

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 NOYA - 22 Nov 2010 17:40

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Kedusha, that's pretty intense. I actually heard a story kinda like that once about a certain Rov who told someone he needed money to help save kids from a place they shouldn't be. I think they were in a Christian orphanage maybe, and he wanted to get them out and make sure they didn't get lost in the religion. Anyway, he told the gvir that it was pikuach nefesh. The gvir responded, "Rabbi, pikuach nefesh is when you have a heart attack. Not this."

Later that week, on Friday night, the gvir was enjoying his seuda and all of a sudden his phone rings. Then it rings again. Over and over and over, so the gvir decided it must be a real emergency and picked up. Who was on the other side? The rabbi. Intense story.

I'm not sure which situation Kedusha is referring to - I guess you mean to call someone when you really need to. I actually had a situation where I fell when I couldn't fall asleep and it was after hamapil. I think I probably should have called someone then, even though I said hamapil already. Okay, I'm really hungry and it's time to eat. Thanks for the help!

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 22 Nov 2010 19:16

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Noya, see this thread, if you haven't already.

[www.guardyoureyes.org/forum/index.php?topic=3196.msg84611#msg84611](http://www.guardyoureyes.org/forum/index.php?topic=3196.msg84611#msg84611)

Needless to say, you can talk after HaMapil to avoid a fall - no Sheilah needs to be asked.

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

Posted by silentbattle - 22 Nov 2010 21:15

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It's truly amazing how much this disease twists our thoughts - we can convince ourselves that we shouldn't jump to make a call, even when it might lead to a fall, because we're not supposed to talk after hamapil.

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

Posted by NOYA - 24 Nov 2010 00:04

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Hey SB, I'm not sure why it's so twisted to think that. After all, it is assur to talk after HaMapil. So maybe one would have a hava amina that that issur could not be violated just to avoid another one. I also don't know where "No shaylah needs to be asked" came from. Is Kedusha a posek?

Did anyone actually hear this tshuva from a Rov? I think it would be logical to extrapolate if you could break Shabbos that you could talk after HaMapil, and you're saying it's muttar to call a Rov on Shabbos, but I at the same time have trouble feeling it's mamash pikuach nefesh. It would suck to fall, true. But I also have confidence that I wouldn't go any further down than I've ever been before. I have a certain line I never crossed, and I don't think I ever would, so I don't think my life would mamash be on the line. Unless you want to dray a kup and say that that fall would help chain into something many years down the line... could be I guess.

I am a bit peckish for pritzus right now. I saw an ad on the sidebar for some college skiing party, which of course employed beautiful girls wearing less clothing than would be advisable for

skiing in order to promote the party. I x'ed the ad out and said it was offensive. The ad proceeded to come up again. I x'ed it again. Then I saw it again, and the third time was the charm for me to see what this party was all about. Let's just say I really want to go to the party.

Nah, I'm over-dramatizing things. I didn't see any pritzus on their site because I didn't click on "Nightlife," or anything like that, but I still shouldn't have been there to begin with. I do love skiing though, and I'm sure it would be geshmack as anything to go with coeds. Ahhh. Snap out of it!

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 24 Nov 2010 01:02

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Dear Noya,

1.) No offense was intended, so please don't take any.

2.) Not every question requires a Posek to answer it. For example, if a person has to stay in one of two hotels for Pesach, in one he'll have to go against his minhag and eat Gebrukts, and in the other there is Pritzus and he's afraid he'll be megaleh arayos.

3.) Shulchan Aruch (siman 239) says that, not only shouldn't you talk after Hamapil, but you shouldn't be mafsik in some other way either, such as by eating or drinking. Presumably, acting out would be no less of a hefsek!

4.) Although you happen to be right, don't assume that someone is not a Posek just because

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 24 Nov 2010 06:23

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Like Kedusha said, no offense intended, and I love you.

But as long as a fall isn't that big a deal, then I don't see how it's possible to stop doing it. Recovery is about seeing your life as unmanagable. Teshuva is based on seeing an action that we do as something that we **cannot** do anymore - not something that I'd prefer to stop, if everything works out. We say fell, shmell, but that's *after* we fall, not before.

