

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 sci1977 - 06 Jan 2010 14:44

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Noya, you were strong enough to overcome your trigger. That is inspiring by itself. Don't beat yourself up for it. Just keep going and live one moment at a time. Keep up the good work and I for one am proud of you for not letting the trigger take you further to a slip or a true fall.

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 06 Jan 2010 22:44

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NOYA i just wanted to remind you that you rock. And roll.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 07 Jan 2010 03:39

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Wow! I had a tough day today.

First of all, thank you so much for all the encouragement, everyone, and for reminding me that I

musn't make a big deal out of something that is only a slip, especially when I did overcome it. Thank you to anon for shmoozing with me about my struggle today and helping me get over it. Tangent: I met another member of our forum in real life today. I feel as if I'm part of a secret society and little by little the masks come off of people. Like in Animorphs if anyone remembers that. Who would have thought that Principal Chapman really had a yeerk in his brain? Okay, bad analogy.

Thank you haba for putting things in perspective for me, and thank you to my constant poster and friend IT, who always picks me up. By the way, in case you weren't kidding, a buffer is a term I use to describe the amount of points I can lose on a final examination and still get an A in the course. Thank you sci and everyone else who helps me so much. My heart goes out to all of you.

So anyway, today started out pretty bad. I didn't feel like doing anything. I wasn't depressed, but was just feeling, I guess, inactive. I wasted the whole morning sleeping and lying in bed awake. The third activity was not good at all for me because I got all sorts of bad hirhurim, and since I was really tired, I had a lot of trouble fighting them off. They did not result in action BH. I managed to get up and catch a 2:30 mincha in yeshiva, and after that I studied for the finals I had tonight.

I feel awesome right now because I mamash beasted tonight. My first final was in math and it was HARD, man. This one problem I just couldn't figure out at all, and then I had a moment - you know how in suspense movies there's often a series of flashbacks at the end that illustrate how a character figured out some mystery? - that was unbelievable, where I figured out this super hard problem (at least it was for me) that required me to not only figure out the normal approximation to a binomial distribution, but to apply those results in a way that I never did before. I got it right! And I'm pretty sure I did well enough on the rest of the final to pull a 91, which should get me an A in the course, BH.

My second final was also intense, but I found out towards the end that I had an incredible buffer of 59 points, meaning that I could afford to get a 41 on the final and still get an A. After I found that out I handed in my final - I had one problem left, but it was way too time consuming for me to attempt, and I think I got above a 41 without that problem...

Anyway, so far it's been non stop beasting on the finals, and tomorrow is my last one, with a last subject [edited]. That should be a lot of fun.

Day 13 Summary: Started out not so great, didn't learn anything today, had a number of attacks and didn't really do proper hishtadlus in fighting them off, but right now I feel hirhurim free, so I'll give myself an A- for the day in fighting the YH with Hashem's help.

Ciao!

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

Posted by Ano Nymous - 07 Jan 2010 04:06

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Dude, all I can say is you judge yourself WAY too harshly. You've got to learn to loosen that up a bit, because it will drag you down (trust me on this, I've had lots of experience). Let's get through finals, then we'll get through vacation, and before we know it we will have gotten through all of Shovavim. I'm sure YOU can do it, but I don't know about me...

Anyway, you have my number. USE IT! :D

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

Posted by habaletaher - 07 Jan 2010 04:10

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Feelin hirhurim free! Ahhh! Ain't no better ben chorin in the world than a person freed of his nasty lil YH, if even for a few moments of freedom, a few whiffs of freedom!

Pass whatever you're smokin around, cuz I want to hit it!!

NO, REALLY PASS IT MAN!!

DUDE, IF YOU DON'T PASS THE FREEDOM PIPE HERE, I'M GONNA WHIG OUT ON YOU!

NOYA, I'M GONNA MESS UUUUUU UP!!! GIMME THAT PIPE, I'M ALREADY STARTIN TO GET THE SHAKES!!

man... you coulda just passed the pipe

(groans, tries feebly to roll over then falls back....)

man...

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 07 Jan 2010 10:30

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:D

And i agree with Ano, somewhat. Dont be so hard on yourslef. It can only backfire, CH'V.

Good luch on your final final! And im so jealous your getting vac after that! Wow. Lucky you.

Wanna stop by my place?? Im just around the bend.....

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 08 Jan 2010 03:57

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Today feels like it was very very long. I'm actually thinking now if everything happened today, or did it happen yesterday? I dunno. I'm very tired.

