

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 hopefulposek - 18 May 2025 03:05

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[chaimoigen wrote on 14 May 2025 13:18:](#)

[chosemyschem wrote on 14 May 2025 00:22:](#)

Today, for no reason I can tell, was an absolute disaster of a day.

Not lust-wise. Life-wise.

Fighting with my wife over nothing, came super late to (my brand new) work, shouted at kids. The works.

I'm not sure what happened. What is very interesting is that 1) if I didn't have a little clean streak going there is no question at all I would've turned to porn. 2) While I'm (at least trying to be) very grateful I didn't do that, and I know it would have only made things worse, it does (as always) surprise me that leaving porn didn't turn my life into a sparkly rainbow of joy. 3) As a convo with the great hopeful P drove home, **all those negative character traits that lead me down the path of porn are still there. And they ain't gonna go away by themselves.**

Life goes on (  
Something is hidden for guests. Please log in or register to see it.  
)

I hear you, brother. I have a slightly different take. Life going on the way you describe is pretty good. You see - negative character traits take a lifetime of work to change. Or should I rather say, to sublimate, enhance, and transcend. The Nesivos Shalom speaks many times about how, in truth, the "good days" ain't that great, and the "bad days" are really good days [I think it was the Vorka Rebbe who said that on his deathbed]. I think it means that the days when our negative traits are flaring up, and we struggle and yet persevere to an extent - well - THAT'S GROWTH. There's nothing more valuable than that. "All in all its yet another rung up the ladder" [my version of the Pink Floyd Yesoid]. You had a sucky day. **You didn't fall.** You are pushing forwards. You are seeing what you can learn from it. It's days like this for which we are born. Scratching a bit further at what we have to work on, getting a little better each day. Only this and nothing more. Hang on friend, and feel better! You're one of the good ones. ??? ???? ?????

Reb chaim! I hope all is swell,

just to give a little clarity on my observation in the convo with the great and ever heilig choosurname.

Granted if you have a rough day and you don't act out that is growth, but... it is growth in not using lust to deal with your discomfort. If you are still turning to frustration and anger and especially when its in a way which can lead back to a life of porn (such as fighting with the rebbetzin which will deteriorate the relationship) there is definitely work that needs to be done and, as he pointed out so nicely, it won't happen by itself.

Yes a large part of the struggle is learning to live through life's ups and downs and not use porn to numb ourselves to the pain and discomfort of life. but another large area of recovery is to

work on ourselves to not feel the overburdening frustration and anger which can need to be numbed, whether by venting it in a destructive tirade or by binging porn.

If life is going to be full of pain and discomfort it will be near impossible to stay clean long term, that is why it is crucial to address these issues and not just hope that you stay clean from porn for another day while turning to another drug, anger and lashing out.

I apologize that this isn't my usual post of sunshine and rainbows, I've been dealing with this struggle for a couple of years since I gained sobriety (even though I fell a few times I still view it as being sober from lust for almost 2 years since I wasn't really back in the cycle), and have come to recognize the importance of working on myself in order to live a happy and accomplished life. If you don't have this struggle, praise hashem.

Hatzlachah!

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Re: Chooseurnames 90 day trip  
Posted by chaimoigen - 18 May 2025 04:10

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I agree with every one of your points. Unfortunately I am also dealing with pain and frustration on a regular basis, so I can relate. I am working daily on not being resentful, on trying to find serenity and Bitachon, and having to work on my middos, which continue to need a lot of work.

That said, growth is a slow, multi stepped, ongoing process, and I think it's good to acknowledge that.

If theres a guy who used to turn to porn almost every time he felt discomfort and the urge to escape, and today he didn't, even if he lashed out, it's worthwhile, in my thinking, for him to stop and give thanks that he's achieved that much growth, and to take strength and encouragement to keep working to get to the next level.

It's not ok to lash out; anger and resentment are ugly. But making yourself into a full mentch, with the help of Hashem, is a long project. One day, one step at a time.

Here's a warm hand, from a fellow trudger-in-the-trenches

CO

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Re: Chooseurnames 90 day trip  
Posted by kavey - 18 May 2025 15:17

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And this is why we're blessed to have CO trudging with us

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 18 May 2025 20:49

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Checking in.

