

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 vehkam - 27 Nov 2024 20:31

Keep up the hard work my friend?

=====

=====

Re: Chooseurnames 90 day trip

Posted by hopefulposek - 27 Nov 2024 20:46

[chosemyshem wrote on 27 Nov 2024 14:14:](#)

[chaimoigen wrote on 27 Nov 2024 00:36:](#)

KUTHWMF

Can you please expand on this ?

Side point: I think the SA chiluk between sobriety and recovery is a definition that's sadly lacking on GYE.

My favorite sentence! Certainly.

Basically, there's a difference between not acting out, and doing the inner work to create a new way of life. Not acting out is being sober, even if the only reason you're not acting out is because your wife drop-kicked you so hard your hands fell off. Recovery requires changing your way of thinking and your way of living. Perhaps because GYE is structured around the ninety days chart, there's no emphasis on here about the difference between the two stages. And I think that's a real problem for two reasons.

First, many people need to pick their head above water for a bit before they can start really working. They need a few weeks of not acting out before they can think properly about the sugya. There should be an emphasis on just getting a few days in at all costs in order to start working on it. I was definitely like this for a long time, and I think it would've been helpful for someone to tell me back in the beginning, "Just force yourself to get a month clean and then start thinking".

Second, there are people who have gotten sober for longer, but never worked on recovery. The stereotype is someone who's filtered to the max and is okay, but the second he has extended access to unfiltered internet he falls. Or the guy who is okay for the 90 day streak and then by day 93 he's right back in it. (And stereotypes aside, there are many people like this.) That's because he didn't take advantage of the sober time to do the inner work of recovery. He used external tools or sheer willpower to hang on, but has not changed his way of thinking, his mehalech haChaim.

If I was in charge, I'd divide the 90 day chart in half. The first half would be all about sobriety: just filtering up, accountability, TAPSHICHs, streaks etc. Just forcing yourself to be clean long enough to take a breath and start thinking. Then the second half would turn to recovery. Find

the joy in being clean, understand your urges and triggers and learn long term different responses, change your way of life. I think many people would benefit from an understanding and emphasis on the two different phases.

After my second time hitting 90 days I viewed recovery as a three step process. 1) Break the habit, basically what you called sobriety. breaking out of the cycle. 2) Address the root cause, Basically figure out why you got hooked and address it however it needs to be addressed, for me it was therapy that helped me tap into me inner self and discover all the uncomfortable beliefs I had about myself. somewhere within the first 2 steps you engage in healthy lifestyle choices including, sleep, exercise, eating habits, connections with friends and family, outlets, and investing in things which are meaningful to you. 3) For the married folk, and honestly probably the bochorim too, reframe your view of intimacy in marriage and generally fix up your marriage cause it probably needs it. (Hardest step for me)

Not sure if I would break up the 90 days like you suggested, I found after the 90 days I started using GYE+ to get healthier which worked for me. But there's definitely value do your idea. Just have something beyond the 90 days.

=====
=====

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 27 Nov 2024 21:01

It stands for "keep up the good work my friend!"

I appreciate your clarification.

I know I might be beating up a straw man, and I agree that all the points you made are valid. However, where in tarnation would you get the idea (that I think you implied) that these concepts are Chiddishim limited to SA? That GYE advocates white-knuckling to 90, and that's it. Huh? The forums are filled with posts about people who fell and attributed it to the limitations of white knuckling, harsh posts about the limits of "mere" accountability; abd about how filters aren't the solution. You got to do the work. Thats a huge theme here.

The question is a what is "the work"? That's a great question. Indeed.

?I agree that formalizing the idea of the different stages of cleanliness is a great idea. But it's not so simple because you can't often clearly see the threshold you stepped over until you're on the other side. Sometimes all you have is to work on another day.. another step towards becoming a different person, another step towards Tahara and freedom... not sure that more charts and trackers will help more...

