

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 struggla21 - 31 Jan 2010 20:26

keep it up NOYA!!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 31 Jan 2010 22:17

NOYA!!!!!!!!!!!!!! Sounds like your doing great!!!!!!!!!! I didnt know you knew how to finagle!!!!!!!!!! :D :D :D :D :D :D :D

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 01 Feb 2010 02:35

Bring, perhaps - but sounds like you're accomplishing, and that's always good.

Accomplishing, eh? Gotta get me some of that. Wonder if anyone left any in this back room...I'm gonna go check....

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Re: This is it - 90 Days here I come!
Posted by NOYA - 01 Feb 2010 03:29

Day 9: Great success.

The next ten days of my life are going to be soooooo busy. Wish me luck studying and passing this test.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 01 Feb 2010 03:40

Hatzlacha rabba! We're all rooting for you!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 01 Feb 2010 03:52

KUTGW Noya!! Were rooting for you!!!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 01 Feb 2010 05:28

I have no doubt you'll ace it :D

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Re: This is it - 90 Days here I come!
Posted by habaletaher - 01 Feb 2010 05:32

NOYA,

Good luck on your tests both the one your having soon and the one you've been having for about 9 days now!!!

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Re: This is it - 90 Days here I come!
Posted by humanbeing - 02 Feb 2010 01:10

Good Luck Noya....You'll Ace those tests.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 02 Feb 2010 03:43

Thanks everyone! Another good day today, BH. Day 10: Good work!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 02 Feb 2010 04:24

AWEsome!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 02 Feb 2010 04:38

Keep on trucking!!!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 04 Feb 2010 05:14

Yay!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 04 Feb 2010 16:06

I'll put in a little more today to make up for my one word post yesterday. Things are still moving along over here. Unfortunately, or fortunately, depending on how you look at it, I don't really have shiur for a while (around a week), so I'll be able to put in some more time in studying so I can make sure I pass this test in ONE WEEK, AHHHHHH! Yeah, one week and one hour from now I'll be in that room sweating bullets I imagine. My fingers are sweating just thinking about it, sorry keyboard.

The truth is I don't really get THAT nervous about tests. It's somewhat artificial because I like giving myself the adrenaline rush. It's exciting for me - probably more exciting in a way than taivah. Yeah, definitely, because I'm bored of taivah. All the same garbage over and over again, who needs that stuff? As long as a person has a life, has friends, has what to do with himself, and generally steers clear of problems, he should be all right, hopefully.

Yesterday I had some minor minor issues. I was on a weblog of this investment banker and he had a video on there about stupid interview mistakes, so apparently the video was about this prutz who went to the interview and explained that the reason he wanted to be an investment banker was for the models and bottles. Unfortunately, he depicted his desire visually in the

video and my poor eyes endured about 30 seconds of club scene before I asked myself why I was watching this stupid video to begin with, and why I was allowing my eyes to be exposed to a bunch of unattractive men and women clubbing and acting like prutzas.

So I turned it off and felt better. Baruch Hashem I didn't get triggered, but I have to be more careful of these things. I also took a second peek at a woman yesterday. I have to ramp up my day today to get my defense back to 100%. But yesterday was pretty good all around, and today is Day 13. This campaign is flying!

Also, I applaud Guard's decision to separate the men and women here. What was the hava amina for it to NOT be separate to begin with? Does it make sense for a bunch of sex addicts to be able to post and chat with members of the opposite sex? Hello? Trigger?

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