

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 the.guard - 21 Feb 2010 21:21

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 21 Feb 2010 21:25

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Awesome. Thanks, Guard. I also just discovered a really cool feature on this forum. I can click and see everyone who is online and see exactly what they're doing! I feel like I have the Marauder's Map. Very interesting. All right, catch you all later.

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 21 Feb 2010 21:48

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:D :D

Definitely NOT a fall  
happy to see your learning from your slips. this to me is from the most important aspects of

recovery. When we do lose some control what made it happen?? What are we gonna do now to make sure it doesnt happen again?

hatzlacha!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 22 Feb 2010 03:35

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I'm tired right now. I miss the taivah and the pretty smiling women. I'm hitting the level 4 doldrums, and it's hard to keep the enthusiasm level high. I think I need to make this whole thing less of an official deal for a while until I get to some more exciting numbers. I think when I get to 60 days clean things will really start picking up because, whoa, 60! But 30 days is so been there done that. But hey, if you want to get to the big numbers you gotta go through the small numbers. I'm tired and want some action.

Day 30: Pretty good, but trouble's ahead.

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 22 Feb 2010 07:07

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30 days is great! You always need a pick-me-up around there though. Maybe we can talk tomorrow and it'll help you feel better :D

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 22 Feb 2010 16:01

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It's not a brand-new feeling anymore - but today, you can stay clean, and feel great about that!

Stop and ask yourself (I should do this every morning, I guess) - what will make me happier today - staying clean, or giving in?

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 23 Feb 2010 04:11

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Okay, I had a reality check today. I've been futzing around here and there with little pricks of taivah that aren't full blown falls, aren't really slips so much either that much, but inappropriate nonetheless. Like typing in something on google search and seeing how google fills out the search, hoping to see inappropriate things, or seeing a website that discusses an intimate issue in a scientific way, or all this BS that has to stop pronto because it's all longing for the YH, and being unwilling to give up the lust.

From now on, I declare upon myself bli neder that I will not sit in front of a computer without an EXACT PLAN of what I intend to do on that computer, and not deviate from that plan ONE IOTA. If I'm checking my email, that means checking my email and not clicking on any ads or links. That means not running any random searches that come to mind. That means NOTHING. At best this stuff is a waste of time, and at worst it is feeding the yetzer in at least some small way.

I've been feeling like I want taivah so much and I miss all the nice little things and I miss talking to the girl I used to talk to and all that. But today I woke up remembering that I shouldn't even have these longings if I am putting in 100 % in my life the way it is supposed to be lived. And I asked myself if I was accomplishing in the way I hoped to be accomplishing. Am I putting in everything I have into my learning and davening? Am I working on my midos? Am I talking with Hashem every day or am I just mumbling some words while happening to have some black boxes on my head and arm?

And today, even though in the morning I had a little stupid slip related to the aforementioned problem, the day overall was a day of real effort, the way I started out this zman. And I had a wonderful day in seder, shiur, night seder and classes. And, as I hoped, nothing was missing anymore after I did that. So NOYA is ready to cut out the BS and get back to living, because I don't want to live only half way and be bothered by my yetzer hara in this pesky way, or at all.

I think it's appropriate that I am leveling up tonight. It's like a new epoch in my campaign. Okay everyone. Later!

Day 31: Very solid overall with only one slip.

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 23 Feb 2010 18:20

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love that post noya, I love the honesty you are using.

KUTGW!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 23 Feb 2010 18:45

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NOYA!!!! Have ive ever told you that you rock the friggin house?? :-\ :-\ :-\ :-\

Wow!!! Taking the next step!! That is great. Keep up the awesome work. With such brutal honesty you will IYH get far!!!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 23 Feb 2010 20:34

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I had a pretty good day so far. I did very very well on my meeting today with an employer. I think I really impressed them hopefully without being too gaivahdig. I was exposed to one pritzusdig ad on the subway advertising hangover vitamins, two big pritzusdig wall advertisements that I looked away from fast enough but looked good in that second, and I saw the cover of the new Sports Illustrated Aveira Edition which looked amazing. Oh my G-d, how beautiful can girls get? I looked away fast enough when it caught my eye but the image is still burning in my mind. But

now I'm back in safety zone. I really want to get my hands on that magazine but I guess I just have to move on today with other things and get into learning. Sigh...

Man, this is tough!

Day 32: I'm trying!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 24 Feb 2010 12:18

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[NOYA wrote on 23 Feb 2010 20:34:](#)

Day 32: I'm trying!

But seriously, WE NEED TO TAKE THIS ONE DAY AT A TIME!!! Forget your on day 32 for now. Just today. Not tomorrow and not yesterday. And when we take it one day at a time, it becomes so much smoother, because we ahve done this before!!!

hatzlacha and hopin and wishin you all the best!!!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 24 Feb 2010 18:24

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NOYA - glad to hear that you're doing well, despite the tests - remember that the tests are part of life. If you didn't have any tests, you could relax, because you'd know that you were dead! ;D

You rock - keep it up!

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 24 Feb 2010 19:03

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Great news buddy. KUTGW!!

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Re: This is it - 90 Days here I come!  
Posted by imtrying25 - 24 Feb 2010 23:40

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NOYA please let us know how your doing?? Im going to sleep now but i wanna read about it tomorrow!!

Hope your doing good!!!

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