These hallowed forums are full of the stories of people who have slowly changed their way to recovery, one step at a time. I don't like when people put down GYE, cause I love this place, and I owe it so much.

No one has a monopoly on the right way to change, there are as many pathways as there are people. Here, there are many people, ourselves included, who are struggling along, and learning a little more each day. I bless everyone I've learned from, and every bit of experience that's shared.

Some guys spend years trying all sorts of things but don't do the real work needed to change. True. I don't think that's the fault of GYE. Plenty of guys in SA don't really work the Steps either, just keep showing up to the meetings and talking about how they need to learn to surrender (though it's more likely someone will bop you on the head there).

I think that the problem of going through the motions, trying external fixes, and not really changing has to be **owned by the person who isn't changing.**

The truth is that changing is very hard. And no one can tell you how to do it, **each of us needs to learn how to do it ourselves. With the help of Hashem.** With His help, we'll be ok. Whatever method we find works, or whatever combination. With His help, we'll find recovery. And be ok.

And so will you be, my good and special rock-star friend.

KUTGWMGFAKOMT

CO

=====

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 27 Nov 2024 21:47

You are indeed beating up a straw man (but doing a darn good job of it).

I was not putting down GYE in any way, ch"v, or comparing it to SA. I was pointing out that there are clearly two separate statuses (or three. Great point HP.) SA makes a point of defining those two statuses. GYE doesn't explicitly define them. Of course the stereotype of the guy white knuckling to 90 is just a stereotype (meaning something that is exaggerated but sometimes true), and GYE encourages the inner work too.

But while everyone works at their own pace, and the line between the two statuses is very blurry (and the idea of splitting the 90 day chart is an exaggeration) I do think it would be very helpful for those two statuses (stati?) to be known as separate things, and for that to become baseline knowledge on GYE. That is all.

KUTFW(AOF,TT)MFARWCIMTFG

=====

=====

Re: Chooseurnames 90 day trip

Posted by 138eagle - 27 Nov 2024 22:18

KUTFW(AOF,TT)MFARWCIMTFG

Can you guys please talk english???

Or at least point me to the dictionary???

=====

Re: Chooseurnames 90 day trip
Posted by redfaced - 28 Nov 2024 00:34

[138eagle wrote on 27 Nov 2024 22:18:](#)

KUTFW(AOF,TT)MFARWCIMTFG

Can you guys please talk english???

Or at least point me to the dictionary???

Do you mean CYGPTE????? OALPMTAD???

=====

Re: Chooseurnames 90 day trip
Posted by BenHashemBH - 28 Nov 2024 00:49

[138eagle wrote on 27 Nov 2024 22:18:](#)

KUTFW(AOF,TT)MFARWCIMTFG

Can you guys please talk english???

Or at least point me to the dictionary???

KeepUpTheFineWork(ArtOfFreedom,TakehTakeh)MitFeelingAwesomeRightWithChoosemyshe
mInMasteringTheFightingGeneration

Probably

Warning: Spoiler!

=====

Re: Chooseurnames 90 day trip

Posted by proudyungerman - 28 Nov 2024 01:25

[138eagle wrote on 26 Nov 2024 23:29:](#)

[chosemyshe wrote on 26 Nov 2024 21:54:](#)

Had a thought, but didn't post it and then forgot it. It was really great though. Oh well.

Some random updates as a check-in.

I'm working on a comprehensive "how I got here" post for after I hit ninety (this week g-d willing). Trying not to focus on the streak; I think the streak is counterproductive long term. But for a very long time that was my goal, and it seemed utterly and completely impossible. And now I'm there. Blows my mind.

B"n things are good. The truck is cruising along. Feeling a little less smooth, but cruising along nonetheless.

I'd like to work on a step four, if I can find someone willing to help me do it despite me not being in SA. I'm fully committed to continuing working on recovery, now that I have a few days of sobriety. Side point: I think the SA chiluk between sobriety and recovery is a definition that's sadly lacking on GYE.

