

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 chosemyshem - 30 Oct 2024 19:56

Taking a break from playing doctor for minute to whine.

An annoying thing happened. The type of annoying thing that I probably won't remember in a couple months but right now feels very annoying. And I'm feeling general financial stress [bh nothing major] which always comes together with double helping of feeling inadequate (one dose from feeling like an inadequate breadwinner and one dose from feeling annoyed at myself for feeling stressed). And some other annoying things.

So here I am being annoyed and because I'm sixty days clean I don't want to act out from annoyance and muddy my beautiful clean streak. I'm sure there are other reasons to not act out but they aren't coming to mind right now.

So, in an effort to distract myself, let's talk about why annoyances should lead to acting out. Some would say that lust is a powerful drug. A nice little dopamine hit to sooth a troubled soul. And there's likely a lot of truth to that. But I think there's more going on - sugar is also a

dopamine hit and I'm not hankering for some candy. (Question for the dieters among us: which is easier to do - dieting or stopping porn?).

Some would add that we've trained ourselves for a very long time that this is a good solution to problems. Pain? Discomfort? Anger? Porn porn porn will soothe it all away for a bit. I think this is also true. But why is porn such a sticky habit? Why can't I inculcate new soothing responses?

And so one fundamental idea from Dov's lectures is that porn is not the problem. The problem is life. Life is annoying (see the whole beginning of this post), life is painful in that it is full of pain, life is existentially uncomfortable. We don't like life. Porn is not just pleasurable, it's not just a very sticky learned habit. Porn/masturbation/lust is something that removes us from life very thoroughly. It's all absorbing and all encompassing. It's an exit from a merry go round we don't particularly like.*

So then all the attempts at recognizing porn is not pleasurable, at finding greater pleasures in staying clean, at setting up new habits etc etc are not going to be nearly as helpful as learning how to live your life. Porn will always be an escape hatch. The best solution is going to be to learn how to not need to escape.

And so now annoyances aren't just something to deal with and hope it doesn't drive us to act out. Learning how to accept these stressors as the life Hashem gave you is one of the central areas of the struggle.

While this idea is certainly targeted at the mythical "true addict" I think it's true for everyone at different times or places.

Anyway. Easier said than done.

*Note that in addition to that it is certainly something very pleasurable and something people have a natural or learned drive for. And so generally part of dealing with porn is going to involve weaning yourself off that pleasure.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 30 Oct 2024 20:20

[chosemyshe wrote on 30 Oct 2024 19:56:](#)

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I love this.

I don't think this truth necessarily has anything to do with being an addict. This is the theme song of my personal journey, though I sing it with a far different niggun that Dov does.

And I would add the qualifier that learning to experience the pleasures of Tahara are not necessarily a band-aid to assuage the need to escape. Such realizations can be part of learning what living really ought to be about. I understand that you're talking about the need to learn how to embrace **dealing** with living, facing up to problems, and thank Hashem for life, warts and scars and all. But I think realizing and learning to appreciate the beauty and pleasure in living real is part of it too. Aseh Tov with positivity isn't a band-aid, it's part of the thing itself..

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Re: Chooseurnames 90 day trip

Posted by hopefulposek - 31 Oct 2024 13:12

[chosemyshe wrote on 30 Oct 2024 19:56:](#)

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Very insightful, 30 seconds after I read this I saw that my bike got stolen, this post really helped. Thank you

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Re: Chooseurnames 90 day trip
Posted by levaryeh - 31 Oct 2024 15:48

Thanks for this post. Learn how to accept and trudge through the annoying, uncomfortable, stressful part of lives.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Oct 2024 16:12

[levaryeh wrote on 31 Oct 2024 15:48:](#)

Thanks for this post. Learn how to accept and trudge through the annoying, uncomfortable, stressful part of lives.

Nein! Learn how to accept the annoying, uncomfortable, stressful part of life and then you won't be *trudging* through life, you'll be dancing through life.

At least in theory.

Just to share something positive while I procrastinate on an unpleasant task in an unhealthy way.

Yesterday was a lousy day (are we allowed to say "crappy"? I always thought that was a potty word but I saw it in Mishpacha Magazine over Succos and Mishpacha is how I determine what is kosher in mainstream Judaism).

Anyway. I kinda struggled through the day. Heading home from maariv though it hit me that I didn't have to act out to cope. I went the whole day without watching porn, fantasizing, masturbating, etc. etc. etc. I didn't even have strong urges to do so. And for some reason I was just overwhelmed with gratitude to HaShem for pulling me out of the mud.

