

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 - 10 Feb 2010 17:58

Must be something wrong with me. cuz that sounds like an eventful day to me! :D :D :D :D I usually dont do half those things in a day. Oh well.....

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Re: This is it - 90 Days here I come!
Posted by NOYA - 11 Feb 2010 01:09

Today was AMAZING. I felt like a little kid again, waking up to two or three inches of snow on the ground, and hearing "No school today." Hurray! Snow Day!

It was awesome. I haven't had that much fun outside in ages. I think I played outside for over two hours with some buddies, just messing around with snow, building junk, fighting, tackling, doing boy fun activities. So that was good. The only thing missing was a roaring fireplace, mugs of hot cocoa, and a big screen TV with some kooky family movie playing. I guess that's more than one thing.

But yeah, it was good. I even learned today for an extra two hours or so, and I had no homework, and I'm THROUGH with studying for the exam, so THERE! Anyway, the yetzer is leaving me alone for a while BH, so I'll let him sleep through the winter hopefully.

Still no maskana on Shabbos.

Day 19: Very good job, NOYA! A+ for you. And good work taking some time off and having fun.

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

Posted by sci1977 - 11 Feb 2010 01:13

keep on trucking noya. so glad you are doing well!!!

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

Posted by NOYA - 12 Feb 2010 00:48

Had a normal day today. I feel like I need some closure on the zman so far because there are two things in my life that have built up a lot of pressure, and I can't wait to get rid of them. One of them is the test I'm taking on Sunday IYH. The second is that I'm attempting to do something tough [edit]

Starting Monday we'll be back to completely normal IYH, and I'm looking forward to that.

I feel a little woozy right now, and I feel a little bit of lust circulating in my body. I'm not sure why, but I'll ignore it.

I just wrote out another paragraph and deleted it because it was too lurid. Anon knows who I am so I don't want to say whatever I wrote. Ummm, so have a good Shabbos everyone, and love you all, and see you again probably on Monday, when I let you know how my test went!

Day 20: Pretty good!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 12 Feb 2010 03:47

Uch! What a bad day to end the night. So the rabbi who was supposed to test me just ditched me instead to go to someone's vort. Then I hocked around trying to figure out flights for Pesach, and I clicked on something I shouldn't have and saw something I shouldn't have for a few seconds, and now I'm lonely and want to act out. Wonderful. Good going, NOYA.

Well, nah, I don't feel like I was really triggered, but I'm upset at the rabbi. Stood me up. This whole week is full of cancellations I tell ya.

Have a good Shabbos everyone! I'll keep on trucking if you keep on trucking!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 12 Feb 2010 05:54

Aw come on NOYA. Why does it matter if I know you? I post in my thread without any consideration for the fact that you are reading it. Fair is fair, no? :D

Keep up the great work, and don't be embarrassed. There's no reason for it I tell ya!!

P.S.

I'm loving K9 right now. I thought being "controlled" might annoy me, but I'm really enjoying it instead. I can't even light the match to throw on the gasoline, because that thingie used to strike the match has been taken away from me. :D

Re: This is it - 90 Days here I come!
Posted by imtrying25 - 12 Feb 2010 13:17

Hey NOYA!!!! Sounds like your really doing great!!! And yeah bad Rabbi. But hey arent all
:D :D :D

Anyways keep on rollon my friend. Seems like your keeping yourslef really busy. Im noticing you havent hung aroud my threads recently!!!

Have an awesome shabbos!

Rabbis bad?!?

And never forget, I LOVE YOU MAN!!!!!!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 12 Feb 2010 14:24

Keep on trucking. Have a great Shabbos!!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 12 Feb 2010 20:39

It's never fun to be stood up and canceled on, especially when it's by a rebbe, or someone else that we feel we should be able to rely on.

And double that feeling if, like in your situation, you were hoping to get rid of a bad feeling of stress.

Opening up to the people we know is extremely powerful, and I find that it gives me both clarity and freedom!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 15 Feb 2010 02:42

BARUCH HASHEM!!!!

