

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 silentbattle - 02 Apr 2010 15:25

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Glad to hear your positive attitude!

Being able to open up is an important part of therapy - another aspect is a good therapist being able to show you things about yourself that you didn't notice, or didn't focus on. That certainly helped me!

Hope things just keep getting better for you!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 02 Apr 2010 16:53

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Well maybe they could have been getting better but I ruined everything again. I feel so stupid right now. People tell me that I have been looking mopey. I do. I feel depressed. Acting out doesn't make you feel better at all. It just intensifies the depression. Uch. Feh. I need a track if I'm going to hit this thing running - not a swamp in Florida.

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Re: This is it - 90 Days here I come!  
Posted by struggla21 - 02 Apr 2010 17:30

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Work hard and dont give up NOYA!! Just like a ninja! Hashem put you in the position that you are in right now for a reason. He wants to learn something from it, he wants you to see and experience something from where you are right now - both spiritually and physically and emotionally. You have experienced the good and the bad of life, now its time for you to use those experiences to better your understanding that Hashem loves you and he aint leaving your side. He's always next to you, helping you through the struggle.

"Rise and neva fall, cause YOU've been through it all..."

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 04 Apr 2010 15:08

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You know better than i do that you're capable of running no matter what the terrain is like. Sure, it's easier to run on a track, but easy isn't what it's about. Just focus on the breathing and the running, moving forward, one step at a time.

And by the way - the yetzer hora's the one that makes you focus on how bad you feel after a fall. You need to remember it *before* a fall, and remind yourself that being strong and not falling makes you feel good!

And above all, remember that you're still holy, and there's still plenty of time left to grab freedom on this yom tov!

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Re: This is it - 90 Days here I come!  
Posted by Holy Yid - 07 Apr 2010 05:48

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feeling like your in the swamp is what the YH wants more than anything. DON'T DO IT!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 07 Apr 2010 15:46

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Okay, the yomtov is finally over. I'm not even going to think back to it - Duvid Chaim says that we have to look forward and that's what I'm going to try to do. I am feeling all right now - thank you so much everybody for your chizuk - I really appreciate it. I'm being picked up by my grandparents soon, then I'll be spending the night with a friend. Then I go home tomorrow night. I really want to be clean now, and not lose my sobriety again so that I can get back into the zman on Monday feeling fresh and ready to go. I love you guys so much and thank you again!

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Re: This is it - 90 Days here I come!  
Posted by Steve - 09 Apr 2010 19:14

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NOYA NOYA,  
  
HE'S OUR MAN,  
  
IF HE DON'T DO IT,  
  
WE'LL KICK HIS CAN!!

Ok, buddy, now THAT"S what i call INCENTIVE!!

Love u 2.

have a GREAT SHABBOS!!!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 11 Apr 2010 05:40

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Thank you Steve. I almost got busted by my sister using my laptop. She was typing on google and somehow some illicit searches came up on the screen - searches I had made a week ago or so. If she hadn't been looking at her fingers typing I would have been busted. Dang. But thank you Hashem for not letting me get busted. Anyway, that stuff is now deleted and we're back in business hopefully. I kind of want to look at porn right now, but I have to equate it with unhappiness and depression because that's really what that stuff is.

Day 5: Difficult trek ahead.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 11 Apr 2010 23:09

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[NOYA wrote on 11 Apr 2010 05:40:](#)

Anyway, that stuff is now deleted and we're back in business hopefully. I kind of want to look at porn right now, but I have to equate it with unhappiness and depression because that's really what that stuff is.

Well said - you're seeing things clearly!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 12 Apr 2010 17:50

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Finally going back to yeshiva. At this juncture in my life it appears that I can't really control myself consistently unless I'm in a yeshiva environment. Without structured learning and a good seivva of fine bochurim I fell so much over the vacation. But there I am again with control. I can't control myself at all. Hashem is the only one who can control.

I have to remember that pornography and masturbation directly result in depression, frustration, angst, and worst of all, a general apathy of life. You feel empty inside, unwilling and uninterested in the beautiful world around you. You're not interested in people - the only thing that holds any sway with an addict is the object of his addiction. The world looks grey. Your energy is enervated, sometimes obliterated. And it just gets worse and worse. There's nothing that you want to do but lust in that moment and it just drives you deeper and deeper into this awful state. Why the hell would I want to participate in an act like this? Sure it's fun for a few seconds, but it really does get old very quickly, and it comes along with all those aforementioned quite deleterious side effects.

But this knowledge still doesn't stop me from acting out. Help me, brothers. Help me, Hashem.

Day 1: Going well so far.

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

Posted by Steve - 13 Apr 2010 20:27

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"depression, frustration, angst, and worst of all, a general apathy of life" is what BROUGHT you to pornography and masturbation directly to begin with, when you fell. Then AFTER the fall, you go thru the cycle again, starting with the self-hate for acting out.

Noya - BREAK THE CYCLE!!! Don't allow yourself to be consumed by self-hate.

Stay with the DC calls, even if it gets tough bcuz of yeshiva schedule and the active Steps. It'll WORK as long as you WORK IT!! And as DC says, YOU'RE WORTH IT!!

hang in there, my holy bro, and we'll all get there together. if you missed today's Call, check out my Journal for the ending.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 14 Apr 2010 02:49

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Thank you so much, Steve! I really appreciate your concern. I feel so much better now that I'm back in yeshiva, with the structure, with my friends, with alle gitte zachen. I feel grrrrreat and back in my zone again. I just have to LIVE a LIFE, and not give the yetzer a pesach. I'll try my best to hop on the call tomorrow. I have to put the changed phone number in my Friends and Family though. Anyhoo, hopefully will be there tomorrow. Have a wonderful night!

By the way, who else is being hit to kingdom come with allergies?

~ NOYA

Day 2: Very good!

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Re: This is it - 90 Days here I come!  
Posted by Chazak Amenu - 14 Apr 2010 02:53

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I have been hit to Kingdom come!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 15 Apr 2010 02:30

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Chazak Amenu, we'll give each other chizuk to get trough this terrible season of runny noses



and teary eyes. I noticed I had exactly 4,000 views on this thread, and I'm the 4001st. I think that's pretty neat - just sharing. Today was another great day - first day of shiur and it was TOUGH. It should keep me busy for a long time. No time for a hava amina of aveira. Okay, see  
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Day 3: Excellent!

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you later. And Steve, missed YOU on the call today