

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!

=====

Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 15 Apr 2010 02:42

My eyes are red,

my nose is runny.

Around me 'tis said,

"My, you look funny."

=====

Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Apr 2010 02:50

Another great day today of hard work, learning, friends, etc. Allergies are still hitting full power though, and zapping my strength, and also taking away from my concentration. I slept more than eight hours last night because of them, but I still felt pretty bad. But I'm trying my best here, made it to the call, and am slowly but surely building myself up again.

Day 4: Good job!

=====

Re: This is it - 90 Days here I come!
Posted by Steve - 16 Apr 2010 05:28

Hang in there, NOYA.

Friend of mine cured herself from allergies using The Water Cure. She's an example that it works.

Check it up on line. Couldn't hurt to try?

HAve a GREAT SHABBOS!!

=====
=====

Re: This is it - 90 Days here I come!
Posted by struggla21 - 16 Apr 2010 16:57

Shabbat Shalom NOYA!!

=====
=====

Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Apr 2010 21:15

Hey Steve, thanks for the tip. I'll be sure to check it out. I was overtaken over bein hazmanim by the yetzer hara to watch a certain TV show that is ending soon. Lemaisa I started watching it and there are only 4 more episodes left so I'm finishing it, but there has been a fair amount of pritzus in it. There was a beach scene in today's episode so that wasn't good for me. But hopefully I'll be fine and just forget about it. Otherwise today was pretty good. I learned a lot more than on a usual Friday.

Have a good Shabbos, everybody! Shabbat Shalom, struggla21!

Day 5 - Pretty good! LIVE, NOYA! Be positive!

=====

=====

Re: This is it - 90 Days here I come!
Posted by Chazak Amenu - 16 Apr 2010 21:21

If you are not able to avoid thinking about it picture a beached whale instead of what ever it was you saw! that ought to help!

=====

=====

Re: This is it - 90 Days here I come!
Posted by silentbattle - 18 Apr 2010 02:12

Just wishing you the best...sometimes, even if you really want to watch it, you can push it off for a few minutes...that's valuable, too.

Keep on rocking!

=====

=====

Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Apr 2010 02:58

Haha, image replacement techniques, huh? Unfortunately those don't really work for me, but hey, do whatever works for you. And thanks for stopping by, silentbattle. I don't want to let you guys down again. So many of you have made it to 90 days. It's possible - I see with my own eyes, and it's a real chizuk for me to have you guys talking with me and helping me move forward.

And of course, you can push off the taivah for a few minutes, but this is one of those things I just . Reminds me one time where I had that krum svara to watch all six "episodes" of some pornographic series because if I didn't finish I would always wonder how it ended and not be able to move on. Well, it's not exactly the same because this other show really isn't so bad. It's a fascinating show, actually, whose draw is the plot and mystery, rather than the hot female characters. There aren't really any hot female characters except one, and she's not in the spotlight at all these days. There was another one, but she died the first episode. Another decent looking one died last episode. I guess there was too much pritzus and

Shabbos was great and doing wonderfully so far.

Day 6 - Doing well with Hashem's holy help.

=====

the show decided to get rid of the characters so I could watch it

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

Posted by DovInIsrael - 18 Apr 2010 10:20

hi Noya.

=====

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

Posted by Steve - 18 Apr 2010 12:31

Noya, it's a long haul to get outa the muck. You think this one series is the only ace the YH has in his pocket? After this one there will be another one to take it's place in your interest. How you ever gonna break the cycle??

There is ONE thing you can start NOW, it'll eventually have it's effect on you, and eventually you will be able to make choices that are healthier for your neshomah:

THE RAAVAD'S TAYNUS.

Take out a Rosh Hashannah Machzor, the Artscroll has a great translation if you need it, and in the beginning you'll find the Yesod Hateshuva by Rebbeinu Yonah. It's kedai to read the whole thing every day if the YH will let you. But for now, read what he says about this small, daily fast of leaving over a little food from each meal at the end. This is an excellent method of conditioning yourself not to give in to all your teivos. You WILL develop the ability to say NO to drugs of choice, which is the first step in real freedom. But read how he describes it - it's beautiful and moving.

My suggestion, start this method today, and do it steadfastly for every day of your 90 day count. One can not fast on Shabbos and Yom Tov, even this kind, but one could work on the program on those days by CONSCIOUSLY taking a little less of his favorite food, or of each course. It's still ONEG SHABBOS, and you'll have the wonderful feeling of doing it for Hashem's sake.

tootles....

=====

=====

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

Posted by silentbattle - 18 Apr 2010 16:31

Agreeing with Steve here - there's always "one more" thing you need to watch, for whatever reason. And as you pointed out yourself, you can find a rationalization for watching inappropriate things.

I feel that even if you feel you need to watch it, pushing it off for a few minutes is valuable in and of itself. Of course, you should also realize that you DO have the ability to stop, right now. You're trying to convince yourself that this is something you *need* - you need to remember that it's not. Choose what you want, but please do realize that you're making a choice.

Most importantly, though, this is not matter of letting us down. We're here for you, no matter what. But it's a shame, because you have the ability to grow, and get free from these chains.

Go for it!

=====
=====

Re: This is it - 90 Days here I come!
Posted by NOYA - 20 Apr 2010 02:40

Hi, DovinIsrael. Steve, I'll be sure to take a look at the Rayvad's taynus and thanks for stopping by. Silentbattle, thank you for the constant chizuk whether I'm doing well or not.

Anyway, I've been feeling so crappy the last few days. Not only am i suffering from allergies, but I'm developing other symptoms too such as occasional trouble breathing, a horrible infection that has me in constant pain, and headaches. I know it isn't an excuse but it was enough to get me to act out last night. When I'm feeling this way it's so hard to do anything else. When am I starting the count again? I'm not sure yet. Eventually. Maybe when I'm out of this illness.

I did manage to have a fairly good day today regardless of being sick as a dog. I made it to the call, must have sounded pretty depressed on the phone, but I felt it would be a good idea for me to read for the group. When I take an active role I feel more connected to the call.

How is everyone else doing? What's going on in your lives?

=====
=====

Re: This is it - 90 Days here I come!
Posted by silentbattle - 20 Apr 2010 16:10

It's funny how, when we're feeling miserable, we can still muster up the energy to act out...when should you start counting again? Right now. You want to live your life, you don't want to delay that!

And I'm honored to be able to stand at your side.

=====
=====

====

Re: This is it - 90 Days here I come!
Posted by Steve - 20 Apr 2010 18:10

Hi Noya,

I think I've developed allergies myself. feels like a fly went up my nose, and every so often in stretches its wings. i dont know how ppl survive this...

Every day, every second is a new chance. Just take it.

I'm doing the same, right now.

=====

====