And no, I don't see any hava amina - aside from the addiction aspect, and the fact that every time we choose to act out, we're taking one step closer to dying an addict (see chazal when they talk about doing an aveirah "one more time."), it's certainly clear that being mz"l is an extremely chamur aveirah. I don't think there's any comparison to speaking after hamapil - two totally different levels. Furthermore, one is allowed to say pesukim of torah, shemah, etc, and so this should fall under the same category.

For example, let's say you knew that someone was going to be mechalel shabbos, and you could prevent it by making a phone call - but you already said hamapil. Would you hesitate? I'm guessing not. The reason we 9and I include myself in stinkin' thinkin') question what to do in a situation like yours, is because we don't see a fall as being all that terrible, and we make all kinds of justifications for it,

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

Posted by desperate\_teddybear - 24 Nov 2010 16:07

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hey NOYA just want to say i've started reading through your thread it's been giving me a heck of alot of inspiration. ur awesome man!

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

Posted by Eye.nonymous - 25 Nov 2010 17:38

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[NOYA wrote on 24 Nov 2010 00:04:](#)

Hey SB, I'm not sure why it's so twisted to think that. After all, it is assur to talk after HaMapil. So maybe one would have a hava amina that that issur could not be violated just to avoid another one.

...But I think it's also assur to act out after Hamapil. But I should as a Rav to be sure.

Just dropping in ad saying hi. I think this is my first time over in this thread. Looks like I've been missing out.

--Eye.

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 25 Nov 2010 18:58

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Actually, I remember reading once in the Binas Adam that, if necessary, it is permitted to think Divrei Torah in the bathroom in order to prevent zera l'vatala.

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 25 Nov 2010 19:10

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If the only way to avoid a huge aveira is to do a minor one, common sense says to do the minor aveira. Of course what you're quoting goes beyond that, by teaching us that it's not only common sense, but it's actually permissible (at least in this particular instance).

Of course, Halevai, we should all merit being zahir b'mitzvah kala k'vachamurah, and not have to make these kinds of cheshbonos.

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Re: This is it - 90 Days here I come!  
Posted by briut - 25 Nov 2010 19:31

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[Kedusha wrote on 25 Nov 2010 19:10:](#)

If the only way to avoid a huge aveira is to do a minor one, common sense says to do the minor aveira.

Yep, Kedush, here we go again. I'm SO IMPRESSED that you believe you have a list of what the major and minor ones are. Okay, I can think of the Big Three and even the Ten, but in general I have no clue at ALL whether it's better to eat chazer or disparage a fellow Jew. You'd think that the loshon hara is way more serious, yet I seem to see Yidden do that all the time yet feign a heart attack ch'v at the McDonalds option.

How do we know?

Does He even expect us to know? Want us to know?

Personally, I think that after 120 we'll all find out that... it was all about shatnez.

Here we go again.

But if you have a firm proof that there's a bigger and smaller, Kedush amush, let's have at it.

(And apologies for the thread hijack.

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

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Posted by Kedusha - 25 Nov 2010 20:45

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Briut,

Which is worse - eating your Chalah without salt, or being Motzi Zera Levatala? You should be able to answer this, without any hesitation at all.

It's a mistake to think we never know which aveira is worse than the other. Very often, we do know this, based on what either the Torah or Chazal tell us about how severe a particular aveira is.

What people do is no proof - you're correct that Lashon Harah is far worse than eating at McDonald's (the Yerushalmi in the beginning of Peah says that lashon harah is worse than avoda zara, gilui arayos, and shefichas damim. Also, lashon harah, which is a derivative of sinas chinam, was the cause of churban bayis sheni).

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 25 Nov 2010 21:12

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Hi, Reb NOYA! Just wanted to drop by and tell you that we missed you by the party here...

Hope you're doing ok!

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 25 Nov 2010 21:56

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[Kedusha wrote on 25 Nov 2010 19:10:](#)

Here we go again.

OY VAY! I guess I didn't realize what I was getting into.

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