

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 - 13 Jul 2025 21:36

[mountainclimb wrote on 11 Jul 2025 22:18:](#)

Thank you for being so open with your struggles. Hashem should bless you this coming week with happiness and strength. Hashem should help you find ways to make more gedarim.

More gedarim?

I have gedarim out the wazoo. I don't know if more gedarim would do much.

Hashem should maybe help me stick to the ones I have, feel motivation or remember Him. Or maybe more gedarim would help. Who knows. Not me, that's for sure.

I guess the tefillah is Hashem should get me clean whatever it takes, give me clarity on what I

need to do and the strength and presence of mind to ask Him to do what I cannot do, and should make the whole thing as pleasant as possible.

Anyway. Checking in. Two days clean.

Legit scared of the blowback I may get at work from spending the past week on porn and distraction, and not on my work tasks. Trying to turn to bitachon to *address* that fear, and not lust to *escape* it. I guess I'll find out Monday what the consequences are.

Feels good to recognize that I need to put in the work. Like now I know what the next step is (what is the actual next step is takeh a good question. But whatever it is practically, it's gonna be putting in the work. If that didn't make sense I blame the lack of food.) Actually not feeling so down about recognizing that I'm back at square one. Because it's not really square one. I'm clean 3+ months from masturbation and that's a serious thing. Progress has been progressing. I guess I'm looking at it like I'm on square one on level 10. Not square one of level one anymore. Grateful for that.

Just wanna unload something I've been struggling hard with recently, probably for most of the time I've been in this recent slump. I accidentally (or at least 90% accidentally) caught a serious eyeful of someone through a window a few weeks ago. And since then I've been noticing that I've been looking hard through windows. I don't like it - it feels pretty sleazy and out of control - but I'm doing it a lot. And it's pretty abnormally lustful for me too I think. Though maybe I've been doing it for longer and am just noticing it more now. Either way, I'm struggling to put a stop to it.

That's where I'm at for now. Committed to getting clean from porn/lust, and at the same time, not using the "reset" excuse to slip backwards in masturbation.

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Re: Chooseurnames 90 day trip
Posted by mountainclimb - 14 Jul 2025 15:51

In a way you make it sound like he is guilty, but when I read the news it didn't sound like that. So yes. I think it may be lashon hara because it adds a negative spin.

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Re: Chooseurnames 90 day trip
Posted by mountainclimb - 14 Jul 2025 15:53

Hashem should help you get completely clean of P & MM, and should give you happy happiness and strength.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 17 Jul 2025 21:10

Quick check in.

Clean week. By clean I mean no porn, no filter poking, no quasi (queasy?) erotic content online. Been flexing some muscles that had gotten kinda weak. Some success with street ogling*, but needs more work.

Boss is out of town (yet again!) tomorrow and Friday is anyway a tough day. Hoping for a good day, posting for accountability.

* I feel like I need a good term for this. I'm sure the chevra here can relate to the type of thing I do sometimes. It's not just a second look at an attractive women I happen to see, it's eye-groping every woman on the street and looking around to make sure I don't miss a single one. It's definitely not stam "shemiras eynayim". But it's not porn, not erotic content, so can't call it that. Not loving ogling as a word either (and here's a fun fact. Google says the etymology of "ogle" is German and the same shorash as "oigen". How bout that.) I'm would say "street lust" but that could mean a lot of things - and wouldn't include that one woman who likes short skirts and the elevator nearby my office. Any suggestions?

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Re: Chooseurnames 90 day trip

Posted by diamondwithaflaw - 21 Jul 2025 04:59

[chosemyshe wrote on 17 Jul 2025 21:10:](#)

Quick check in.

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For what it's worth, I have a suggestion :

Stop focusing on the term and just Start keeping your head down.

From reading your posts, you seem like the type of guy I can talk to for hours. The type that loves to psychoanalyze everything.

After many years in this fight I'm starting to realize that our logical brain is not necessarily

helping us in this area of our life. At some point you have to ask to ask yourself - Am I over analyzing this?

I've read so many self help books and so many marriage books and I learned good stuff from many of them, but after so many years my head was spinning and I still couldn't figure out why I was failing.

I'm learning now that I have been over complicating things. It doesn't matter if my personality type clashes with my wife's personality type. It doesn't matter what happened in the past. I just have to make the right choices going forward.

To name a few- I have to stop criticizing. I have to give without expecting anything in return. I have to make sure my wife knows that she is #1.

I recently realized that keeping my head down in the street is a huge part of making my wife #1 in my life. This has been a game changer for me. More on this later.

Keep your head down bro. Good luck out there.

-Diamond

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Re: Chooseurnames 90 day trip
Posted by diamondwithaflaw - 21 Jul 2025 16:03

And I only just now saw Joey Haber's Vayimaen video from Friday! Promise!

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Re: Chooseurnames 90 day trip
Posted by chosemyschem - 21 Jul 2025 17:42

[diamondwithaflaw wrote on 21 Jul 2025 16:03:](#)

And I only just now saw Joey Haber's Vayimaen video from Friday! Promise!

Lol I listened to it right before reading your post. Probably the best Vayimaen yet.

Great point about overthinking. I've been accused of philosophizin' a time or two. It's a hard habit to stop.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 22 Jul 2025 22:46

Quick check in.

