streak for a couple years when I was newly married. Yes it disintegrated like wet ash when life got a little more complex. And there were still issues of lust in my life. But by and large it was a long clean period. So what was the difference?

I was living a life. Busy with kollel, new marriage, stuff. I was also set up in a way to minimize challenges as much as possible (dumbphone, no consistent internet access etc.)

So maybe the idea is after some real change, motivation won't be needed day to day. If we can build functional lives, build connections (to friends, to our spouse and to G-d), set up smart gedarim and stick to them. Maybe we won't need the same motivation, even when the going gets tough.

At least, this is what I'm hoping. Because motivation always fades.

Great question.

I can't talk about what will work for you, just about what has worked for me.

I have two thoughts:

1. It's my experience and conviction that often the problem isn't lust in-and-of itself. The problem is what we have become accustomed to **use** lust for, how it has become a solution to other problems and discomfort in life.

In the state of living where lust is a **solution** , one needs significant motivation to overcome the need to use lust.

If a guy learn to make the changes, shvitz a litttke, and start living in a way that changes those patterns, the equation changes. You don't need the same kind of motivation to overcome the urges, becuae they aren't coming from the same kind of needs.

2. Rewiring your patterns of living and acting really does make a difference. Psychologically (with a "p"), behaviorally, habitually, perhaps neurologically, and spiritually.

Anyways, you're thinking too much about more than today.

Today, dammit, today!!!

I think you're crushing today.

love,

Chaim

=====

=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 23 Sep 2024 15:10

Checking in.

Last week was technically sober, but a lot of white knuckling. Which comes out in ogling in the streets, which was pretty much unrestrained over the weekend. Friday I wanted to act out, but motivated by some Elul streak ego motivation I didn't. Instead, I distracted myself the whole workday with a stupid novel. Sunday I was pretending to watch my kid but was really trying to get an eyeful of someone across the street when my wife came out. She thanked me for watching the kid, which made me feel pretty dumb.

I'll take any form of sobriety, and am very grateful for the clean week. Hoping for a new week that has more sanity though.

So this whole post isn't just about the lows (though I'm very happy about "lows" like these), I'll share a win from the past week though. Had a couple lousy days - kids were wild, wife was grumpy, work sucked. Something sunk in from all those 12 step lectures I've been listening to and I knew that if I held on to the resentment/self-pity I'd inevitably end up acting out. So I let it go.

Was helpful. Not as helpful as I'd hoped, but helpful.

=====

=====