

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 Ano Nymous - 29 Apr 2010 05:49

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

Posted by silentbattle - 29 Apr 2010 17:40

Nothing's wrong with you, Ano - and you CAN do it, you know that...I know, you know that, but even what you said, effects the way you see things. keep reminding yourself that you CAN do it.

NOYA - again, I can only speak for myself, although it would seem to apply to you, as well. Just drifting away helps, but it leaves the door more open for the future. I know that in the past, there were times when i said good-bye, but there was a lack of finality. And I knew it. And so I fell again. And again. When I said good-bye, and made it clear that I was moving on, and didn't even respond to emails (even non-suggestive ones), I was making a statement about where i was at - not just to her (them), but to myself.

And yeah, it felt rotten, on all sorts of levels - firstly, what I was doing to her, and also, the fact that for me, I wanted to participate, even in a distant way. Even if it would just be a "sorry I can't help you, and I hope your father gets better from the debilitating sickness that you're moving

back home for."

But I knew that to do so would be to engage in unhealthy behavior, and on some level, to be pulled back into all the things i want to live without.

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Re: This is it - 90 Days here I come!
Posted by struggla21 - 30 Apr 2010 00:47

NOYA, you are doing wonderfully! Keep up the amazing attitude you have! Hashem is on your side, he's here only for you. As the Sages says "The world was created for you!" Hashem is always looking out after you, through horrible times and wonderful times, no matter what.

By the way, What does your screen name, NOYA, mean? Just wondering.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 30 Apr 2010 02:56

My dear Ano, like Silentbattle said, you totally can do this too, and one thing that's holding you back is the attitude. You gotta have a positive attitude my friend. And you also need to get into a good routine again. That's what you really need. And we really have to chill together more. I don't see you around lately. Where you hiding? I want you to come with me and hang out with me next out Shabbos and a lot before then too. Deal?

Anyway, silentbattle, you're right maikar hadin. But I did say that I tried severing and it didn't work last time. I have gedarim that prevent me from initiating any contact with her and I think that that's a good geder for now. Maybe after a long while I'll have the koiach to sever completely, but I don't feel like I would respond well to that. I respect your strength and courage and accomplishment, but for now, it ain't the best idea for me. I'm doing well, with Hashem's help, working the steps, being aware of things happening, aware of my actions and motivations, and I think things are pure over here.

Struggla, thank you so much for your kind words and support. I am so impressed by how far you've come - way farther than I ever got so far, and I hope to join you on that Wall of Honor 63 days after you make it or so. I know you're going to make it all the way, dude. Keep it up! My screen name has some connection to various names I go by, and incidentally, I realized after its creation, that it translates to "Beauty of G-d." So I guess it subconsciously reminds me to do beautiful things for G-d, that G-d thinks I'm beautiful no matter what, etc. Darshin away as you want.

Today was hard again. I really need Shabbos and just to chill out. I'm still stressed and anxious with the end of semester. I got some tests coming up, etc. Also, I got some RID today when my sister called me on the phone. At first I was pleased that I was getting a call from her because she never calls me for anything, and then it turns out she was just asking me what this K9 business was on the home laptop. She needed to use the laptop because her Mac was incompatible with something apparently, and she sounded annoyed and resentful. Anyway, after the call I just felt down because I feel that I try hard to have a relationship with her - I call her every Friday to wish her a good Shabbos, and when I'm home I try to hang out with her, but she never calls me, and she rarely considers it high priority to make time for us to hang out when I am home. *Sigh.

But, Baruch Hashem, I have better relationships with my other sister and parents so I don't feel unloved from all sides. But one bad feeling can spoil one's day if left unchecked. I'm gonna go hang out with some friends now and do some well deserved chilling. Noya out.

Day 8: Good day overall.

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

Posted by strugglingyid - 30 Apr 2010 03:47

Don't get down, you are doing great!!! Ahh, beautiful Shabbos will come and we will all be free!!!

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

Posted by silentbattle - 30 Apr 2010 06:06

Whatever works for you, my friend.

Glad to hear that you're staying positive, despite some frustrating stuff.

Have a great shabbos!

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

Posted by NOYA - 30 Apr 2010 14:19

Wow, so tired. I'm running a serious sleep deficit and need to catch up. I had a nice time last night doing some good chilling. It's good to be with friends and have MAN FOOD. GRRRR.

Shabbos Koidesh is coming! I'm very happy about that. I'm also very happy about getting this gross beard and hair off.

Good Shabbos everyone!

Day 9: Doing well so far.

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

Posted by silentbattle - 30 Apr 2010 14:24

Awesome - keep on rocking!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 02 May 2010 04:33

I was at a friend's house for Shabbos and had a very nice, very relaxing Shabbos. I feel like I was really on the ball in terms of shmiras ainayim. There were lots of nisyonos on the street, on the this, on the that, over here, over there, but I didn't take no second looks. I'm trying to imagine them as real people just like you and me. On the chizuk email recently there was talk about this concept, of women being real people. And taka! I think it's true, by golly! Just because they're packaged in pretty wrappings doesn't mean they're inhuman and don't have feelings. They're normal people who have more to them than a pretty face and body. They have lives, and it's wrong to objectify them as your personal fantasy target of the day.

It certainly is much easier said than done, however, and I certainly am not immune to the fact that lemaisa I was exposed to a fair amount of pritzus, so it hasn't been super easy to keep my mind focused on good things. But I am trying to LIVE, and be involved with good things, and with friends, and with good people, and always to be monitoring if my actions are intended for pure reasons. I was just on youtube to watch a video that someone emailed me, and one of the related videos was apparently some sort of comedic song sung by women. So, yay, funny song here we come. But wait, it's women singing it, and you can't listen to that anyway. Besides you just want to look at them, don't you? Yeah, I guess so...

So I didn't watch it. And I don't even feel like I missed out on anything. Keep me strong, G-d!

Day 10: Solid Shabbos.

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Re: This is it - 90 Days here I come!
Posted by DovInIsrael - 02 May 2010 09:13

Noya -

you da'man!

keep on growing strong!

do in israel

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Re: This is it - 90 Days here I come!
Posted by NOYA - 05 May 2010 16:35

Still doing well. Just signing on to let you guys know things are good.

Day 14: Going well so far!

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Re: This is it - 90 Days here I come!
Posted by Steve - 05 May 2010 20:06

Hi Noya! Good to be back here in the land of the LIVING!!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 05 May 2010 22:45

Glad to hear it!

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

Posted by teenagehelp - 06 May 2010 00:18

hey NOYA. i'm not sure if i've posted in your thread before, but just wanted to stop by 'n' say keep up the good work! i really enjoy reading through your thread and it really inspires me to be completely honest and open in my effort to overcome this struggle, just as you are. all sappy-ness aside, keep on truckin!

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