Well, what I think was today started out really great. I was acknowledged for something.

I was hoping to go 2 for 2 with a final [edit].

Anyway, I was also at a sheva brachos tonight (busy night), so that was nice. And I'm going to my rebbe's house for shabbos tomorrow. Then I'm going home, and then I'm going to florida for a vacation.

Day 14 summary: Very very good! No attacks. Back to A+

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 08 Jan 2010 04:11

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Great news Noya. Think of it this way, 29 is better the 28 and still awesome. Glad to hear no attacks today. KUTGW!!!

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 08 Jan 2010 04:43

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NOYA you forgot to mention our long shmooze in the BM. I'm highly insulted. lol

We'll work on this perfectionism thing together. If you stay this way, you'll never be satisfied with yourself, no matter how much you accomplish. You're a VERY smart guy, maybe even a genius, but no matter how hard you try there are going to be many, many people in this world who are smarter than you, more handsome than you, wealthier than you, etc. Part of being Sameach B'Chelko involves being happy with who you are, the talents and shortcomings you were given, and the progress you are making due to your efforts to effectively make use of your

talents. If you are doing your best (which I dare say you are), there is ABSOLUTELY NO reason to feel less than 100% satisfied. This is an important thing to master, or you can spend your life chasing your own tale. Keep up the awesome work NOYA, and remember to CALL ME if and when you are feeling weak!!!!

Take care,

Ano :D

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

Posted by imtrying25 - 08 Jan 2010 06:54

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**NOYA!!!!!!!!!!!!!!!!!!!!**

**29!!!!!!!!!!!!!!!!!!!!**

**YOU ROCK THE HOUSE!!!!!!!!!!!!!!!!!!!!**

**YOUR ROLLIN'!!!!!!!!!!!!!!!!!!!!**

**YOUR ROCKIN N ROLLIN,!!!!!!!!!!!!!!!!!!!!**

**THIRTY SHMIRTY!!!!!!!!!!!!!!!!!!!!**

**PERFECTIONISM???I???I???I???I???I???I??**

**YEAH I SUFFER FROM IT TOO!!!!!!!!!!!!**



!!!!!!!!!!!!!!!!!!!!!!

**GOOD SHABBOS!!!!!!!!!!!!!!!!!!!!!!**

**LET GO AND LET G-D**

**ENJOY VACATION!!!!!!!!!!!!!!!!!!!!!!**

**IM FREAKIN JEALOUS!!!!!!!!!!!!!!!!!!!!!!**

**NNNNNNNNNNNNNNNNNOOOOOOOOOOOOOOYYYYYYYYYYYYYYYYYAAAAAAAAAAAAAAA  
AAA!!!!!!!!!!!!!!!!!!!!!!**

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Re: This is it - 90 Days here I come!  
Posted by habaletaher - 08 Jan 2010 10:31

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I'm sending you a coupla virtual Benjies too for your shakla vitarya, and as far as your litty teacher.... well, let's say that there are probably better ways to grade people than if they can memorize 30 quotes with context.

I'm giving you an A+, because you're clean for 14 days, KUTGW!!!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 08 Jan 2010 14:15

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gemara. I envy them so much. I wish that I was liggin in lernen like they were. But if you have this ugly sore in your life, there is no chance. I have to accept that all the things I want to see and read are much worse for me than they are good. They make me feel excited and give me intense pleasure for a few minutes, but then I feel spent, and then I feel guilty for a long time.

I have to remember that I don't need taivoh.

I have to remember that I can't control myself anymore. I have to ask G-d to help me, each and every day anew.

I have to remember that I want to be happy and content in this lifetime, and that giving into taivoh will never make you happy, because there is never enough taivoh. There is never enough stimulation. You always need more and more. More explicit, more intense, more complicated, more inappropriate. More, more, more. Chevra, I need help getting through today and tomorrow and the next day, before I go to miami. I don't want to fail. Not during Shovavim. Give me strength, Hashem!

Day 17 Summary: Day hasn't really gone anywhere yet, but I'm reporting in advance because I am not going online again probably until January 25th, when I get back to yeshiva. The past few days were good, but I have to remember that there's no such thing as giving into lust even a little bit.

I'll miss you all during my stay in Miami, and who knows, maybe I'll find a computer over there to update with, but if not, then IYH I'll return back to you with 15 more days down with A+s all around.

~ NOYA

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