Life goes on.

Glad to still be clean. Unglad to be stressed, but you can't have everything.

Tough to remember why/how to keep my eyes to myself on the streets, but the battle isn't lost.

So it goes.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 28 May 2025 00:04

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Stealing a moment for a very quick check-in.

Today was rough. Slow empty day in the office. Second in a row. And I was exhausted.

I was exhausted because I stayed up late reading a stupid endless webnovel last night. A major yellow circle activity that I have not engaged in for about 80 days.

Not sure what triggered it, but suspect it was focusing too much during/after the vaad call on how I used to do that. An occupational hazard I guess.

Also was stressed from 1) "fighting" against the "yetzer hara" all day, and 2) bickering on and off with my wife.

But no good reason.

Anyway back to today. Very tired, bored, alone. Was having some very very tough urges. Of course not for porn, g-d forbid. That's not how it starts for me (usually) once I've been clean a few weeks. It was urges just to find someone pretty online to look at. And/or to find something "entertaining" to distract myself.

I hung in there. Reached out. Tried to stay busy.

And I stayed clean.

Terrible shemiras einayim (both on the street and at any woman that popped up on my screen at work without going to look for one). But clean.

That being said I slightly bent/broke my geder of no personal internet use at work and not

turning my screen away from the hallway. Which is a step on a veryyyyyyyyyyyyy slippery slope.

Trying to not get hung up. Not to stress. To recognize that my dumb moves last night had a very strong effect on today. And just to commit to trying again tomorrow

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 01 Jun 2025 17:21

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Stealing a moment for a check in on this very busy shavous eve.

Very grateful for the first sefira I've traveled through clean in a very long time.

Ayyy, it wasn't totally clean? Ayyy at the end I dropped the ball and spent a day watching porn?

At the end of the day, it was a radically different sefira and a journey of closeness to some extent. Still on the road, but grateful to Hashem for carrying me forward down the path.

I have what to say about "opportunities" and that bad day. But another time.

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 06 Jun 2025 19:44

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Checking in.

Some days I feel like I'm cruising along. And some days I really just want to go to work but find myself stuck in front of the computer lusting. Wanna bet what today was?

What's a technical fall? Saw some porn so I guess that's a technical fall by GYE standards. It's not what I want to be doing and I felt totally out of control, so I guess that's a fall by my standards. But I didn't masturbate so it's not a fall by the somewhat arbitrary standard I set my counter by. I do think there's a certain value in using that as a tracker, as long as I can drive home to myself that if I don't clean up my act it's *inevitable* that I'll end up masturbating. Soon.

Shavous was actually very nice. But I feel like I'm falling right back to where I was the day before the sheloshes yemai hagballah. Not in a good place.

Came two hours late to work today. I lied and said I wasn't feeling well and fell asleep. The being sick is true at least lol. I don't like this.

Now I should be going home but stayed to indulge a little more. When I get home no doubt I'll lie and say it was a busy day (which is partially true - when you come two hours late things get busy.) But I could've left an hour ago . . . I don't like this either.

For all that I still feel optimistic. Not confident, but optimistic.

Hmmm. What else is going on?

I'm noticing an occasional pattern of looking for excuses to indulge. Staying up late so I can claim weakness the next day to give in. Noticing that I still don't have a healthy way to handle work stress/boredom. Noticing that I can be on a call talking to a guy and giving/getting chizzuk and still engage in lust towards the women walking by.

Also noticing moments of kedusha here and there. Moments of changed attitudes and changed habits. Moments where life and death hang and I chose life (occasionally).

So it goes.

I remain, sometimes crawling, sometimes sliding, sometimes flying awkwardly, and sometimes curling up into a ball and dying slowly, but always feeling

Shem

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Re: Chooseurnames 90 day trip  
Posted by kavey - 06 Jun 2025 19:58

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And always have a way with words. You and CO should write a book!

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Re: Chooseurnames 90 day trip  
Posted by frank.lee - 08 Jun 2025 08:42

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Choose, thanks for the update. Sorry if this has been discussed already, but is there anything to do for your work computer to block things better?

