

This is it - 90 Days here I come!

Posted by NOYA - 16 Nov 2009 02:07

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 - 16 Feb 2010 12:16

did i ever tell you NOYA that youROCK THE FRIGGIN
HOUSE?!?!?!?!?!?!?!?!?!?

Keep it rollin man.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Feb 2010 19:49

Thanks guys, and yeah, it's good when I'm rocking and rolling.

Silent, that is sooo awesome. One week left!

I am posting right now because I just had a lightning slip, searching something on google, clicking and reading material that was inappropriate, and there was no reason for me being there, and lemais it was bad. Uch, I'm not triggered because I left fast enough but it's such an eye opener how quickly one can access something inappropriate when they're not paying

attention, and when they are just idly sitting by the computer, killing time.

I think it's just a slip because it was sooo fast, I didn't even chap what I was doing until I was there, and I left pretty damn quickly. Whoa. Hopefully that won't happen again anytime soon.

I'll update again tonight, hopefully with better news.

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Re: This is it - 90 Days here I come!
Posted by bardichev - 16 Feb 2010 20:11

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Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Feb 2010 20:53

Help!!!!!! I'm under attack! This is not going to be a fun trip at all. I guess I did get triggered after all. Chizuk needed urgently!!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 16 Feb 2010 20:54

here im here. You can do it bro. Please try to find somehting to take your mind off it for now. go out. call someone. go jogging, ig=f you can in the snow. KEEP POSTING WE ARE HERE!!!!

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Re: This is it - 90 Days here I come!
Posted by bardichev - 16 Feb 2010 21:18

TRIGGER SHMIGGER !!!!!!!!!!!!!!!

DO SOMETHING

EAT

EXCERSIZE

BUY A PURIM COSTUME!!!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 16 Feb 2010 21:20

buy an ice cream from bardy batchy!!!!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 16 Feb 2010 23:00

Dude, you can do this...tell us what's happening!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 17 Feb 2010 02:06

This is why GYE is where it's at. You guys are really amazing and without your helping hand I probably would have acted out today. I spoke with a rebbe and with IT today, and both were really instrumental in helping get my mind off the attack and getting back to normal. I went on a walk, ate dinner, socialized with some friends, etc. Getting out of yourself is key. You got to reach out to other people, not just for help in this inyan, but in general, when you're feeling an attack, reaching out and engaging other people in light conversation does wonders for making you forget all about any trigger shmigger that was sent your way.

Right now I feel a lot better. I detect some weak activity in trigger land, a faint yearning to chat with someone else in an aveiradig way, but I feel back in control. This was the hardest day I've had so far though. Had worse, but this was definitely a nice hit from the ol' YH. Took the breath out of me for a few minutes there, but big bad IT and rebbe were there to tag team me out of trouble. SB and Bardichev too of course. THANK YOU THANK YOU THANK YOU!

Okay, have a good night everybody!

~ NOYA

Day 25: Tough! Tomorrow will be unrelated to today though, because after all, one day at a time, right IT?

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 17 Feb 2010 11:46

Thanks for calling, hope you got something out of it, besides a chewed off ear!!! :D :D :D :D :D
Yes you got it bro!!!!
:D :D :D :D :D :D

Keep it rollin!!

ONE DAY AT A TIME!!!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 17 Feb 2010 15:58

Noya my friend. Great job in living!!! Keep on trucking!! We are all here for you.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 17 Feb 2010 16:06

Glad if I was able to help out a little...and doubly glad that you're back in the driver's seat.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Feb 2010 03:39

Thank you holy brothers for all the encouragement. I was bothered today by the Yetzer Hara somewhat, until I pulled him aside after mincha and told him, "Hey Yetzi, I really appreciate you stopping by today, and I'm glad we got to spend some time together. But I unfortunately have SO much to do right now! I have to study for [edit]! So I'm totally booked, and just don't have time for you right now.

What's unbelievable is that I realized that what I told him wasn't an exaggeration at all. I really am a busy guy! How about that?

He left, and I'm feeling good right now, having put in a solid day's work.

I also got great news I think yesterday, which I forgot to inform the oilam about. I got an interview for a sweet internship this summer that will be very educational and very lucrative if I get it. I hope I do!

Day 26: Did well today overall. Shabbos Koidesh is coming!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 18 Feb 2010 12:15

Wow NOYA you really have got yourself one healthy attitude!!!!

And talking to the "yeti"?? Thats awesome!!! I wish he would listen to me sometimes too!! :D :D
:D

Hatzlacha on your interview!!

And your right shabbos is coming. Cant wait. Im a real shabbos guy!! I wrote a little about it way way back in my thread. But dont waste your time looking for it. It probaly was another one of purely senseless posts!!!

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