

Chooseurnames 90 day trip

Posted by Chooseurname - 11 Oct 2023 20:09

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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 youknowwho - 23 Dec 2024 14:17

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[Muttel wrote on 23 Dec 2024 14:13:](#)

Is Igor involved?

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Re: Chooseurnames 90 day trip

Posted by redfaced - 23 Dec 2024 14:59

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[Muttel wrote on 23 Dec 2024 14:13:](#)

Is Igor involved?

Hey, Who invited you?!?!  
  
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Re: Chooseurnames 90 day trip  
Posted by redfaced - 24 Dec 2024 03:20

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[redfaced wrote on 23 Dec 2024 14:03:](#)

[chosemyschem wrote on 23 Dec 2024 13:51:](#)

Checking in just to share a W from last night.

My wife went to party and left me babysitting for hours at night. That situation is somewhat dangerous for me. Forget about porn for a minute. When I don't have my normal structure and schedule, I often sit down to "learn - but just check the news first" and boom at best the whole evening is wasted on nothing.

Last night I planned ahead, put my devices away (once I finished weighing in on the GYE machlokes hayom), and did my regular night seder from home. Wasn't the most productive seder, but infinitely better than sitting and killing time online.

Felt good. I probably wouldn't've fallen with porn last night. My tailspin from last week has been b"h straightening out slowly. But I for sure would've killed the whole evening on narishkeit, and I'm happy that didn't happen. I'm also happy I stayed far away from a situation that could have become a struggle very quickly. #TYHAGYE

Hero!

Here's a hug.

And another on.....

Actually the other one will wait until tonight

Turns out the "another hug" was considerably better than the first.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 24 Dec 2024 15:54

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[redfaced wrote on 24 Dec 2024 03:20:](#)

Hero!

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Turns out the "another hug" was considerably better than the first.

Happy to confirm. Also, happy to share the attached selfie I took with Redfaced.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 27 Dec 2024 16:29

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Checking in.

Unfortunately, things were not great. It's been very slow and murderously boring at work, especially with the holiday season. I get trapped in this weird headspace where I don't want to work but also can't admit to myself that no work is gonna happen so I just sit by the computer and procrastinate. And then I get pissed at myself because I didn't do any work so I veiter escape from that uncomfortable feeling with the internet.

Didn't help that I was "working" from home some of the week which is basically just me shouting at my kids to be quiet. Whatever.

This is a long winded way of saying I had a fall yesterday. Built up slowly from like Tuesday. Lotta things I could've/should've done to avoid it. The good news is I don't feel a heavy draw to the follow up fall like last time.

Just to share a hargasha. Kinda related to the thoughts Yiftach and TD shared about mizmor shir chanukas habayis.

I came home late yesterday for menorah lighting. I was coming straight after finishing my fall and felt like garbage, as one does. Somehow got through menorah lighting and the rest of the night. Got unnecessarily mad at my wife, etc. etc. Pretty lousy night. One thing kept me somewhat together and the thought crystalized during Hallel today.

Had a thought during Hallel though. We say:

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Correct me if my dikduk is wrong, but I think the description of the danger and the tefillah is in the present tense but the salvation is in the past tense. This is relatively common in tanach - the prophetic past tense. Hashem's salvation is so certain that we can speak of it as if it already happened even while we are still enmeshed in the struggle.

And so I was thinking. If you told me that I'll remain struggling my whole life I'd give up right now. I'm not down for that. The only thing that keeps me getting back up is my certainty that one day Hashem will shlep me out of this. But I don't relax and enjoy that salvation - I feel low and hopeless. But maybe instead I can calm down and be thankful and appreciative to Hashem for the coming salvation.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 29 Dec 2024 19:49

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[chosemyshem wrote on 27 Dec 2024 16:29:](#)

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Was thinking about this point a little more and I'm gonna throw some of those thoughts up here on this page.

I think this thought grew out of grappling with [this excellent post](#)/question from R' Jolly. And while the simple answer to that question may be to take things one day at a time and don't worry about the future, that is quite easier said than done. And so I think the only functional way I've found to deal with that feeling is more or less to try to have bitachon about it. (What a )

And I think I've posted before that I haskafically believe it's possible for someone to be doomed to struggle in the mud their whole life. Meaning that they are placed in a level or situation that it's not possible for them to get clean. And I still theoretically believe that. I just think I'm not that person.

Why am I confident that Hashem will get me out of this? I think I largely addressed that in [this](#) post.

