

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 chaimoigen - 07 Nov 2024 00:36

[chosemyshem wrote on 06 Nov 2024 22:12:](#)

[chaimoigen wrote on 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

This is an excellent explanation of the problem with filters.

I've done this more times than I can count. Oh I put on the filter/set the barrier/made the limit. So now I can do whatever I want and I'm "kosher".

On the other hand. Good filtering (including accountability) is one of the essential elements of what got me here today.

So like most things in life, "Without sway there can be no balance." I like your mashal BHBH.

I don't think I'm in danger of falling into that trap with this one specific geder. But it's an important idea.

Excellent point about filters. Precisely.

As a matter of fact, my comment wasn't written to caution you in response to the specific Geder you mentioned.

It was actually in response to what you wrote that along with the cleanliness and freedom that you are experiencing, you find yourself forgetting somewhat the importance of vigilance in guarding your eyes in the street etc. Wasn't an exact tzu shtell but I wanted to share the concept.

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Re: Chooseurnames 90 day trip
Posted by Heeling - 07 Nov 2024 01:27

[chosemyschem wrote on 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.

Can we please have the honor of seeing those numbers??

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 07 Nov 2024 20:42

[Heeling wrote on 07 Nov 2024 01:27:](#)

[chosemyshem wrote on 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.**)

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You may! Hayom yom 69.

I actually don't know why it stopped showing the numbers under my name. I tried fixing it but no idea how to.

Bh in less of a mood today. Called HHM and he gave me some instructions and chizzuk. Both were good, but sometimes it's really good to have someone tell you what to do lol.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 12 Nov 2024 21:44

I saw a shooting star during last night's vaad and if that's not a symbol of the celestial power of the vaad I don't know what is.

(PY tells me that "Everyone mussssssst join a vaaaaaaaaaaaaaad.")

BH things are going good otherwise. Renewed the tapshich thingy and that's been helpful.

Still clean by a miracle one day at a time.

Glad I don't have much drama to check in about.

KOT

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Re: Chooseurnames 90 day trip
Posted by iwantlife - 12 Nov 2024 23:45

[chosemyschem wrote on 12 Nov 2024 21:44:](#)

I saw a **shooting star** during last night's vaad and if that's not a symbol of the celestial power of the vaad I don't know what is.

I hate to burst your vaad bubble, but I'm pretty sure what you saw was a flying Ford Anglia..

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 13 Nov 2024 01:01

[iwantlife wrote on 12 Nov 2024 23:45:](#)

[chosemyschem wrote on 12 Nov 2024 21:44:](#)

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 13 Nov 2024 02:05

[chosemyschem wrote on 13 Nov 2024 01:01:](#)

[iwantlife wrote on 12 Nov 2024 23:45:](#)

[chosemyschem wrote on 12 Nov 2024 21:44:](#)

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It may have been a Vermicious Knid burning up, upon entering our atmosphere, as it was attempting to reach and make a meal of you.

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Re: Chooseurnames 90 day trip
Posted by rebakiva - 13 Nov 2024 02:10

[chaimoigen wrote on 13 Nov 2024 02:05:](#)

[chosemyschem wrote on 13 Nov 2024 01:01:](#)

[iwantlife wrote on 12 Nov 2024 23:45:](#)

[chosemyschem wrote on 12 Nov 2024 21:44:](#)

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It may have been a Vermicious Knid burning up, upon entering our atmosphere, as it was attempting to reach and make a meal of you.

Or maybe it was zombie PY flying from burma to eat save you from newcomer zombie muttel who wanted to turn you into the next up and coming zombie

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Re: Chooseurnames 90 day trip
Posted by redfaced - 13 Nov 2024 03:00

[chaimoigen wrote on 13 Nov 2024 02:05:](#)

[chosemyschem wrote on 13 Nov 2024 01:01:](#)

[iwantlife wrote on 12 Nov 2024 23:45:](#)

[chosemyschem wrote on 12 Nov 2024 21:44:](#)

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It may have been a Vermicious Knid burning up, upon entering our atmosphere, as it was attempting to reach and make a meal of you.

SCRAM!

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Re: Chooseurnames 90 day trip
Posted by Hashem Help Me - 13 Nov 2024 04:20

A psychiatrist would have a field day viewing the last 24 hours of posts in this place. And to think someone was asking for ideas of what to read.....

DISCLAIMER - If you just joined GYE, the guys here are actually mentally stable and sane.

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Re: Chooseurnames 90 day trip
Posted by chancy - 14 Nov 2024 19:41

Dear HHM,

Being mentally stable and sane is what got us into this mess.....

We are trying something closer to insanity and its working for a lot of us.

We love it here and nobody is going to force us to become normal again.

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Please do not be scared away.
Re: Chooseurnames 90 day trip

Posted by redfaced - 15 Nov 2024 13:32

[Hashem Help Me wrote on 13 Nov 2024 04:20:](#)

DISCLAIMER - If you just joined GYE, ~~the~~ some guys here are actually mentally stable and

sane. Please do not be scared away.

I don't mean to be rude (but I'm good at being unintentionally rude- if you remember) but speak for yourself, as I'm not feeling very sane right now

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 17 Nov 2024 02:40

A gut voch to y'all.

Checking in while my wife is out partying at some melave malka.

I feel like I said everything I wanted to say in [this](#) post on Chaim's Oigen. Filter went briefly AWOL. Wife did something ~~stupid~~ that made me unhappy. And somehow, I didn't have to act out. I didn't have to view the open internet as an opportunity to be seized. I was able to realize that feeling resentful at my wife and the inevitable vengeful porn sesh would only result in a whole lot of pain, and thank G-d was able to let it go.

Very glad to have the filter back on though. It feels like a railing around a cliff edge - yes I could jump or not regardless of the railing, but it feels secure to have that bit of protection.

B"h the truck is trucking along. I'm glad to be along for the ride.*

*Like absurdly, weirdly, start-tearing-up-with-happiness-during-random-weekday-davening glad.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 18 Nov 2024 21:06

Checking in to share a yesod someone shared with me.

I was texting one of the deep thinkers of GYE the other day, and I jokingly referred to GYE as "a community of people who can't keep their hands out of their pants." Which was perhaps out of line.

He corrected me though, and said GYE is not (just) a community of people who can't keep their hands out of their pants. It's a community of people who are honest about that.

I thought that was very true. Oh, people probably are not totally honest even behind the comfortable shield of anonymity. But what we have here is people being honest about the most painful and hidden parts of their life in an attempt to heal and become closer to HaShem. It's a spark of emes in a world of sheker. And that's pretty awesome.

I also wanted to correct an omission in my last post. I failed to thank the people who held my
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Thanks guys!

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hand through the day or so with the filter off (yes, some handholding was needed