

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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Bump

Posted by NOYA - 29 Nov 2009 05:50

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I had an unexpected failure while at home. It was a stupid mistake, and now it's time to start again from Day 1. Oh well...

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Re: Bump

Posted by Kedusha - 29 Nov 2009 06:07

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[NOYA wrote on 29 Nov 2009 05:50:](#)

I had an unexpected failure while at home. It was a stupid mistake, and now it's time to start again from Day 1. Oh well...

No one ever got to 90 days (and beyond) without starting from Day 1, and taking it one day at a time.

Hatzlacha!

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

Posted by struggla21 - 29 Nov 2009 08:28

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You and me both buddy.

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Day 2

Posted by NOYA - 01 Dec 2009 04:49

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Okay,

I feel great right now. Amazing. I had a fantastic night seder despite my chevrusa bailing on me, and I feel like I "made it up to G-d" for my fall over the weekend. The Gra brings down that the best way to be mesaken this aveira is to learn Torah because that helps replace the tumah you've brought in with kedusha.

But whatever. I'm at Day 2, starting slow, bombarded by all sorts of nasty hirhurim that I brought on over my mess up, but I know that I'll be in much better shape tomorrow, once I'm back on the chart, and back to being a Level Something.

It's good to be back!

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Day 6

Posted by NOYA - 03 Dec 2009 23:39

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Feeling the beginnings of horniness starting up in my body. I hope distracting myself will work. Today is Day 6 and doing well so far. Have a good Shabbos!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 03 Dec 2009 23:43

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***DONT GIVE IN NOYA DONT GIVE IN!!!! TRY AND KEEP YOURSELF BUSY WITH SOMETHING!***

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Re: This is it - 90 Days here I come!  
Posted by towalkwithHim - 04 Dec 2009 00:49

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Noya I hope that you were able to stay strong and say No.. Thank you for asking for help and support. COMMIT to say a strong No and get busy. I am marching there with you I know that we can make it.

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Re: This is it - 90 Days here I come!  
Posted by struggla21 - 04 Dec 2009 06:33

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I know you can do it dude. Kick some tuchas!!

(Is that okay to say here??)

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Re: This is it - 90 Days here I come!  
Posted by 7yipol - 05 Dec 2009 20:23

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[struggla21 wrote on 04 Dec 2009 06:33:](#)

I know you can do it dude. Kick some tuchas!!

(Is that okay to say here??)

Not sure.

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 05 Dec 2009 21:39

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Hey NOYA wassup. How was shabbos?? Thinking about you. Im not sure if you read my thread recently but i fell too. Im holding on day five. But im trying not to count the days this time. Just keeping myself busy with good stuff.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 08 Dec 2009 15:25

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We'd better ask Rage his opinion

My holy friends, thank you so much for all the encouragement. I fell pretty badly again, but now it's out of my system for a while...hopefully.

I'm very excited that Chanukkah is coming. I believe very strongly in the power of Chanukkah for people to accomplish incredible things, and indeed, I had my longest ever streak two years ago starting with Chanukkah (48 days!). I'm ready to really give this one my all, with no BS and no weak effort. I want to make it, I really do. And this time, BE"H, I WILL DO IT.

So time to take my first step and take on the first day. So far so good!

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

Posted by imtrying25 - 08 Dec 2009 17:02

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Keep it going Noya. Hope to meet you there in the end. Try and think of reasons why you fell in the past and what you can do to prevent them. Keep on truckin.

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

Posted by the.guard - 08 Dec 2009 19:59

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[NOYA wrote on 08 Dec 2009 15:25:](#)

I fell pretty badly again, but now it's out of my system for a while...hopefully.

Please see the Daily Dose of Dov in Chizuk e-mail #625 on [this page](#).(scroll down)... Starting from the words "They also needed to stop doing what is not working for them."

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

Posted by struggla21 - 09 Dec 2009 18:23

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613 ropes that keep us tied to Hashem. If we break one and do Tshuvah, we can re-tie the

Heard this from a Rebne I learn with. Thought it might help you, it helped me.  
broken rope, which gets us closer to Hashem

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