I went almost six years without being able to go through a niddah cycle without acting out (multiple times). And just went through three of them in about six weeks stone cold sober (more or less. Quite a lot of harchaka poking (this is like filter poking but irl). But still sober). If that's not progress idk what is. Thank the good lord.

That's all that's going on with me.

KOT boys.

What I want to know is what are you drinking to celebrate?

I think I have the answer...

[chooseurname wrote on 27 Dec 2023 15:13:](#)

90 days from today is this week. If I stay clean till then I'm buying myself the **fanciest bourbon** I can find to celebrate. Let's do it.

=====

Re: Chooseurnames 90 day trip
Posted by proudyungerman - 28 Nov 2024 01:32

[138eagle wrote on 27 Nov 2024 22:18:](#)

KUTFW(AOF,TT)MFARWCIMTFG

Or at least point me to the dictionary???

[Here's the only dictionary I'm familiar with...](#)

=====

Re: Chooseurnames 90 day trip

Posted by 5678 - 28 Nov 2024 01:38

[proudyungerman wrote on 28 Nov 2024 01:25:](#)

[138eagle wrote on 26 Nov 2024 23:29:](#)

[chosemyshem wrote on 26 Nov 2024 21:54:](#)

Had a thought, but didn't post it and then forgot it. It was really great though. Oh well.

Some random updates as a check-in.

I"h working on a comprehensive "how I got here" post for after I hit ninety (this week g-d willing). Trying not to focus on the streak; I think the streak is counterproductive long term. But for a very long time that was my goal, and it seemed utterly and completely impossible. And now I'm there. Blows my mind.

B"h things are good. The truck is cruising along. Feeling a little less smooth, but cruising along nonetheless.

I'd like to work on a step four, if I can find someone willing to help me do it despite me not being in SA. I'm fully committed to continuing working on recovery, now that I have a few days of sobriety. Side point: I think the SA chiluk between sobriety and recovery is a definition that's sadly lacking on GYE.

I went almost six years without being able to go through a niddah cycle without acting out (multiple times). And just went through three of them in about six weeks stone cold sober (more or less. Quite a lot of harchaka poking (this is like filter poking but irl). But still sober). If that's not progress idk what is. Thank the good lord.

That's all that's going on with me.

KOT boys.

What I want to know is what are you drinking to celebrate?

I think I have the answer...

[chooseurname wrote on 27 Dec 2023 15:13:](#)

90 days from today is this week. If I stay clean till then I'm buying myself the **fanciest bourbon** I can find to celebrate. Let's do it.

BOURBON! count me in

=====

Re: Chooseurnames 90 day trip
Posted by chosemyshem - 28 Nov 2024 15:07

[138eagle wrote on 27 Nov 2024 22:18:](#)

KUTFW(AOF,TT)MFARWCIMTFG

Can you guys please talk english???

Or at least point me to the dictionary???

This is GYE basics.

Keep Up The Fantastic Work (And Of Course, The Trucking) My Friend And Rebbi Who Continually Inspires Me To Fantastic Growth.

Obviously. What else would it stand for?

KOT-APRA(JTMWPH)!!

=====

Re: Chooseurnames 90 day trip

Posted by chosemyshem - 04 Dec 2024 21:42

Redfaced's chumros in being "omer davar bshem omro" reminded me of something I wanted to post.

Warning: Spoiler!

I hit 90 days this past week. 'Twas a bit weird. On the one hand, for years 90 days seemed impossible. When I joined GYE I tried to get to 90 and failed devastatingly. And for a long time 90 days was an impossible goal that I yearned for. And then I focused away from the "streak" and goals, and just worked on staying clean. And so now that I'm there, it seems completely unimportant.

Obtaining something you desperately desired and realizing it's nothing. Sounds familiar? Obviously, I had a lchaim and rewarded myself. I think manipulating yourself and pumping yourself up to enjoy positive things is generally important. But it was weird.