BIG BAD TEST: 0

NOYA: 1!

I DOMINATED TODAY!!! I DESTROYED that thing and it feels so good knowing all that hard work paid off. I feel so stress free and light as a feather even though I have a few other things to do, but they're not nearly as big and ominous as this test was, so a ton of stress just got lifted off of me. Wow! I haven't felt this good in a long long time.

Shabbos was pretty good, and fine, Anon, I'll tell you about my lurid trigger. The person I stayed at has this very adorable and precocious 5 year old sister who LOVES me, and follows me everywhere and always is crawling all over me and playing with me, etc. you get the picture. So it's not like she triggers me as if I want to do anything to her - at least I tell myself that so I can live with myself, but I guess it's the love she has for me that I want from a grown up woman, and it makes me want to be married so I can have a relationship with someone who loves and

. But, yeah, I got a little "triggered" over

Shabbos, as I suspected might happen, so I guess I'll not go back to his house for a while, until I feel like I'm really sober. Maybe after 90 days.

Anyway, despite being a little triggered, and having the usual Shabbos urges (especially because I took a rest in the afternoon - major no no) I maintained control over myself with G-d's help and didn't slip or fall. So Baruch Hashem I'm holding at a strong 23 days of sobriety right now, which is the most I've had in a long time, and may I have many many more.

I took myself out to celebrate the victory of my test, and enjoyed a delicious steakhouse hamburger (they're really really good, almost as good as the steak), vegetable soup, and a heineken. And I also discovered on my way back from the test, inside a NYC taxi, a few things. First of all, taxis have TV's in them now and GPS, so my poor eyes saw like three pritzusdik commercials in a row (bits and pieces because I was trying to look away), until I realized that I could turn it off, so I did. And I also spoke with the cabbie and realized how tired and poor goyim really are. The poor guy works for 16 to 20 hours a day, and has absolutely no meaning in his life. I don't understand how people can live without a clear idea of what life is about and without a motivation to become better and more spiritual people. I felt bad for him.

But I'm back now, and ready to rock. I think I'll watch an episode of a show. After learning a shtickl of course.

Peace!

Day 23: Kicking the YH's tuchus outta here one day at a time!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 15 Feb 2010 12:19

[NOYA wrote on 15 Feb 2010 02:42:](#)

Day 23: Kicking the YH's tuchus outta here one day at a time!

Owwwwwwwwwwwwwwwwwwwwwwwwwwww!!! That hurts!!! waddya think, im made out of steel??

Keep it rollin my friend. One day at a time and well get there, youll see.

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

Posted by sci1977 - 15 Feb 2010 15:37

Great news Noya!! Keep on trucking. I love that you are trying to stay positive.

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

Posted by silentbattle - 15 Feb 2010 18:43

Fantastic on all counts - and by the way, your experience with the 5 year old sounds normal - it gives you a picture of the type of house you want to have. Kids are great for making us feel wanted and needed. Use that in a positive sense! If you feel it triggers you too much, though, then trust yourself, and stay away for now.

Glad to hear that you're doing well, and even gladder to hear that you feel good about yourself!

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

Posted by NOYA - 16 Feb 2010 03:49

Hey sci,

Yeah, positive thinking is pretty key. The moment we let ourselves get down it's very bad news.

And kemmon IT, you're not the yetzer hara! The yetzer hara doesn't need a walker to get around!

And silentbattle, ninjas are so so amazing. I hope I turn into a ninja after 90 days.

Anyway, on a more serious note I bought the Big Book today from amazon, and I'll tune in to Duvid Chaim's group. It sounds very interesting and should be self enlightening.

Today was a good day. Hopefully Wednesday we start a new sugya and we can get the ball rolling again major time. My classes are starting to get pretty tough, so I have to up my game on that. I still have to challenge a class and have to get that other edited thing out of the way. Bottom line: I have no time to think of aveiros. I wish I had some more time that I could use to have more fun [edit], or at least just play it...

Day 24: Keeping it going, BH.

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