

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 silentbattle - 25 Nov 2010 22:20

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I don't see how it could be a Melacha - you're allowed (even encouraged) to have relations on shabbos, right?

[Moderator's note: I changed "assur" to "a Melacha" for reasons that should be obvious].

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 25 Nov 2010 22:24

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JUST DON'T DO IT!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 25 Nov 2010 23:01

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Truth.

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 25 Nov 2010 23:40

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It's not a Melacha as far as Shabbos is concerned, but it's obviously the same serious issur that it is during the week.

In fact, it's brought down that it's more chamur to do any aveira on Shabbos than it is during the week. That's why the Yerushalmi in Demai says that we trust an Am Ha'aretz if he tells us on Shabbos that he separated terumas maaser, because the Am Ha'aretz is afraid to lie on Shabbos.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 29 Nov 2010 17:49

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Wow, quite a discussion has been launched here. That's nice.

What's not so nice is the fact that I messed up when I went home. Oh well, at least I got a new record out of it - a new challenge. And also, huge chizzuk for me and for the oilam: Things definitely DO CHANGE. I fell mostly because I wasn't being honest, and had to count a slip as a fall, so I was like what the hell and went for a real fall, but you know what, gang: *It wasn't geshmack at all. It was awful. It was disgusting. It was stupid and infantile.* It wasn't satisfying - it was just stupid and I feel that it's so much better not acting out, and living in happiness without guilt than with the supposed pleasure you get out of this junk. I feel that from being sober for long enough to see a real contrast. Now hopefully I can go all the way to 90 days without another fall.

The glamor is gone. I don't think I ever felt that way before. We'll see what I say down the line, but let this post memorialize the feeling I have right now, so that I can turn back to it when I'm doubtful, and remind myself how much better it is to be clean. Onwards!

Re: This is it - 90 Days here I come!  
Posted by Kedusha - 29 Nov 2010 18:19

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I suggest you keep a copy of your post on you for future reference.

Hatzlacha!

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 29 Nov 2010 20:21

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Yeah. Sometimes we keep on slipping and slipping. One good fall (though not recommended) knocks some sense into us--we were fooling ourselves all along, playing with fire and thinking we weren't in any danger. In a funny way it's a relief. It forces us to be honest.

We finally can see through all those slips, and not repeat them.

--Eye.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 29 Nov 2010 20:32

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Glad to hear it - I hope you're able to internalize this attitude. That will take work, but you already know that.

Great stuff - upwards and onwards!

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

Posted by desperate\_teddybear - 30 Nov 2010 01:06

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the Yerushalmi in Demai says that we trust an Am Ha'aretz if he tells us on Shabbos that he separated terumas maaser, because the Am Ha'aretz is afraid to lie on Shabbos.

really?

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

Posted by Kedusha - 30 Nov 2010 03:33

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Yes, it really says that.

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

Posted by silentbattle - 30 Nov 2010 06:05

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Wow...gives us a clue as to how distant we are...

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

Posted by NOYA - 01 Dec 2010 22:51

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Yeah, good point SB. One of my rebbeim told me a good story that was inspiring, related to that regesh of Shabbos we don't have anymore:

I believe it was the Ger Unkelos who was learning Torah, and he came across the halacha that speaks of one who gets lost in the desert, and he loses track of time, and doesn't know when Shabbos is. The halacha is that you just pick a day and start treating that as Shabbos.

Unkelos went to his Rav, and exclaimed, "What's pshat in this halacha?! On Shabbos the bria itself breathes Shabbos. The ground says "Shabbos," the air says "Shabbos," the animals say, "Shabbos," - how is it possible for anyone to not be able to identify it?

I just thought that's a really nice story - something to aspire to.

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 02 Dec 2010 00:57

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I heard that same story from Rav Aharon Feldman that the question was raised by a Chassidishe Rebbe.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 05 Dec 2010 03:16

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How was everyone's Shabbos? Mine was nice. I feel like I've been eating waaaay too much recently; I gotta cut down seriously. I'll skimp tomorrow bli neder. I feel like I haven't been so happy lately. My learning isn't so geshmack right now; I don't feel so into it. Instead of being inspired by the holiday, I'm sorta dragging my feet. I also have a huge test that I have to study for the rest of the night, so that's just bungo. Tomorrow will be all day studying as well. More bungo.

Okay, now it's two hours later from the beginning of my writing this post. Life is a lot more suckier now. My dad is going through withdrawal right now after drinking all day today. He told me graphic details about how he seduced his landlady, and I was on the phone for an hour

empathizing with him, trying to convince him to not kill himself tonight and to seek help.  
flakeING kichsa!

I'm very upset. I have to study for a test, but yeah right, like I can concentrate now.

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