

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 - 05 Feb 2010 11:11

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NOYA!!! HOW YOU BE!!! BAD BANKER!!! GOOD YOU!!! GOOD LUCK ON TESTS!! ENJOY  
NO SHIUR, IF YOU ALLOWED!! AND GOOD SEPERATION!!!

have a great shabbos!!!

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Re: This is it - 90 Days here I come!  
Posted by struggla21 - 05 Feb 2010 17:26

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Shabbat Shalom!!

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

Posted by NOYA - 07 Feb 2010 03:49

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Holding on tight. Shabbos is always difficult for me. I didn't allow things to develop, but the yetzer hara was bothering me a lot all day. He wouldn't shut up. I tried to distract myself a few times by learning, by shmuzzing with other people, and it worked, but lust is on my mind. Is that chizuk chat room up and running yet? Guess I'll have to rely on chizuk through the posting.

I don't like how I'm doing right now. I don't like how super focused I've been on this upcoming test and I honestly cannot wait for it to be over with. It's so much work and it's such a big distraction, which takes me out of the bais when I should be there. Well, at least it's over on Thursday. I really hope I pass so I can put it behind me. Hashem! I want to learn more!

Day 15: Did pretty well today. Lord, get me through this week in one piece!

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

Posted by sci1977 - 07 Feb 2010 04:33

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KUTGW!! Good luck getting to tomorrow!!

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

Posted by NOYA - 07 Feb 2010 21:34

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I got to today. I feel restless, irritable, discontent. Wait a minute....

That sounds like trouble. I don't like trouble, but it's brewing. I feel it brewing. Not good.

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

Posted by silentbattle - 07 Feb 2010 22:07

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Get up, get out, do something. Mix things up, hang out with a friend.

Live your life!

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

Posted by NOYA - 08 Feb 2010 03:29

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Well I saw my first every Super Bowl!!!! At least my first one from start to finish. It was a solid game. I looked away for all the pritzus commercials (what's with GoDADDY?) and did pretty well not seeing things and keeping it to pure football. You can't be perfect of course, but I was close. I feel better now, back in control, ironically. I would think the opposite but I needed to expend some energy by yelling like a moron with some friends, and it was the outlet I needed.

Day 16!!!! Did well today!

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

Posted by sci1977 - 08 Feb 2010 15:01

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very happy for you Noya. It was a great game. I am a sports nut and it was an awesome game. 16 days is awesome!!

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

Posted by imtrying25 - 08 Feb 2010 22:00

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NOYA happy to see your still rollin.

And sci you must really be a sport nut. Good game?? Cmon man!!! I thought i was watching a preseason shoot out. And where was my vintage peyton may i ask. Ok im gonna stop there.

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 08 Feb 2010 22:20

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peyton is not a fine wine, like most they turn sour. football and hockey it25. do u watch any ice hockey!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 09 Feb 2010 02:19

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I don't know much about football, but to me it appeared that Peyton only screwed up once, with that interception at the end of the game that effectively lost the game for the Colts. He seemed pretty amazing from what I gathered. I guess I should have seen him play during the season.

Anyway, today is okay. I want to let go of taivah, but something about it is latching me. I feel like I have a void in my life without it. As if I'm missing something in my life. I think it's because I'm not learning enough or right because I've been so tarud by this stupid exam that will **FREAKING BE GONE AND OVER WITH ON THURSDAY**, that I've been not too into learning for a week or two. So I'm lacking a serious connection to Torah this whole time. All I'm doing, and I'm not getting much sipuk, is something [identifying so you're not going to find out - edit].

So basically I'm lacking a real iyun seder and lacking a real bekiyus seder until next Monday or so. I think then things will be better and I won't have this void. All I know is my inner behaima **REALLY** wants to fill that void with lust and it's difficult to say no.

Day 17: Pretty good. No slips or falls.

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

Posted by silentbattle - 09 Feb 2010 16:00

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The yetzer hora says, "feel empty...you don't know this gemara well, it's not geshmak."

Answer him, yell it," That's right, it's hard, and annoying, *and I'm doing it anyway*, and that makes me closer to hashem than if it was easy!"

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

Posted by NOYA - 10 Feb 2010 04:51

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Thanks SB. I had such a random day today. First we had some chazara shiur in the morning.

After that I wasted a good five hours in front of the computer. I really have to go in front of the computer every time with a mission in mind. I wanted to get my accounting homework done, and I did, but what in the world happened with the other three hours? Well, let's see. I started the first two hours I think hocking around with someone, helping him set up a K9 on his laptop. [Mod note: Removed a bit of info to protect my identity (and removed the disparaging comments you mixed in. You're not lazy, so stop dissing yourself! ;) ) I'm paranoid; I know.] Oh well. So that took a while.

Then after my homework was done - I dunno, I was shmuzzing a little in there with someone.

Otherwise, it was a fairly uneventful day. A lot of stuff canceled.

At least my campaign wasn't canceled.

Day 18: Success! Keeping that truck rolling!

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

Posted by Ano Nymous - 10 Feb 2010 05:47

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Thanks for the help today NOYA! I'm hoping it will make things at least a little bit easier for me. Don't sweat the test too much dude; if the top grade possible is a 10, you'll get a 12 somehow :D

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