

This is it - 90 Days here I come!

Posted by NOYA - 16 Nov 2009 02:07

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Hey everyone,

My name is NOYA and I'm here to perform a mind dump.

I am 20 years old and a good boy overall. I discovered pornography and masturbation at about age 13 or so. I got very into both of those things and etched those neuron pathways good and deep. I found out that both of these things were sins at age 14 but couldn't stop. It's been that way ever since. I've tried to stop, but just couldn't.

When I was in Israel I met a mashgiach from a yeshiva who claimed that if you stop masturbating for 40 days then you will have stopped the habit. I made it to 40, but it didn't work.

I made it to 40 several more times, but every time I failed I got depressed and guilty.

This year in yeshiva is my strongest year ever. So far I've had a 42 day campaign, followed by a 33 day campaign (which was on the GUE list), and now I'm on Day 6 of another campaign. And now that I'm on the forum, I hope to get lots of support from my holy brothers here, and to give lots of support to others as well.

Although I have not made it to Day 90, I've assembled a list of things for other people to learn from that work for me. There are 3 categories:

### Physical

The base level of trouble with regard to masturbating is by physically stimulating the milah. Obviously touching the milah in a sexual manner, deliberately to excite is problematic, but even just casually rubbing or flicking or whatever can be problematic. Therefore my first rule is never to touch the milah ever under any circumstances. Also, if a certain body position is associated with masturbation you must avoid it. For example, I psychologically associate lying on my back with this aviera, so I make sure to never lie on my back.

### Visual

The handbook talks about this and it's pretty poshut, but you have to do your best to stay away from any and all inappropriate visual contact with anything. Thank G-d I don't have an issue with the internet because I have a great filter, but one glimpse at an attractive woman can set me haywire sometimes if she strikes me a certain way.

Therefore, one must avoid woman in general and if you must go out, make sure to enter "low-scan mode." That means to lower your gaze so you can see in front of you about 5-10 feet, so you don't see woman from far away. And this way you might see legs, but since it's winter time that's not so bad.

### Mental

Hirhurim come and go even to the greatest of people. You can't feel bad about the fact that you get hirhurim because everyone does. The aveira is to continue thinking about it. The way to deal with hirhurim is to distract yourself with other things.

THE BIGGEST YESOD IN FIGHTING THE YETZER HARA IN GENERAL IS TO REALIZE THAT HE IS STRONG AND YOU ARE WEAK. How does one win a battle like that? By running away. Every time you feel a battle coming you MUST distract yourself immediately. For me, learning or reviewing math helps distract me a lot.

Now then, I'm here to make it Day 90, but I find the following problem comes up every time. The way I see it there are essentially two levels of taivah status - Level 1 and Level 2.

Level 1 taivah is the status you get in when a thought goes into your mind and you casually think about it a little, or you might see something that excites you, but you're not "gone." You can still control yourself and distract yourself, and all that. I have no problem with dealing with Level 1 intrusions - All you have to do is distract yourself and you win (as mentioned before)!

But when I get into higher numbers, like in the high 40's, I get something that I call Level 2 taivah, or "structural taivah." I feel like my whole body is locked into taivah "mode" and no

matter what I do, and I think I've tried absolutely everything, I just can't shake it.

I've distracted myself for hours to no avail, I've begged Hashem to help me and to take away the taivah, I've called Rabbeim to help, but it always gets me in the end after I'm Level 2. I still don't really know how I'll deal with it when it will come around day 45 or so, but I have 40 days until I have to gear up for that.

Anyway, I've blabbed forever. Wish me luck everyone and hatzlacha to all of you!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 03 Jan 2010 21:53

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***KEEP ON ROCKING NOYA!!!!!!!!!!!!!! IS IT ROLLING?? OR MAYBE ITS ROCKIN' AND ROLLIN'!!!!!!!!!!!!!!!!!!!!!!***

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 05 Jan 2010 04:10

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Okay, we're moving right along here. Every day I remind myself during Shacharis of what I'm going for. I want to be able to look at myself in the mirror and say, "There's a straight shooting, honest man who doesn't lie to himself or others. There's a guy who has no skeletons in his closet."

I want to be great in learning and be able to tap into kedusha and one cannot do that if he is involved in tumah. Tumah and tahara do not get along at all. I live my life one day at a time and don't look into the future at the struggle, but I do look into the future at the man I want to be five years from now.

I want to be a lamdan, someone who makes minyanim three times a day, who is koveah ittim and who does chesed. I want to be an emesdig yid. That's only possible if you give up lust to

Hashem.

Anyway, on to today's report.

Today was AMAZING. I rocked it up today, no joke. I did a really tough thing in learning today [edited due to ID issues].

So that was a big self esteem booster.

I proceeded to rock it up the rest of the day by destroying my final. I actually didn't quite destroy it, as I think I got one question wrong, but I surely have an A average in the course and that's what counts. And yeah, so the day was wonderful.

