

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 - 05 Dec 2010 06:14

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Glad to hear that!

When we're in a funk, everything seems dark, and everything is more difficult. What can you do to get yourself out of it?

One more thing (and I'm not really qualified to give advice, so all I'm saying is to check with someone who *is* qualified) - as far as your relationship with your father, and convincing him not to kill himself, and to seek help, etc...even if you were just a friend of mine, i'd be worried. If i remember correctly, one of the aspects of addiction is dragging people around you into your problems, making them overly involved, etc.

And considering that you have some problems of addiction yourself, this is even more worrying, because I'd imagine that it becomes even easier to get dragged in.

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 05 Dec 2010 14:28

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[NOYA wrote on 05 Dec 2010 05:40:](#)

Despite all the emotional upheaval I'm still sober Baruch Hashem.

ADARABA! Getting in touch with our emotions is a sign we're getting more in touch with who we are! It's a sign of recovery.

--Eye.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 06 Dec 2010 03:02

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My father called me again today and left a message about an hour ago. I just called him back. He started off sounding normal. He claimed he just made up what happened yesterday, that it was all a fantasy - losing grip on reality. He's done this before - he thought he was an Israeli spy for like two weeks a few months ago. I don't know what the truth is, and I don't think he does either.

Then he started sounding really creepy again and started talking suicide again. I called my rebbe yesterday and my rebbe told me that I have no achrayus to talk to him about this sort of stuff. I told my father to call a suicide hotline. My gosh he's so creepy.

He asked me to answer the question of what happens to his soul when he commits suicide. I told him that you lose your chelek in olam haba, and you're doomed to eternal hell. Not sure if that's true or not, but I'm trying to steer him clear of that. Then he answered me in an even more creepy tone that he checked out all the religions, and their take on suicide. Orthodox Judaism, Hinduism, philosophy, etc. and that suicide is... an individual decision. Uch, he's such a creep show - I remember his sick, velvety tone when he said that. Makes me retch. At that point I got

so fed up, and I told him that I cried last night because of his talking about similar things, and that I have no responsibility to talk to you about these subjects, and that the only thing I have to say is to call a suicide hotline.

What a sick, sick man. Please daven for him - Yosef ben Chaya.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 06 Dec 2010 06:38

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Wow - as horrifying as that is, it takes a lot of strength to walk away, even when it's the healthy thing to do, the right thing to do, the best thing to do - for everyone.

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 06 Dec 2010 06:54

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That's great. BOUNDARIES BOUNDARIES BOUNDARIES!

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Re: This is it - 90 Days here I come!  
Posted by desperate\_teddybear - 06 Dec 2010 18:40

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he may be partly considering suicide, but why's he calling u? sounds like he wants ur attention....it's so painful to hear this, so awful. i can only imagine how much it hurts ur brain to hear his voice.

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 06 Dec 2010 20:31

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[desperate\\_teddybear wrote on 06 Dec 2010 18:40:](#)

he may be partly considering suicide, but why's he calling u? sounds like he wants ur attention...it's so painful to hear this, so awful. i can only imagine how much it hurts ur brain to hear his voice.

IT'S ABUSIVE. MIND GAMES.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 06 Dec 2010 21:50

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Good point, Eye - we, in particular, tend to have trouble with healthy boundaries (both in regard to our own boundaries, and others). It's important to be aware, and work on it.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 09 Dec 2010 21:32

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Hey gang,

Thanks for the chizuk. Things are going pretty well now. He called me again yesterday, but I didn't pick up. The voicemail was his classic pitiful, "Call me." I feel bad for him, but he only makes me upset when I talk to him. It's as if he doesn't want to be consoled, but wants other people to be miserable with him.

I think I did really well on a certain test that I was worried about, so I'm glad that's out of the way. I was very stressed about it. Things are good otherwise. Onwards!

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

Posted by silentbattle - 09 Dec 2010 22:24

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Sounds like you did the right thing. Keep on rocking, man!

At some point in the future, you may need to figure out a way to have a healthy relationship there, with healthy boundaries, but right now, you're struggling with your own boundaries, so it's probably not the best time to start trying to balance your relationship with an addict, which can be difficult even for people who are healthy and balanced to start with.

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

Posted by NOYA - 12 Dec 2010 20:46

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Had a great Shabbos with a friend. It was interesting and relaxing. The community was a bit modern so there was what to see, but I was pretty good overall. DC is starting up again tomorrow! Hurrah! Should be interesting...

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

Posted by NOYA - 13 Dec 2010 20:00

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Things are going all right. I feel like I'm not doing enough in learning and divrei kedusha though. I feel like there is something missing because I'm not putting enough in. I guess the solution is to take things more seriously and really punch the clock. A few things are up in the air - summer internships, what will be next semester, will I be able to be effective in the bais with less classes, what should I do with shidduchim - a lot of questions.

I haven't thought of my father lately, which is a relief. Hope he's okay. My rebbe just told me a few minutes ago that I need to try harder; I guess he notices that I'm not totally in the game these days. I am afraid of failure if I go all out like some bochurim do. I'm afraid I won't be able

to learn effectively all day like they do. I guess I have things to think about. Okay, class time!

So far, doing great!

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

Posted by desperate\_teddybear - 13 Dec 2010 20:09

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questions on when to go out is why its good we have roshei yeshivos.

rock on NOYA ur thread is my 'go to' place for inspiro-stuff

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

Posted by Steve - 13 Dec 2010 20:17

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Noya -

You've come a long way, and your spiritual strength is an inspiration to me. Keep following your RY's and Rebbe's advice. They are your link to Hashem's guidance right now, the closest thing you can get to ruach hakodesh. And yes, along with us you should keep davening for your father, like you would ANY sick individual. Feel pity for him, not for yourself. Hashem is grooming you to become a baal rachmonos par excellance, and with the boundaries you've established you will be safe.

Hang in there, my dear ol' friend. And I'm SOOOO happy to hear you're back on board the flotilla.

KT,



Steve

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