

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 silentbattle - 12 Jan 2010 18:31

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It sounds like you're really able to focus and remember whats important, and choose your priorities - even when there's a lot of other confusing things going on in your life. That's really impressive!

Hope to hear lots of good news, on all fronts!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 24 Jan 2010 19:28

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Okay,

I feel really positive right now. Suffice it to say that vacation was not as sin free as could be, but I'm back now in the general's chair, ready for another go. Overall I had a positive vacation, and I'm back to yeshiva tomorrow evening, so I'm really excited about that because yeshiva is where I do best in fighting this war. It's my home front so to speak. Anyway, we had a solid day 1 yesterday, and today is going well as well. It's good to be back, chaverim!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 26 Jan 2010 00:35

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 26 Jan 2010 03:47

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I love you, my holy brothers! I had a good day today, Baruch Hashem. Traveling to NYC was a little tough because the girl who sat across the aisle from me was pretty attractive. But then I said to myself, "Okay, we get it. There's a nice looking girl next to you. Okay, observation registered. That's all. Big deal. Now, how do you make a covered put again? What about calculating [edit]

And it worked great.

Day 3: Very good. Tomorrow we start yeshiva up again, BH Elokei Yisrael! Hurray, I'm back on the chart in another few hours, if I were to update then. See you guys later!

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Re: This is it - 90 Days here I come!  
Posted by Ineedhelp!! - 26 Jan 2010 06:26

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[NOYA wrote on 26 Jan 2010 03:47:](#)

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registered. That's all. Big deal. Now, how do you make a covered put again? What about calculating the payoff of an asymmetric butterfly spread?"

And it worked great.

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Keep it up NOYA. I also try to calculate the payoff on an asymmetric butterfly spread.....just kidding. I got no idea what subject that even is. ;D ;D ;D :D :D :D

You're on the right track

-Yiddle

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 27 Jan 2010 17:43

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All right! I just updated and I'm back on the chart now. That feels good. To a good day!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 27 Jan 2010 18:06

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I raise my glass in salute to you!

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 27 Jan 2010 18:27

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One day at a time. A toast to you my friend.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 29 Jan 2010 03:47

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Okay, back to normal - almost. I've been feeling pretty tired all week. I think it partly has to do with the fact that I'm back to intense yeshiva/school schedule, and it partly has to do with the fact that I haven't been to the mikvah since my last fall. I believe that SOMETHING happens up there in shamayim or whatever if you don't go to mikvah that makes you tired and unenergetic, so I'm definitely going to mikvah tomorrow lekavod Shabbos and to get myself back to 100%.

This week was pretty good BH. Studying hard, learning hard, doing well. No attacks yet. Thank you Hashem for that!

Day 6: Good work! A+

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 29 Jan 2010 09:20

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NOYA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! You are doing superb!!!!!!!!!!!!!!!!!!!!!! Keep it up!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!  
Have a great shabbos!!!!!!!!!!!!!!!!!!!!!!

Were rootin for you bro!!!!!!!!!!!!!!

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