

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 silentbattle - 22 Apr 2010 01:14

Fantastically glad to hear it - enjoy!

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Re: This is it - 90 Days here I come!
Posted by Steve - 22 Apr 2010 04:34

Wowie!!

Can we call you "Master Noya" of the Jedi Council?

Your desire for deveykus hashem is inspiring me again. May HKBH fulfill ALL your requests, because they are motivated by such pure motives.

Thank you NOYA. Thank You!!!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 23 Apr 2010 03:25

Had a pretty good day today, Baruch Hashem. I like that title, Steve. Feel free to call me whatever you want to. Keep on doing mitzvos Hashem and growing everybody, because that's the stuff of life!

Day 1: Solid first day!

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Re: This is it - 90 Days here I come!
Posted by Steve - 23 Apr 2010 07:58

Don't worry, Noya. I'll call you anything but late for supper....

Have a GREAT SHABBOS!! stay OUT of isolation this weekend. And look on the bright side - You're gonna get DC in your backyard this week.

Stay Cool, jewel....

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Re: This is it - 90 Days here I come!
Posted by NOYA - 23 Apr 2010 19:26

In my backyard, huh? Where do you mean? Anyway, thanks for the wishes for a great Shabbos.

I had a wonderful day today. Today I implemented some techniques I learned from Zelig Pliskin's "Gateway to Happiness" to put a positive spin on seemingly negative situations. Basically, I discovered that around \$250 worth of stuff was missing today from my personal

items. I rushed to another building to check if perhaps it had been moved, and instead was greeted by someone I really dislike who informed me that I owe him \$35 from something I didn't seriously think he would charge me for (well, 20 I did know, but I thought he was kidding about the other fifteen). So I got a double whammy of losing money this morning.

I was really upset and frustrated about it, but then i remembered that if something happened, no matter how you feel about it, no matter how upset or angry or resentful you get, it's not going to magically conjure up my lost items. And I let go, and moved on with my day and enjoyed the rest of it despite being down a lot of money.

I didn't turn to my medicine of choice. I turned to G-d because I said to myself it it's all for a reason, and it's a kapara. I feel good that I was able to salvage my day with Hashem.

Day 2: Doing well!

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Re: This is it - 90 Days here I come!
Posted by Steve - 23 Apr 2010 19:46

KEEP UP THE GREAT WORK . YOU DA MAN!!!

I'm also suffering from bad allergies- the up my nose ones!! I commiserate with you, bro!!

My Mistake about DC. I thought you're in EY, and we know he'll be broadcasting from there next week.

Anywho, have a GREAT Shabbos!!

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

Posted by silentbattle - 25 Apr 2010 07:32

Very impressive. It doesn't always help me 100% to do that, but reminding myself does help somewhat!

Glad to hear that you're doing well, I hope you find your stuff...

SB

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

Posted by NOYA - 25 Apr 2010 23:53

Hiya Steve and Silentbattle. Hope you guys are doing well. Today was such a lazy day. It was raining, and rainy the entire time so that puts one in a sleepy, lackadaisical kind of frame of mind. I had a lot to do today, but somehow it didn't get done because I was too blah and tired and unfocused. But at least I wasn't hanging out in bad places in my mind, just lazy places. I need to get my butt in gear and study hard, for tomorrow there's a test I am not prepared for yet at all.

Day 4: Good!

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

Posted by silentbattle - 26 Apr 2010 00:53

Thanks!

I'm really happy to hear that even on "down" days, you're still doing great!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 27 Apr 2010 04:40

Things are good, Baruch Hashem. My cyber sexting friend texted me last night, telling me that she was lonely. I didn't get the text message until this morning though because my phone was off. Anyway, I have good gedarim in place to make sure things don't get messed up there. I am not allowed to initiate any conversation, and if she talks to me, I'll only respond in a curt, friendly, but non sexual way, designed to not elicit a response back, so as not to enter a conversation. It sounds a little convoluted, and I might tighten the reins later, but for now, I don't think it's right for me to all out ignore the girl. After all, I feel like I took advantage of her recently, so it wouldn't be right to be a jerk and ignore normal things she says.

Anyway, keep me in check in case things start sounding too fishy here. Today was good. I had a tough test, but hopefully I did well. New sugya Wednesday! Definitely good news.

Day 5: Pretty good! Aware of my perceptions and motives.

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Re: This is it - 90 Days here I come!
Posted by strugglingyid - 27 Apr 2010 06:24

Noya, I was looking around and came across your posts. I was impressed with your struggles and I think you are doing an excellent job!

I think your blog is an excellent viewpoint into yourself. We struggle and we feel lost and don't know how we are going to make it from day to day. Seemingly we cannot decide what actions we need to take and the attitude we need to have to find our way. I believe that just by reading your blog in a objective manner you can find the answers in all the questions and musings that you have posted. It takes time but look in the mirror and you will find the way. Btw, remember when you are looking in that mirror that you are seeing a superstar because only the best can be part of this all-star team that is here.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 27 Apr 2010 22:14

Glad to hear that things are good for you.

I've said this before, and you can feel free to disagree with me, but your desire to be "fair" with this friend of yours is not coming from a good, or a healthy, place. You know that, right?

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Re: This is it - 90 Days here I come!
Posted by NOYA - 28 Apr 2010 03:25

Hey chevra,

Thanks for stopping by as always. Today was a pretty solid day. I learned a lot of Torah, a bit more than my usual Tuesday, and am on target for a specific learning goal I have, which should be complete by June, and I'm excited about that. Classes were good, nothing bad happened today, and also I woke up feeling really great for a change, instead of feeling decimated by allergies. Thank you, Hashem for making Claritin-D work the way it does.

Ah, strugglingid, thank you for your comments. I actually read through my whole thread once a while ago, and it was pretty cool to see the story of my life (well, since last November anyway) played out, both the good and bad times. I'm not sure if my thread has all the answers to all the questions, but maybe I'll take another look one of these days. And yes! We do have an all star team here. Ano, if you're reading this, remember that.

And silentbattle, I think I am being honest with myself this time and really analyzing every move I make well. She's definitely getting my vibe because she hasn't emitted a peep all day to me. I have a geder that I don't talk to her and things are gonna work IYH.

Day 6: Great day!

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

Posted by silentbattle - 28 Apr 2010 22:01

Glad to hear that you're feeling well.

Your geder is good, but I know that for me, it was a stronger step when i said, "these people are not part of my life anymore, and I don't have anything to do with them. I *can't*." For me, worrying about her feelings was still being connected to her.

And yes, it felt crummy. But being in touch, on any level, once I'd said goodbye, was never a good thing.

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