

This is it - 90 Days here I come!

Posted by NOYA - 16 Nov 2009 02:07

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 imtrying25 - 21 Nov 2009 16:56

See..... i told you Guard has what to say on that. Hes so on the mark. May we never have to realize what this can bring on us.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 22 Nov 2009 02:51

Hey all,

Gut Voch to everyone! I had a fantastic Shabbos - I went to the mikvah on Friday after I got a haircut and managed to avoid seeing any pritzus both there and back by removing my glasses and taking not crowded streets. I learned a ton over Shabbos and felt really spiritual and good about myself over the whole Shabbos, and I didn't nap too, which is important because Shabbos afternoon in bed usually means trouble.

So I'm feeling great, I'm glad to see imtrying25 is doing well too, and ready to tackle another week.

Chazak Chazak!

Oh, and thanks guard for enlightening me to that. I didn't realize that masturbating is assur lifi the SA too. Interesting. Okay, onwards with life!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 22 Nov 2009 23:55

Hey,

I have a really nice dvar torah that I said over Friday night.

[Dvar Torah removed because it is identifying]

Anyway, as for me and how I'm doing. Today is Day 13 (Wow, racking them up fast!) and today I had a few slightly more powerful hirhurim come to me. I also saw an inappropriate magazine cover accidentally, but succeeded in not taking a second look, which is something I have a major problem doing usually. It just is so magnetic to my eyes...

Anyway, snapping all that out of my mind, right now I feel good. Posting, listening to some smooth jazz, and about to enjoy a nice little dinner with some friends. Chazak!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 24 Nov 2009 03:26

Trouble's brewing.

I am tired now, and earlier today I longed for some female companionship, just emotional of course.

Then I saw some girls from some seminary online that were on a page I shouldn't have been on, but I x'ed it off. And then I saw someone looking at inappropriate pictures online in a library. So I've had little stimulations to my eyes all day, and I recognize that that's trouble. I'm still okay, and not in that much trouble yet. But I need to bring these very real problems into the open and not pretend as if this was a perfect day.

In addition to these tzoros, I am a bit of an academic perfectionist, so I'm mad at myself for getting part of a problem on a quiz wrong today that I should have known how to do. So the yetzer hara uses that feeling to try to get me sad. Mamash a ben chayil mepanim veachor. What is silly is that at worst I got a 90 on the quiz, which isn't bad at all.

Day 14 wrapping up, confident for a better performance tomorrow. And I have another quiz tomorrow too, so hopefully I'll do better on that.

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Re: This is it - 90 Days here I come!
Posted by Ineedhelp!! - 24 Nov 2009 04:33

Hey Noya,

Just read some of your thread. very inspiring. your doing so great and Hashem is looking down and smiling. I too have a test tomorrow but B'H i am feeling great because I am going to let Hashem take the test for me I'll just do the writing. If you want some chizuk or to just talk my email is Yiddle2@gmail.com we can do gchat or email or nothing. whatever you want. Good Luck!

-INH

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 24 Nov 2009 12:12

Noya whats up. Keep up the great work. AND KEEP POSTING! It will help you alot and us too. Important; dont allow your marks to get you up or down. Your job is to study and do the material. What happens on the test is not in your control. As long as you do yours thats what counts. So keep on pedaling. Lets do this together. Had a rough day yesterday too but B"H i made it. Today is 15 like you. Tov shnayim min haechad. Or something like that. :D

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Re: This is it - 90 Days here I come!
Posted by NOYA - 24 Nov 2009 15:09

I'm bothered by something I did last night. I went on this website that connects you to talk with a random stranger, and the YH talked me into going there because I was bored and it was just talking to strangers, fun stuff. I really knew that the real reason I was there is I was hoping to have an inappropriate conversation with a girl. Sof sof the night ended up with me saying some navlus hapeh, asking girls inappropriate questions, insulting them, and them disconnecting and not wanting to talk to me because I was caustic to them.

So in the end of the game I didn't really have cyber sex because the girls disconnected instead of getting into it, so I didn't end up doing anything physically wrong afterwards, and I didn't arouse myself really either because they didn't respond in an erotic way, but rather disconnected, but I still feel so dirty from asking them questions. So I don't know if that's considered a fall or not. I don't think it is because I didn't get aroused from it - just got disgusted with myself before any arousal kicked in.

