

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 Ano Nymous - 14 Mar 2010 01:14

Hey dude,

How was shabbos? Everything went well here :D

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Re: This is it - 90 Days here I come!
Posted by NOYA - 14 Mar 2010 03:59

Shabbos was very nice here. The weather was absolutely awful but somehow we all survived. I had to tremp for a shabbos day meal and ended up at a meal that took forever, but at least it was yummy. I stayed at the dude's house for a little nap, learned a little, then finished up Shabbos at shul and came home. I just saw a great movie with my little sister called "Cloudy With a Chance of Meatballs." Nice clean movie that was very entertaining. For anyone out there looking for a nice family movie, this is a winner.

Anyway, Shabbos was a little difficult. The desire is definitely still there to masturbate and to look at porn and to do all the same aveiros. I feel as if I'm somewhat removed from it though. It feels like it's been a long time since I've done anything wrong. I guess that's good. Keep on trucking, NOYA!

Day 50: Very nice overall.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 14 Mar 2010 05:17

Glad to hear that you're feeling good!

We always know that the option is there, but we don't have to listen to it. We have these habits in the back of our heads, but being aware of it doesn't mean we have to listen to it.

KOT!!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 14 Mar 2010 09:08

Same thing here NOYA. That nagging voice doesn't seem to shut up. But I just turn the music

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 14 Mar 2010 13:04

Depends what kind of music we're listening to ;D

In all seriousness, though, there is a certain good feeling, and even amusement, at the realization that I don't *have* to listen to my desires. It's quite an epiphany when you're able to see it happen in your own life, in slow-motion.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 14 Mar 2010 20:38

The epiphany only happens after the desire goes away. But while the desire is there and I'm trying to ignore it, there is certainly no good feeling and no amusement.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 14 Mar 2010 23:45

I won't say it happens all the time - but you can reach a certain state of awareness where you can see the desire as being separate from yourself. It's true - all you have to do is see it as such while it's happening. Quite liberating!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Mar 2010 01:56

I can sort of relate to what you're saying SB. I was just beginning to experience seeing it separately, until I messed up my streak. In hindsight, I feel that it wasn't the most completely honest streak so I'm kind of glad I fell because if I do this 90 days thing I want to do it right. So this time, IYH, it will be better. Better fences, better guards, and most importantly a better attitude. That attitude is twofold:

First of all, no f*(&*(king around with the rules. My rules are THE RULES. Don't mess with them, NOYA. Also, just focus on living man!

Day 1: Excellent!

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Re: This is it - 90 Days here I come!
Posted by struggla21 - 16 Mar 2010 05:04

Keep on trucking NOYA! you have much wisdom in your heart, it shows. you will make it there

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Re: This is it - 90 Days here I come!
Posted by Ineedhelp!! - 16 Mar 2010 05:10

Good to hear NOYA!

I'm right here riding next to you. You have great courage and I see a great future for you. Man I sound like a fortune cookie.

Be good bro!

-Yiddle

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Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Mar 2010 17:26

Hey guys, thanks for the chizuk. I deactivated my Facebook account last night to preempt anything bad happening over there. Even though I messed up my streak I feel that at least something has changed within me. It's much more natural to look away from pritzus. I successfully looked away from all three nisyonos I had yesterday and didn't take a second look. I'm happy that Hashem is allowing me to do that sort of thing.

Have a great day!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 19 Mar 2010 01:09

Sorry to hear that you fell - but the streak that you had, despite the fact that it wasn't as good as you wanted it to be, is still a huge step, that WILL help you. You got some distance from it, and now you can build on that, improve it.

Rock on!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 25 Mar 2010 18:41

I am stuck in a place I don't want to be. I'm being criticized every day so many times by so many people - I'm not used to it and it's really making me upset. I hate my job so much, and I don't see any hope whatsoever for being clean over Pesach. I hate this, hate it hate it hate it. And I can't be home for Pesach because there's gonna be kashrus and chametz issues I can't do anything about. I think next year I'll find a good friend and stay by him the whole yontef. I am so sick and tired of being a mashgiach. I quit!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 28 Mar 2010 18:35

Big hug from a friend who cares about you.

Try to take some time off every day to be alone, call a friend (you can ask Ano for my number), and remind yourself that you are a fantastic person. That Hashem knows how great you are, and so do lots of wonderful people.

And - don't listen to the yetzer hora. He's trying to tell you that when the stress builds up, you HAVE to listen to him. You HAVE to give in. And it just isn't true. You can accept that it's stressful, and still be clean. Think about how wonderful you'll feel afterward! Think of how proud of yourself you'll be!

And always remember - one day at a time. Don't worry how long you'll last, but today - stay clean.

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