Just two months ago I almost certainly would have reacted to my lousy day by checkin' out of life and into porn. And boy would that have made my bad day worse. And it would have made today into a horrific and painful struggle. But I didn't have to do that. Feeling grateful about that.

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 31 Oct 2024 16:22

[chosemyschem wrote on 31 Oct 2024 16:12:](#)

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Re: Chooseurnames 90 day trip
Posted by thompson - 31 Oct 2024 16:40

[chosemyschem wrote on 31 Oct 2024 16:12:](#)

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Seriously?! They stooped so low and used such vulgar lanuguage?

I'll need to pen a letter to their editor about this.

Immediate action must be taken to preserve the sanctity of our camp!

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 31 Oct 2024 17:07

LoI I noticed it too, it was in ad. As an avid reader of ads, I was wondering if any one else caught it. Not gonna lie, when I read it my eyes bugged out. Was probably overlooked. There are much bigger issues with ads these days in magazines, and I don't think anyone's screening them to closely...

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 31 Oct 2024 17:20

[iwantlife wrote on 31 Oct 2024 17:07:](#)

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Oh I was much more perturbed by the ads for "Kosher Skinny Shot" and the "Mehadrin" alcohol infused ices than I was about a little crap here or there.

But bh a little excess materialism is fine. It's the actual magazine content itself that's the bigger issue. Give me Chayeinu or give me slow spiritual death!

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Re: Chooseurnames 90 day trip
Posted by youknowwho - 31 Oct 2024 17:26

[iwantlife wrote on 31 Oct 2024 17:07:](#)

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Yup. Even that glamorous Sheitel just hanging on the blank dummy head had me huffin' an' puffin'

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 05 Nov 2024 22:15

Checking in. Been in a mood. Buncha things going on.

It's funny. The longer I go clean, the more and more desperate I am to not go back to that sick swamp. Randomly, I'll find myself struck by how pleasant it is not to have to act out. (Side point but I'm trying to not get hung up on the streak as that's not super long term productive. But it blows my mind to see that number keep on going up.)

At the same time, I find myself more forgetting how looking and staring and lusting on the street leads to a slippery slope.

So. I did something for the first time this week. Made a TaPsHiCH shvua. I am trying very hard to not do personal recreational internet use at work before working a set amount of hours. It's a very good thing for me for a whole bunch of reasons. But very hard for me to stick to. Hence the shvua thing. Working well so far bh.

Still been in a mood. Oh well.

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Re: Chooseurnames 90 day trip
Posted by Muttel - 06 Nov 2024 14:43

Watching your meteoric growth has been remarkable. Going from a struggler to an accomplished vet in the ????? world.

May Hashem continue to give you kochos to constantly ascend the ladder of ????? many years to come.

With a ton of brotherly love and *respect*,

Muttel

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 06 Nov 2024 16:06

I heard a very deep idea from a special Baal Avoda this week.

He said that he personally heard from one of the great Rebbe's who are no longer in this world, the following idea:

"Gedarim and Siyagim can bring a person the Yeitzer Hora of Hefkeirus."

This is a deep concept. He's not disparaging the necessity or importance of Gedarim and Siyagim, obviously. But there's a subtlety here.

When a person has set up a system with external safeguards and red lines that protect, it enables a person to let his guard down internally. And that's also can create space for the Yeitzer Hora to creep in, in a different way. Because a person has a natural resistance to self-control and the work of change.

Experiencing a degree of freedom is a heady and wonderful feeling. Sometimes it can also come with a relaxation of the carefulness that's needed to keep lust from encroaching and stealthily gaining a sweaty, clammy, hot handheld on our hearts...

Keep your pedal to the metal, revving the engine of your monsta truck straight up the holy heartbreak mountain, into the blue beyond!

With affection and admiration,

Chaim Oigen

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Re: Chooseurnames 90 day trip

Posted by BenHashemBH - 06 Nov 2024 16:31

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Shalom Reb CO,

Thank you for sharing this beautiful idea!

If I may offer an analogy (that I hope is on target with what you wrote - if not, please correct me):

Crutches are for accomplishing being able to walk without them - using them when needed so you don't fall, but the point is to build the muscles to generally walk unassisted and not have to rely on the additional support all the time. Always using the crutches will not facilitate growth.

The subtlety is balancing when we have to protect ourselves from falling, and when we should be exercising our own muscles to get stronger.

One who wants to walk without crutches should not neglect them, as they are the tool he needs in order to not need them anymore.

Kol Tov

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