The yetzer hara saw that Hashem was on my side today, and didn't even bother to wake up today it seems. No attacks, challenges, or other.

Bring on the bourbon, Bardichev, and thanks for the continued support, IT!

Day 11: Great great day! No challenges. A++!

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 05 Jan 2010 14:21

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Awesome news bro. KUTGW!!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 05 Jan 2010 17:10

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Wow - one victory after another, in every area of life - that's fantastic - your attitude, your accomplishments - you do, indeed, rock!

And a perek by heart?? WOW!!

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Re: This is it - 90 Days here I come!

Posted by imtrying25 - 05 Jan 2010 20:52

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NOYA i dont know what to say anymore! You were rockin and rollin **BEFORE** you passed your bechina with flying colors. So i guess now your.....**FLYING!!** :D :D :D

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Re: This is it - 90 Days here I come!

Posted by NOYA - 05 Jan 2010 22:06

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[post removed]

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Re: This is it - 90 Days here I come!

Posted by silentbattle - 06 Jan 2010 00:09

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Hatzlacha on everything!

I once invited a rav to a siyum of mine, and he apologized, saying, "I don't even have enough time to do aveiros!"

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 06 Jan 2010 01:14

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Ouch! Triggered!

I have to be much more makpid on surfing the internet. I can't just mindlessly and aimlessly go on the internet with no plan in mind. I just got triggered by clicking on an ad on [edit].com that led to a page where you could order deep discount magazines from amazon.

How stupid I was! Of course I wanted to see if there was pritzus there! Of course that's what was behind my motivation! Okay, so I saw a cover of something I shouldn't have and I x'ed it out, but that was such a stupid mistake to make.

Okay, deep breaths. Let go of the lust to G-d, and hopefully I'll regain control of the vehicle. Help Rabosai!

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Re: This is it - 90 Days here I come!  
Posted by humanbeing - 06 Jan 2010 01:57

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You can do it!!! As you said breathe deeply and go Vaiteer....Hasehm Shepped Nachas

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 06 Jan 2010 02:09

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Well said, Reb Human - remember, NOYA, you may have slipped, but you did the right thing, and there is literally dancing in the heavens because of you.

Really.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 06 Jan 2010 02:15

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Okay, back in the driver's seat. Man, I'm such an addict I can't believe it. I mamash WANT it. What a fascinating phenomenon. I know something is so negative and bad for me and my future, yet my brain and eyes absolutely crave it. Difficult to understand sometimes, but I'll be okay with Hashem's help.

Today's report (Day 12): We started off pretty well, and had a good day, but we had a slip involving being on a website aimlessly and seeing an ad for a pritzus magazine. I should not have been on this website because I had no business being there. I did manage to stop it at that, but I looked at it for around four or five seconds (it wasn't nude, but it was bad) before regaining my senses. So I'm giving myself a B+ for today because I shouldn't have been in that situation. No reason I should have been. Better luck tomorrow, and don't let this landslide no matter what!

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 06 Jan 2010 06:32

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Hey NOYA,

Please don't get down over the little bumps in the road. As long as your seat belt is fastened, you are in no danger.

P.S.

Please feel free to call me if you want to shmooze. It helps a LOT when you are feeling weak. I'll send you my phone number in a PM.

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Re: This is it - 90 Days here I come!  
Posted by habaletaher - 06 Jan 2010 06:42

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Hey NOYA,

You slipped a tiny foot back, but you ROARED back 10 steps, because normally "just checking that out" would have led to something else... but you just broke a habit, which is

HUGE!!!

Keep up the good work!

Haba

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 06 Jan 2010 11:45

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[NOYA wrote on 05 Jan 2010 22:06:](#)

Thanks everyone for all the support. I appreciate it, silentbattle and sci and IT. So far, today is also going well. I mamash don't have time for the yetzer hara during finals week; I like that a lot. I find that I like being busy for a period of time, and that I can get "in the zone" for that period of time. Baruch Hashem, He has allowed me to get in the zone.

I did very well on my history final today, and my teacher from investment principles told me that I got an A in his course. I got one question wrong on his final, but I had a buffer of two questions, so I got the A. Great! I had an enormous buffer for the history final today. Basically I cheshbened out that I could get a 63 on the final and still get an A. So BH I think I probably got in the low 90's, so no worries about that.

Let's see. I still have to prepare for my literature final on Thursday and I have to prepare for my

calculus final and probability theory final. Those last two will be tomorrow, back to back. It's going to be rough. I have a buffer of 22 points on the calc final, but only 9 points on the probability final. I hope I do well!

So far, this day, Day 12, is going well. No attacks so far, and no real challenges. But I'm not getting overconfident about it. I take things one day at a time, and I ask Hashem to help me get through this day every Shacharis. That's my recipe. Okay, everyone. I'll report again tomorrow night and let you know how my math finals went!

NOYA i dont get ??? I thought your in school ??? whats all his buffer bussiness about ??? Are you a shoeshiner?? You work in grand central or penn??

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