

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 struggla21 - 31 Dec 2009 07:01

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Dude, your are doing amazing!! Keep doing fantastic and I like the day summaries. Gives yourself a perspective of how far you have come.

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 01 Jan 2010 00:09

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NOYA!! You rock. and keep on rocking. wheres todays summary?? :-\ Im sure its full of supprises. :D

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 01 Jan 2010 02:07

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Oh boy oh boy, 2010 is coming really soon. This is very exciting! Ten years of the new millennium down, 1990 to go.

I'm working soooo hard on this exam, it's very very intense, but it's keeping me busy, so I can't complain. I wish I had more of an exciting new year's celebration, but it's just study study study until finals are over, and then more studying after that non-stop over vacation. But in a way, I like it. I like studying and understanding material, to the point of mastery, and besides, I get out of a class this way, and if I pass the exam then I have a really great thing to put on my resume.

And wow, no time for the yetzer hara at all. He just can't make an appointment with me, at least not today.

Day 7 summary: Working very hard, so no attacks. A+

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 01 Jan 2010 03:27

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Great news Noya.

KUTGW!!!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 01 Jan 2010 07:50

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[imtrying25 wrote on 01 Jan 2010 00:09:](#)

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[NOYA wrote on 01 Jan 2010 02:07:](#)

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Wow that was forsure the biggest suprise i could of ever expected. Keep on rocking bro and keep on being busy. It never hurt anyone. :D

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Re: This is it - 90 Days here I come!  
Posted by habaletaher - 01 Jan 2010 11:31

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Seven Days, One Week, 168 hours, 10,080 minutes, 604,800 seconds....

You Rock Man!!! You Rule! NOYA Hu hashalit, hu hamoshel bichal eretz meitzarim!!!

Have a wonderful Shabbos you lion amongst people!!!

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

Posted by NOYA - 01 Jan 2010 18:18

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I was very very surprised last night, leaving the library around 1AM, after grabbing some leftover cholent from mishmar (still lukewarm even after an hour), and looking forward to getting to sleep, that I walked out the door with someone I was somewhat friendly with, and I like him, but just didn't see enough of him to become good friends with.

Anyway, we were walking and talking about snow, and then he says to me, "Let's talk about something more interesting, NOYA." I was like, WHOA. Double take. Come again?

Yeah, he ID'd me, and I guess I subconsciously wanted something like that to happen, because I definitely made it very easy for anyone to guess who I am given they know even a little about me. This guy turns out to be one of the greatest warriors on the forum, and it was so nice talking to him about it, and knowing that there's someone else out there, someone real that I could get chizuk from, and not just a mashgiach or rebbe, who might not know what I'm going through, but from a fellow addict.

I spoke with him for probably half an hour, in the freezing cold (and the poor guy was just wearing a polo), and it's nice to have him around. Now I feel more confident about this 90 day thing, seeing someone who's done it before with my own eyes. Seeing is believing they say.

Anyway, I'm still star struck by the hashgacha pratis and very happy about it.

On to today's report:

For the first time in a long time, I missed shacharis and slept until 11:15. My body was so exhausted from a very hard week of studying that it just refused to get up today. It was like, "NO, NOYA! You've taken me too far! I ain't moving!" So, fine, once in a blue moon, it happens. Okay, I definitely did stress myself a lot this week, and unfortunately, I have a lot more stressing to do for finals and for this ridiculous test I'm taking in February that will definitely be the hardest test of my entire life so far.

But I'm clean as a whistle so far, and that's great news!

Happy New Year!

~ NOYA

P.S. Day 8 Summary: Slept in, no attacks so far. A+

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 01 Jan 2010 20:10

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8 days is awesome!!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 02 Jan 2010 16:28

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A gut voch. NOYA im so excited for you. Having someone to talk to is one of the best things that come from all of this. Especially when that person is a warrior just like you. Ever since ive been in touch with real people on this forum, whether it be live or on the phone, my struggle hasnt been the same. Not even close, to say the truth. So take advantage of this new commodity that yu have. Youll see it will only help you.

Keep on rollin!

Oh and btw maybe if he took the headphones, he would be able to ear you even better. Well we

:D

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will have to ~~see~~, i maen see!

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

Posted by NOYA - 03 Jan 2010 00:37

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Haha, IT, very clever. Yeah, it's nice having a fellow warrior around. I spoke with him a bit over Shabbos, so that was nice.

I had a nice relaxing Shabbos, and did my best to not think of upcoming finals so that I could enjoy my Shabbos. And I did enjoy it. It was one of those do nothing Shabboses where I didn't learn very much, but sort of had a nice time. Friday night I was learning but ended up in someone's dorm with a few friends knocking back a few Sam Adams' (if that's correct) and a little wine, and talking about stupid stuff, but it's been a long time since I had some geshmack good old fashioned wasting time, so I indulged.

[edit - content removed due to ID issues]

Anyway, I have to get cracking with studying, so signing off.

Day 9 Summary: Relatively easy day. No attacks, and even though I went outside to a shul in the neighborhood for a 915 minyan, somehow I don't remember seeing a single female the whole day. So that's good. A+

~ NOYA

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

Posted by sci1977 - 03 Jan 2010 04:47

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Great news. I am so happy for you. KUTGW!!!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 03 Jan 2010 13:12

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That's really awesome, NOYA - rock on, together!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 03 Jan 2010 18:50

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NOYA you rock!! Did i ever tell you that before?I cant seem to remember.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 03 Jan 2010 20:36

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Studying for finals,

I still get a major taivah whenever I'm on an unblocked computer. I'm not sure if this computer is unblocked or not, but I definitely don't usually have access to it usually, and hopefully will avoid it (someone logged into it and put it on). I'm feeling a latent attack, radar's registering a faint signal. I'll try to divert and do other things right after this.

Anyway, things are still going great. So far no slips or falls. I'll update you more tonight.

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