But over Shabbos I saw an idea in the hakdama to Rav Belsky's sefer on parsha. He writes about being "omer davar bshem omro" - why does that specifically bring geulah? And he explains (in a lengthy vort that I am not doing justice) that redemption occurs on a micro scale and a macro scale. We talk about mashiach and the "geulah shelaima". The idea of a "geulah shelaima" implies there is a non-complete geulah as well. Those partial "micro-redemptions" occur often.

Every time someone escapes part of a trouble, the trouble lessens in camus or eichus, they've experienced a partial geulah. And those partial redemptions are both a portion of a complete redemption and also a complete redemption of the chelek of the tzarah they are redeeming from.

(Take, for example, Chanukah. It was a partial redemption - the greater tzara still existed - non-Jews were still persecuting them. But for the specific element of that tzara that was the shmad of the Syrian-Greeks there was a complete redemption.)

Rav Belsky says, each partial redemption adds up to a whole. The geulah shelaima that we seek, the complete and final revelation of Hashem's majesty, has within it millions and billions of partial redemptions throughout the eons of galus. An unattributed torah thought is in a type of exile. It's lost from the one who said. It's a small galus to be sure, but a galus nonetheless. And someone who attributes the idea to the one who said it, on a tiny micro level has redeemed that thought from its exile. And every single tiny fragment of redemption is part of that complete and perfect final redemption.

True, day 90 is just another day. But at the same time, each day is not just another day. Each day is a fragment of a complete and perfect macro redemption, and at the same time, a complete and perfect micro redemption.*

*With the important caveat that it must truly be part of a redemption, and not just part of the downward cycle.

There's still a long way to go. And day 90 didn't specifically do anything special. But it would be terribly kafui tov of me not to recognize that Hashem brought me somewhere that I longed for and thought was impossible. And that GYE and the chevra here were the malachim (not mamash (I think)) to make that happen. Thank you.

And relatedly. Innocently, I realized there was a potential loophole in the filter today. And filter poking is really hard for me to resist for some reason. Back in the day (a whole 2 months ago) I would've gone straight for it, hours and hours on figuring out the loophole, exploiting the loophole, masturbating, masturbating again because "hey, I gotta use the opportunity", blocking the loophole, feeling like garbage. And then the next day looking for a new loophole. Rinse and repeat and repeat and repeat.

I'm so grateful I didn't have to do that today.

=====

Re: Chooseurnames 90 day trip
Posted by chaimoigen - 04 Dec 2024 22:25

There once was a turkey-slug

-who was also a King,

He was was wonderous, shockingly wise,

He reigned in the ruins of childish dreams,

Wildflowers and sun in his eyes.

*The crumbling blocks of old broken-down walls,
and the pathways with brambles and clover,
Are places he painstakingly climbs and enjoys ,
In his Kingdom of tries and do-overs.*

*Those endless tomorrows have been washed away,
Yes, the hurricane-glass has been shattered,
The Kingdom of Now is aglow in the Light,
That slants golden on **what truly matters.***

*And the sunset, ablaze, full of purples and pinks,
Over gardens and fountains and trash -
Paying homage to **He whose heart no longer sinks -**
As he rises from Akeida-Ash...*

*Oh my valiant friend, I cannot find in my heart,
The words to express what I mean,
For your serenity reflects on unknowable Truths,
And you're dreaming the Aibishter's dreams.*

*You've taught us to Daven, you've taught us to strive,
how to keep clawing up on the climb,
It's my humblest Bracha - **continue to grow-**
Reaching Gadlus - One Day At A Time!!*

Love and Respect,

??? ???? ???? ???? ?

=====

=====

Re: Chooseurnames 90 day trip

Posted by yiftach - 04 Dec 2024 22:30

[chosemyshe wrote on 04 Dec 2024 21:42:](#)

Redfaced's chumros in being "omer davar bshem omro" reminded me of something I wanted to post.

