

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 Gevura Shebyesod - 20 Sep 2011 02:35

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Hi NOYA,

I just saw your thread for the first time and read through parts of it. You have really gone through some tough situations and have grown tremendously.

Refua Sheleima and KUTGW!!!!

Gevura!

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Re: This is it - 90 Days here I come!  
Posted by JackAbbey - 20 Sep 2011 08:43

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noya, wishing you a refuah shelimeh

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 21 Sep 2011 08:31

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Feel better buddy!! :'(

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 22 Sep 2011 19:49

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Thanks for the well wishes. I'm still out of it. I wish I would just feel better already. I'm so lethargic, have a monster sore throat, and I guess I was feeling resentful for feeling so crappy for almost a week now. I also had a major financial disappointment that I was not expecting at all that threw me for a curve. Some friends of mine got hit with the same thing. Who's in charge

I really hope this isn't supposed to be like an increase of difficulty on God's part, testing me to see if I still can stay sober under these conditions. I'm sure there's a great reason for all this. We just all gotta accept what happens and put on a happy face. At least the day is nicer now.

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Re: This is it - 90 Days here I come!  
Posted by fire - 22 Sep 2011 22:49

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I can see in the future a friend calling you.. and he will make everything all better.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 28 Sep 2011 19:50

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up there?!

Wow, another new year is almost here. Pretty incredible stuff. I'm very excited for the davening and the whole spiritual experience of the holiday, and am going to try to focus on Hashem's

malchus as much as I can. I think Steve had a good point - this is where we really focus on letting go and letting G-d. This past year was not bad. There were some disappointments, a lot of successes, and a lot of failures. I want this coming year to be great! Most of the greatness comes from internal attitude rather than what actually happens.

I hope everyone has a fantastic new year and a really meaningful holiday!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 02 Oct 2011 13:32

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A belated amen - hope your rosh hashana was great!

How are you doing?

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 02 Oct 2011 17:01

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Hey SB, thanks for checking in. Things are going well overall. I was just doing some tedious chore right now and BOOM, there's my old girl on my Gchat list. Her status was "Available only for NOYA". Arggh! I went invisible after a few minutes, but that was just out of nowhere.

Otherwise, things are great. I had a wonderful holiday, and I'm committed to 90 days as a Rosh Hashana Kabalah, and part of my 90 days is not communicating with her. Even when she throws herself at me like that. So hard.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 02 Oct 2011 20:01

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I think gmail has an option to block specific people.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 02 Oct 2011 23:00

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Now she actually chatted to me, so I responded, and it turns out the whole thing was supposedly a misunderstanding. Supposedly she had that status on for a long time and just happened to be on now, etc. Whatever. We parted ways amicably and with the future understanding that there would be no more online talking or any communication at all. This wasn't clear before because I had just sort of stopped talking to her without telling her. Now we're on the same page. Whew!

I feel that it's okay and not a fall because she started it and nothing happened and now we're on the same page. I'm so hungry!

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Re: This is it - 90 Days here I come!  
Posted by Yosef Hatzadik - 03 Oct 2011 20:00

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To my dear friend **NOYA**;

Keep going!

Keep glowing!

Keep GROWING!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 12 Oct 2011 00:54

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Okay, I'm home now. There's a lot to watch out for with regards to potential conflict in the home. I have a feeling that there's going to be at least one big fight over the few days I'm home and I am a bit worried about that. I have to be fearless, though, and have bitachon that it will be okay. I also have to remember that I have to just be silent and let it blow over rather than fight back. I'm worried about a confrontation about my life plans as well. Everything will be fine because Hashem watches over everyone.

The issue is that I feel that I want to learn for the next two years or so and get married in that time. Certain people in my family have made it abundantly clear that I'm expected to get a job pronto and they constantly ask about my progress in a job hunt. I haven't really brought up my life plan because I fear the thunderstorm that will surely immediately follow. I want to live my own life but I'm afraid of being disowned basically. This uncertainty is making me uneasy and is making me lust of course. I gotta be strong and go talk to God. I also have to make sure I only use my laptop while I'm home.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 12 Oct 2011 03:55

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I find that the more uncertain i am, the more difficult it is for me to stay calm in the face of other's complaints. The more certain i am of what I want, what my plans are, and that they're right, the easier it is for me to hear others out, and remain calm no matter how nasty they are.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 16 Oct 2011 04:25

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Okay, good news! I made it through yomtov in one piece, without getting into any fights at all and while keeping everyone pretty happy! The bad news is that just now my old girlfriend sent me another message about how she couldn't resist anymore and needed to talk to me. I felt bad and shmuzed with her for about forty five minutes. Not a great idea. We ended off the

conversation with her asking to be kept informed about my romantic life, and me telling her that I'd rather not keep her informed. I don't think she liked that too much, but I think she needs to get the message that we're not buddy buddies anymore. I shouldn't have responded to her altogether, and now I took silentbattle's advice and blocked her. I'm in a new life trajectory now, one that doesn't have room for her in it.

I feel so good right now overall because I'm at an all time high in my number of days. I feel less perverted, like all the messed up fantasies I used to have just aren't appealing to me anymore. I told my old girlfriend that too and she was happy about that for me. I hope I inspire her to do the same. I realized through this run so far that all of the fantasies and perverted stuff I liked was all a corruption of the one true desire every man and woman has - the desire for intimacy with another person who loves you more than anything and vice versa. Someone who cares deeply about you and cherishes you and just completes you. All the other garbage, whether it be porn or masturbation or whatever, is just a corruption of that basic desire we all have and they never will satisfy that basic desire we all yearn for. I feel like Solomon now. Sof Davar Hakol Nishma style. Have a good night, everyone, and thanks for the insights, SB!

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