

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 - 18 Oct 2011 09:28

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Closing a door isn't easy, but it's the only thing to do - otherwise, well, anything can come through, and deep down, we often kinda hope that it does.

Glad to hear about your decision. may these days continue to be days of simcha for you, for all the right reasons!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 18 Oct 2011 16:45

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I've been having a difficult time over the past few days with taivahs. Perhaps it's the break in schedule, having too much time free to waste, I'm not sure. All I know is that the yetzer hara is bothering me much more than he has been for a long time. I've been waking up with fully formed fantasies in my head and with very strong desires to look at stuff on the internet. Last but we all know that checking filters is just an excuse to hope to see something assur.

I decided things were getting a little too lax, so I put up another neder last night to prevent me from doing these little searches on the internet. Why do these memories plague me so? At least

the attacks haven't been the strongest in memory, but they have been persistent. I'm so close to 90. I can't give up now!

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Re: This is it - 90 Days here I come!  
Posted by ur-a-jew - 19 Oct 2011 17:14

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[NOYA wrote on 07 Mar 1974 13:40:](#)

but we all know that checking filters is just an excuse to hope to see something assur.

So true. Testing a filter to see if its blocking is like driving towards a cliff to see if our brakes are working. I'm glad you realized before things really got out of hand. Hatzlacha on staying sober today. Have a wonderful and simchadig Yom Tov.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 19 Oct 2011 18:01

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I feel much better now. I was talked into going out with someone even though I was initially determined not to go out until 90 days were accomplished, and we've gone out twice. The first time was really great - I liked her a lot as a person, and naturally had little flashes during the date of thinking about her inappropriately (she is a great looking girl, ken ayin hara). I was sort of worried the latter would happen, but you know, I think realistically speaking that's going to happen no matter how many days sober you are.

I'm a little bummed now though, because I felt the second date wasn't nearly as good. I didn't feel the chemistry like I did the first time. I'll talk about it with a rebbe. Have a good yontef everyone!

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

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Chemistry isn't everything its cracked up to be. Can you enjoy conversation with her? Do you share torah values with her? Does she have the middos that you want in a wife and mother of your children?

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 23 Oct 2011 18:38

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[silentbattle wrote on 23 Oct 2011 02:02:](#)

Chemistry isn't everything its cracked up to be.

Neither is biology.

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Re: This is it - 90 Days here I come!  
Posted by Blind Beggar - 23 Oct 2011 19:03

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[Eye.nonymous wrote on 23 Oct 2011 18:38:](#)

[silentbattle wrote on 23 Oct 2011 02:02:](#)

Chemistry isn't everything its cracked up to be.

Neither is biology.

Neither are models and actresses or other men's wives.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 23 Oct 2011 19:34

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I never really got into all these sciences, so can't say any expert opinion on the ologies. I have to get more serious because I've been having some minor breaches of allowing thoughts and hands to wander for too long. This too is assur. Being maksheh ledaas is an isur derabonon, and I have to remember that. It's not okay to have a little bit of fun.

Otherwise, I'm doing well Baruch Hashem. I have another date tonight, and was all worried about where to go because my original plan got ruined. I hope my backup plan goes well. I also hope that this date reveals if we really click or not. I'm going to try to just be my fun, charming self and see if she appreciates me that way. The venue sounds exciting, so I gotta get pumped up for it.

As for SB's questions, it's still a little early to tell. I don't plan on getting heavy in hashkafa tonight, so I'm not sure what else I will learn about her midos. The goal of tonight is to see if I like hanging out with her. I want to see if she is cool and if our conversation will flow well. I'll just play it by ear. Wish me luck!

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

Posted by Blind Beggar - 23 Oct 2011 19:39

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I had my clean times for a week here and a week there when I was a bochur but never when I was going out on shidduch dates. I don't need to explain why.(We didn't do anything wrong, but my mind .....)

So be very careful NOYA, and if you get to 90 now, you are a lot more of a man than I was back then.

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

Posted by NOYA - 25 Oct 2011 19:45

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It's kind of interesting. Despite her being pretty, I don't lust after her, which is nice. I guess it's because I view her as a person, and not as an object. I'm feeling really good about everything right now. Baruch Hashem, dating is going really well. I think I'm ready to put my numbers up on the wall again. I feel confident that I'm making it this time. See me on the chart, gents!

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

Posted by Eye.nonymous - 26 Oct 2011 06:30

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Sounds good.

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

Posted by Blind Beggar - 26 Oct 2011 14:51

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I find the same thing at work, there are loads of pretty young women over here, some frum, some not, but since they are all people and I know they are all more skilled than I am, I don't lust after them. It's true none of them can teach a tosfos like I can or learn kisvei Arizal, but here in the office it is office skills that count and I am fresh out of kollel. Women's legs do not turn me on much, objects' legs are what make me lust.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 27 Oct 2011 21:33

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What a terrible, horrible, no good, very bad day. :(

Still sober though!

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Re: This is it - 90 Days here I come!  
Posted by 1daat - 28 Oct 2011 02:17

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Wha happened? sorry you had a rotten day. It happens. Duh. That's just for today. Awesome that you are still sober. KOT

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