Warning: Spoiler!

I hit 90 days this past week. 'Twas a bit weird. On the one hand, for *years* 90 days seemed impossible. When I joined GYE I tried to get to 90 and failed devastatingly. And for a long time 90 days was an impossible goal that I yearned for. And then I focused away from the "streak" and goals, and just worked on staying clean. And so now that I'm there, it seems completely unimportant.

Obtaining something you desperately desired and realizing it's nothing. Sounds familiar? Obviously, I had a lchaim and rewarded myself. I think manipulating yourself and pumping yourself up to enjoy positive things is generally important. But it was weird.

But over Shabbos I saw an idea in the hakdama to Rav Belsky's sefer on parsha. He writes about being "omer davar bshem omro" - why does that specifically bring geulah? And he explains (in a lengthy vort that I am not doing justice) that redemption occurs on a micro scale and a macro scale. We talk about mashiach and the "geulah shelaima". The idea of a "geulah shelaima" implies there is a non-complete geulah as well. Those partial "micro-redemptions" occur often.

Every time someone escapes part of a trouble, the trouble lessens in camus or eichus, they've experienced a partial geulah. And those partial redemptions are a both a portion of a complete redemption and also a complete redemption of the chelek of the tzarah they are redeeming from.

(Take, for example, Chanukah. It was a partial redemption - the greater tzara still existed - non-Jews were still persecuting them. But for the specific element of that tzara that was the shmad of the Syrian-Greeks there was a complete redemption.)

Rav Belsky says, each partial redemption adds up to a whole. The geulah shelaima that we seek, the complete and final revelation of Hashem's majesty, has within it millions and billions of partial redemptions throughout the eons of galus. An unattributed torah thought is in a type of exile. It's lost from the one who said. It's a small galus to be sure, but a galus nonetheless. And someone who attributes the idea to the one who said it, on a tiny micro level has redeemed that thought from it's exile. And every single tiny fragment of redemption is part of that complete and perfect final redemption.

True, day 90 is just another day. But at the same time, each day is not just another day. Each day is a fragment of a complete and perfect macro redemption, and at the same time, a

complete and perfect micro redemption.*

*With the important caveat that it must truly be part of a redemption, and not just part of the downward cycle.

There's still a long way to go. And day 90 didn't specifically do anything special. But it would be terribly kafui tov of me not to recognize that Hashem brought me somewhere that I longed for and thought was impossible. And that GYE and the chevra here were the malachim (not mamash (I think)) to make that happen. Thank you.

And relatedly. Innocently, I realized there was a potential loophole in the filter today. And filter poking is really hard for me to resist for some reason. Back in the day (a whole 2 months ago) I would've gone straight for it, hours and hours on figuring out the loophole, exploiting the loophole, masturbating, masturbating again because "hey, I gotta use the opportunity", blocking the loophole, feeling like garbage. And then the next day looking for a new loophole. Rinse and repeat and repeat and repeat.

I'm so grateful I didn't have to do that today.

In whispers of fate, your journey began,

A streak born from laughter, a wild, playful plan.

Yet who cares for the means when the end's in view,

A "superficial" milestone, yet so vibrant and true.

Countless tales of triumph flood this vibrant space,

Each story a beacon, each victory an embrace.

Some forged through hard sacrifice, grit in their soul,

While others found fortune, their hearts set on a goal.

*Yours shines with a radiance, distinctly its own,
A spark of pure inspiration, in every word shown.
What started as jest has transformed into might,
A wonderful journey from shadow to light.*

***We can be our own foes, our thoughts often bind,
Yet strength lies within us, just waiting to find.
With dreams barely imagined, we rise and we soar,
Your path speaks of courage, of opening doors.***

*So keep sharing your wisdom, let your words flow free,
It proves what we can accomplish, what we can truly be.
Inspiring the next ones who wander and strive,
Your beautiful musings keep hope very much alive.*

Cheers!

- Yiftach'I

=====