Hatzlacha!

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 15 Jun 2025 18:45

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Checking in for a minute.

Sober still. I guess. At least on the most technical level. Had some good days last week and a



couple pretty bad ones. Generally feeling very engaged in lust, even on days where I didn't see anything. Been toying with that shiny red nuclear reset button.

Feeling negative towards work for some reason I can't put my finger on and I'm allowing myself to use that as an excuse to check out of work (and inevitably in to lust.)

Feeling a lot of financial pressure as well - somewhat self-imposed but as largely imposed by my wife.

Gonna keep on trying, one day at a time.

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 17 Jun 2025 21:45

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Checking in.

Been very clean this week and it feels good.

Boss man is goin' on vacation for 7 days, and left me with enough work for 2 days.

Praying for strength and serenity. Ain't no way I can do this without G-d carrying me through. Especially since the red line of personal internet use (and porn) at work has already been shattered.

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Re: Chooseurnames 90 day trip  
Posted by chosemyschem - 23 Jun 2025 21:13

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Quick check in.

What's the right way of saying this?

Let me philosophize for a minute here. A thought kicked up by the religious pain thread: It's silly how limited we are. It really feels like we should be able to be so much better, on both an individual and worldly level. All the way from the holocaust and an educational system that has an acceptable loss rate down to how I spend my day. It's not just that we could be better, it's more like the way we are is just so inadequate compared to what we could or should be.

I think this is one of the feelings that drives me to act out, and I suspect also what drives me to escape to fantasy. Why should I be trapped in a mediocre existence? Lust provides, for just a moment, an endless thrill. Of course, after the moment passes lust just reinforces the feeling of mediocrity and the hamster wheel keeps on going. But for a moment while the lust flows, life is exciting like it should be.

And so but the outcome of this feeling is that sobriety is also attractive but only when it's electric. When the feeling of kedusha suffuses my life as strongly as the lust does then, and only then, is it worthwhile. This is something Dov has posted about extensively, the high of teshuva can be a part of the problem. Because teshuva can be just as exciting as sinning, and we want life to be exciting.

It's hard to accept we're so limited. I think this is because we're truly not so mediocre, we're connected to G-d himself and our spiritual greatness dwarfs the world. But that's not an electric greatness, generally speaking. It's slow, hard work building yourself up, and the feeling of greatness is imperceptible. So this true greatness ain't all that exciting or tempting.

Point being. I've been reluctant to check in about this week. (I think I'm worried somehow about tripping myself up.) But it's going okay. Not perfect. Not exciting. But largely clean. Spending a lot of time reading stupid novels online since I have almost no work to do, and at the end of one day last week I slipped into a little bit of porn watching, but largely clean.

In fact, my wife went out of town Sunday with the kids. This situation, as I believe I've posted on

here multiple times, is kryptonite for me. In some way the freedom of having her out of town becomes an opportunity to binge that cannot be denied. And yet, through Hashem's kindness that I consider an open miracle, I didn't act out.

It wasn't an exciting day. I didn't spend the day in heartfelt teshuva, didn't whisper tehillim alongside a choir of angels, wasn't zocheh to a truckload of gold landing on my front steps a la vayimaen. It was pretty much just a regular Sunday. I stuck to my regular schedule, with the addition of a knas-backed geder to keep the internet off the whole day and a shwarma at the end of the day to treat myself. But no fireworks.

And this whole week my boss is out has been suspiciously lacking in fireworks. It has not been productive, not been using my time well, and not even totally clean. And yet somehow I'm still sober and not binging. I'm grateful (and suprised) about that. But missing the fireworks I think.

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Re: Chooseurnames 90 day trip  
Posted by kavey - 23 Jun 2025 23:05

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and a shwarma at the end of the day to treat myself.

Hatzlacha!

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Re: Chooseurnames 90 day trip  
Posted by chosemyshem - 25 Jun 2025 22:11

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Ho-hum.

today was a self-fulfilling prophecy if I ever saw one.

Spent the vast majority of the day watching porn. Somehow kept my hands out of my pants, though I'm not sure that makes me feel much better.

You win some you lose some.

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