Do I have to start the count over again?

Thanks for the chizuk guys, by the way. I feel lousy right now, but a little better after seeing you guys post to me.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 24 Nov 2009 17:46

The YH is trying to use his primary weapon on me - yiyush and depression. He wants me to consider what I did last night to be a terrible fall and for me to think that I'm a terrible person and I have to start all over with it. But I asked someone to consider what happened, and he labeled it a slip and not a fall. A bad slip, yes, but not a fall. So what the yetzer hara tries to do is fascinating. He seduces you to do an aveira, and then he turns the table on you and makes you feel bad about doing what he wanted you to do to begin with.

Well, guess what? (Inspiring music kick in) I'm NOT LISTENING TO YOU, you two faced slime ball! I'm a ben torah and a good guy, and it may be true that you made me slip last night, but I'm over that. I know it won't happen again and I'm not going to let you ruin the rest of my day. I'm going to listen to a chazara shiur over again, and I'll get to the bottom of the sugya without you whispering in my ear, thank you very much. You're going down today you jerk!

Day 15 will be a great kiddush Hashem with Hashem's help!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 24 Nov 2009 17:58

Great attitude Noya. With an attitude like that your gonna make it really far. So keep it up. Were all in this together and were all here for eachother. This is the most important factor of all. So keep on truckin.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 24 Nov 2009 18:12

Don't worry about that site. I know what it is, and you didn't even DO anything. You only slightly HOPED something would happen. Don't fall for this trick; I fell for it more times than I can count, but it doesn't happen anymore. Once you learn not to degrade yourself, even when you have a

real fall, you will be able to get even further. Your attitude is right where it needs to be. I'm sure that with time you'll get where you want to go. Keep up the good work!

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Re: This is it - 90 Days here I come!
Posted by strugla21 - 24 Nov 2009 22:20

Noya,

You're doing wonderfully! Don't get yourself down, you seem like a pretty great guy. I sometimes tend to overthink things and I shouldn't cause its not worth the effort. Don't over think it, just keep on going down the right path!!!!

Strugla

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Re: This is it - 90 Days here I come!
Posted by NOYA - 25 Nov 2009 02:05

You guys are the greatest. Thank you so much for the support! The rest of the day was decent. I didn't put very much effort into today at all to tell you the truth. Just sort of took it easy. I had a desire to see a woman and just enjoy her beauty, and I looked at a picture of some tznus girls on a brochure, but i wasn't like lustfully gazing at them. It was more like enjoying a glass of wine for me, getting hanaah from female looks.

Obviously that's wrong and assur also, and I shouldn't have done that, but I let the YH get the best of me. I snapped out of it after like 10 seconds, but this kind of thing really shouldn't be happening. Well, worse has been done, that's for sure.

Tomorrow will be hard, but I'll truck on. Oooh, and I'm going home for Thanksgiving! I know that I'm growing because I'm not looking forward to the trip back, having to expose myself to the filth of the street and the subway, but I'll do my best to not look at anything, even though I know

there will be tons of indecent billboards blaring at me from every direction.

I used to mamash look forward to those opportunities to seeing flesh. I guess my trepidation is a good sign...

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 25 Nov 2009 10:43

From your post its obvious that your shteiging. ALOT! Keep up the good work. And enjoy your weekend. Maybe ya can send me sum turkey out here in israel. ;D Say a prayer before you get on that train and then officially give the fight over to Hashem. Your gonna make it NOYA you will.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 25 Nov 2009 22:29

Hey everyone! I had a really good day overall. In shiur I did well today, except at the end when the Rebbe blasted me to pieces, but I'm over it.

In class I ACED myquiz. Perfect score. I'm very happy about that.

I'm also going to be home a bit earlier than expected, so I won't have any problem getting to mincha when I'm home. Hurray!

Hashem allowed me to have an easy day in taivah, Blessed be He. No nisyonos so far, no hirhurim.

I'll eat lots of turkey for those who don't do the thanksgiving thing.

Peace!

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