A large part of coming to believe that Hashem will get me clean was coming to believe it's at all possible to get clean. This took some time to sink in. In that regard, speaking and connecting to people who I could really relate to, and seeing that they takah aren't different than me but they managed to get clean, was very helpful. I'm not egotistical enough to believe that davka I'm the one who is so broken that I cannot be fixed. (Doesn't mean I won't need to use heavy duty tools along the way. But it means that I've seen solutions for problems equivalent to mine can be fixed. It remains to be seen when I will be willing to put in the work to do my portion.)

I think sometimes we do this thing where we say, "Oh you got clean? That must mean your problem isn't as bad as mine." And we use other's successes as a proof that we are worse, instead of as a proof that we too can be helped.

I think there's more to be said about this topic.

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Re: Chooseurnames 90 day trip  
Posted by simchastorah - 29 Dec 2024 20:49

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Seeing the way you are handling falling and using your sechel to find your way back out is a limud for me, thank you

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Re: Chooseurnames 90 day trip  
Posted by jollylemur95 - 30 Dec 2024 16:05

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[chosemyshem wrote on 29 Dec 2024 19:49:](#)

[chosemyschem wrote on 27 Dec 2024 16:29:](#)

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R" Shem!

Your perception and self awareness is really off the charts!

I need to really think about what you posted before I can even attempt to respond.

Here is what I can say: With such a great awareness of where you are and what you are up against in your personal journey is a major tool in this battle of the generation. (It is no wonder people reach out to you for advice etc.) I am very confident that you will beat this beh! You are amazing!

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Re: Chooseurnames 90 day trip  
Posted by odyossefchai - 30 Dec 2024 16:29

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[chosemyschem wrote on 24 Dec 2024 15:54:](#)

[redfaced wrote on 24 Dec 2024 03:20:](#)

Hero!

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And another on.....

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Happy to confirm. Also, happy to share the attached selfie I took with Redfaced.

Please do share.

I would like to know if the rumors about red are true. Is he really as red as everyone claims him to be. Or maybe he's just a light shade of orange and goes around calling himself a redhead!

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 30 Dec 2024 19:50

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[odyossefchai wrote on 30 Dec 2024 16:29:](#)

[chosemyshem wrote on 24 Dec 2024 15:54:](#)

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I would like to know if the rumors about red are true. Is he really as red as everyone claims him to be. Or maybe he's just a light shade of orange and goes around calling himself a redhead!

I don't want to dox him. But let me just say I was sadly disappointed. I was expecting Hans

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Re: Chooseurnames 90 day trip  
Posted by BenHashemBH - 02 Jan 2025 21:36

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"chosemyshem" post=428262 date=1735756409 catid=23

Tried filling out the 3 circles tool on the GYE dashboard so the little pop up would stop bothering

me. Got up to the green circle - healthy activities. Turns out I have no healthy activities.

Shalom Brother Shem,

While this was a great grouch, I think it (also) belongs on your thread. We need to find you at least one healthy activity

**Warning: Spoiler!**

What say you?

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 03 Jan 2025 19:24

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Well life sucks. But at least it's relatively short.

Been sheepish about posting this, but it's been a baaaaaaad week.

No motivation to make it stop being bad.

Thank you Hashem for shabbos, and for not being in a place where I have a nisayon to watch on shabbos.

Totally and completely unrelated. I've been seeing bumper stickers (from Oorah?) that say "Hashem Needs Every Yid". This is **actual** literal kefir. Hashem does not need every Yid. Hashem does not need anything. Just needed to get that off my chest.

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 04 Jan 2025 23:28

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*Though He doesn't need anything,  
He mysteriously **desires**,  
And the Yiddin that he's awaiting,  
Include those who can't see why,  
For there's a spark beneath the maelstrom,  
That's yet burning from on high,  
and the knowledge of His wanting,  
....could perhaps inspire.*

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Here's wishing you a Gut Voch,

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Re: Chooseurnames 90 day trip

Posted by jollylemur95 - 05 Jan 2025 01:13

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[chaimoigen wrote on 04 Jan 2025 23:28:](#)

*Though He doesn't need anything,*

*He mysteriously **desires**,*

*And the Yiddin that he's awaiting,*

*Include those who can't see why,*

*For there's a spark beneath the maelstrom,*

*That's yet burning from on high,*

*and the knowledge of His wanting,*

*....could perhaps inspire.*

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Here's wishing you a Gut Voch,

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One of the piyutim we say on Yom Kippur is full of that. How he has endless malachim and others who sing shira to him but he **DESIRES** us who have struggles.

Than being said, Shem is pointing out hashem does not need us. He wants to be meitiv with us.

It is for our benefit to do the right thing.

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