Logged into GYE for a minute this morning at work before anyone else came in. Only to be surprised by my boss's daughter coming up behind me - she happened to come meet him at the office this morning. Very very (very!) grateful it was GYE and not porn. Still hoping she didn't get a good look at the screen (and also that she won't tell her dad I wasn't working . . .)

About a week and a half clean from porn. I'm grateful about that. The eye-groping isn't going well. Trying to just do it, but, well, I'm having trouble doing it. Missing motivation. Relatedly, having trouble finding the time and yishuv ha'daas to get into the spirit of the season. Busy remainder of the week ahead and hoping it'll be clean.

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Re: Chooseurnames 90 day trip
Posted by chaimoigen - 23 Jul 2025 01:10

[chosemyshem wrote on 22 Jul 2025 22:46:](#)

Quick check in.

About a week and a half clean from porn. I'm grateful about that. The eye-groping isn't going well. Trying to just do it, but, well, I'm having trouble doing it. Missing motivation. Relatedly, having trouble finding the time and yishuv ha'daas to get into the spirit of the season. Busy remainder of the week ahead and hoping it'll be clean.

Question about the eye-groping and your lack of motivation.

Is it that you have a desire to ogle and catch a deep eyeful of every lustful sight and you can't find internal motivation and desire to want to live without that enjoyment? Or is it that you feel compelled by the sights and urges and habitual ogling when in the moment, and though you dislike that, you're having difficulty to muster up enough motivation to summon the energy to try to deal with it ?

Im not sure that this question makes sense, or that it's even an either/or. Maybe a worthwhile question, though.

Either way, thinking about you.

Probably worth focussing on your wins.

And, of course, here's a warm hand,

Chaim

ps, sorry it didn't end up working out the other day.

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Re: Chooseurnames 90 day trip
Posted by chosemyshem - 24 Jul 2025 17:06

[chaimoigen wrote on 23 Jul 2025 01:10:](#)

Question about the eye-groping and your lack of motivation.

Is it that you have a desire to ogle and catch a deep eyeful of every lustful sight and you can't find internal motivation and desire to want to live without that enjoyment? Or is it that you feel compelled by the sights and urges and habitual ogling when in the moment, and though you dislike that, you're having difficulty to muster up enough motivation to summon the energy to try to deal with it ?

ps, sorry it didn't end up working out the other day.

The second one. If it matters.

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Re: Chooseurnames 90 day trip

Posted by chosemyshem - 24 Jul 2025 17:35

Checking in.

Had a little bit of a rough day yesterday. I had a work thing in I guess what would be called the business district of a smaller city. Lots of trendy little shoppes, offices, restaurants, etc. The whole area was filled with (what seemed like to me) young vibrant attractive people. Right across from the location I was heading to was a large church (decorated with a beautiful rainbow flag - it was that kinda neighborhood.) And on the church steps was a whole group of young women hanging out and socializing.

It triggered me hard. One person in particular, but the whole matzav. Later, I was able to sit with

the feeling for a little bit and kinda digest what I was feeling. It wasn't just I saw someone attractive and lusted, it was more like desiring a whole different life of freedom. In German they say *sehnsucht*. A feeling of incompleteness and longing for a more ideal alternative life. I imagined these people were happy, free, beautiful, in a way that I was not, and I wanted it. In Hebrew maybe we'd say ?????????? ??????????.

Not gonna get into the lie of that feeling. But it's funny though. This feeling was a major trigger for me for a long time (perhaps not in those specific words.) I think I've become a lot more accepting of my life in general.

I didn't handle the trigger particularly well. It threw me off, in addition to a long hard day. I thought I got past it, but ended up kinda pushing the border of a red circle activity I've avoided pretty well. Not a fall, but something that feels unhealthy to me. That being said, I think being aware of what's happening I would not have the same reaction next time. It also drove home that some substantial maturity type of stuff may have happened - it's been awhile since I felt that way.

It also drove home that if I'd kept my head down the whole time it might've been more effort at the time, but it would've avoided the whole trigger.

Anyway. Perhaps some excessive philosophizing. But that's where we're at.

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Re: Chooseurnames 90 day trip
Posted by alex94 - 24 Jul 2025 19:27

[chosemyshem wrote on 24 Jul 2025 17:35:](#)

It wasn't just I saw someone attractive and lusted, it was more like desiring a whole different life of freedom. In German they say *sehnsucht*. A feeling of incompleteness and longing for a more ideal alternative life. I imagined these people were happy, free, beautiful, in a way that I was not, and I wanted it.

Oy can I relate.

KOT

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Re: Chooseurnames 90 day trip

Posted by diamondwithaflaw - 24 Jul 2025 23:03

It also drove home that some substantial maturity type of stuff may have happened - it's been awhile since I felt that way. It also drove home that if I'd kept my head down the whole time it might've been more effort at the time, but it would've avoided the whole trigger.

Anyway. Perhaps some excessive philosphizin'. But that's where we're at.

On their "Out of the Box" album, the macabeats sing an Andy Grammer song called "Keep your head up". Awesome song. I love love love it.

However, for guys like us I feel like the words should be changed to "But you gotta keep your head **down** and you could let your hair **grow**" lol

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Re: Chooseurnames 90 day trip

Posted by chosemyshe - 30 Jul 2025 21:53

Grabbing a minute for a quick check in.

Clean. Also, ridiculously tired, grumpy, burnt out of noodles and cheese, and feeling overworked. But clean nonetheless, and I'm grateful for that.