

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 Steve - 06 May 2010 14:20

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Hey Noya and Shlomo - missed youz guys on the call yesterday -

COME BAAAK, LITTLE SHEEBA!!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 07 May 2010 04:04

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I was expecting to be dragging my feet to the finish line today but remarkably I had a very nice morning seder and shiur. I wasted a decent amount of time playing computer games today, and really have to cut down on it. It's been a while since I've had a good game to play and I finally got one again. Not sure if that's a good thing or a bad thing; probably bad.

Anyway, overall I'm doing well, keeping busy with good things. I jammed with a guy tonight, so that was very nice.

I had a nisayon today. There's a cute girl who works in the office and she asked me to help her

with some forms, so I had to look at her while she was talking to me, and I saw my mind doing its thing while she was talking to me. After the 15 second encounter I got a grip on myself, and said, "Yeah, she's pretty. What am I gonna do about it? Nothing. It's just not worth it. And come on, have more respect for the poor girl! She probably feels very self conscious being the only attractive girl in the whole building and she doesn't need any more eyes on her."

Wow, that sounded nice. I don't think that actually went through my head, but it's a good point.

Uch! Looking at girls is mamash such a taanug for me - I have to learn that it's a discretionary pleasure that can be given up just the same way I gave up other taanugim, like traife food before I was frum. And besides, in return for giving this little pleasure up, I'm sure Hashem will concentrate the infinitely superior pleasure of davening and learning much more than I feel now, because it's very hard to tap into that ruchnius if the body is still trained to react to other things.

Day 15: Doing well!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 07 May 2010 13:43

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Everything you said is absolutely true...but I also think that we've become used to the very idea that looking at girls and fantasizing is a taanug. Something that nebach, we have to give up.

I believe that it's possible to see it as a relief, a burden we don't have to bear anymore.

And the benefits of giving up lust are in ruchniyos, but also in our relationships with others, and ourselves...not to mention once you start dating, you can see people more clearly if you're not caught up in lust.

Glad to hear you're doing week,

have a great shabbos!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 07 May 2010 17:29

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Silentbattle, you always have good things to say. Hmm, seeing it as a burden we don't have to bear anymore, huh? I guess that's exactly what it is, when it all comes down to it. After all, I guess that it's just like drugs. Someone who takes drugs gets addicted to it, needs that rush that drugs give him, and once he decides to quit, it's giving up something that has taken over his life.

I hear that there's a book out there that deals with quitting smoking, and in that book the author describes a smoker as someone who has tight shoes on, and for that person, the act of smoking "loosens the shoes" temporarily. But, someone in that status basically is worse off than the guy with shoes that fit, namely the guy who never got addicted in the first place.

So too with looking at girls, it's a pleasure that we miss, but that addiction puts us at a lower level of contentment and well being than a normal person who does not suffer from this desire, at least not to such an extreme level. I have to realize this, that by abstaining I am going to get a pair of normal shoes, so I won't crave these things so much.

And it doesn't only make us uncomfortable, you're right on, silentbattle; it makes our relationships with others so much more superficial and flaky because you're always thinking about other things and not able to give them your full attention, and especially with dating - well, I'm not gonna think about that just yet - but I definitely need to get better before I start!

I'm sitting with Anon on our way to a beautiful Shabbos somewhere on the eastern seaboard. I'm listening to a Chopin Nocturne, the most refined gashmius there is. Geshmack.

Have a great Shabbos, everybody!

Day 16: Did great! There were a few nisyonos here and there, but did well.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 09 May 2010 21:44

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I had a great Shabbos with Anon. It was very relaxing and we had some good conversations to say the least. I was pretty good, but my body still craves taivah very much. Today I had another urination/ejaculation, like I had around two months ago. Usually I only get them when I haven't been totally honest with myself, and was really slipping intentionally or doing stuff like that. The release felt good and made me want to do some more, which is really annoying because that was totally not my fault this time. Well, can't do anything about it - it was not mea culpa and I shouldn't feel bad about something out of my control.

Today is going well so far. Had a nice walk with my mom for Mother's Day, got some exercise, and am getting ready to start being productive now that I wasted two hours goofing off.

Day 18: Going well so far!

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Re: This is it - 90 Days here I come!  
Posted by DovInIsrael - 09 May 2010 22:44

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18 days!

awesome!!!

YOU ARE ON YOUR WAY TO 18:life!!

A NEW LIFE!

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Re: This is it - 90 Days here I come!  
Posted by sci1977 - 10 May 2010 00:27

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Keep up the great work. We are all here for you.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 10 May 2010 02:34

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Thanks DovinIsrael and sci. Sciguy! Where have you been? It's been a long long time.

Thanks for the moral support, chevra. I need it.

I had such a weird day with all these discharges. I had a discharge three times today after urinating. Strange strange strange.

But I'm sober.

See you on the call tomorrow!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 10 May 2010 03:18

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Glad to hear that, all told, you're doing well, and still clean - keep on rocking!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 11 May 2010 03:28

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If I made it past today in one piece, that's good. Today was my cyber friend's birthday, and I was tempted to send her a message to congratulate her on it. But I have a geder not to initiate any contact, so I couldn't. But then I was klerring, "Well, y'know, only one time, it'll be quick, whatever. Start stop communication. I can do it, etc." And then, whoa, today is also Yesod shebeyesod. No coincidences in life, man. Her English birthday comes out on one day of the year that you do NOT want to mess up in inyanei kedusha.

So I didn't, and nothing happened. She didn't send anything to me, or vice versa. Made it. Thank you Hashem for the reminder! Otherwise, things are going well and had a very good day, Baruch Hashem.

Day 19: Rocking and rolling, praised be G-d.

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 11 May 2010 05:36

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Whew!

That's awesome - KOT!!!

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 11 May 2010 06:11

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You're gonna make it dude! We're all gonna make it!

YAY for optimism!! 8)



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Re: This is it - 90 Days here I come!  
Posted by Steve - 11 May 2010 08:14

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Not nice to make me cry, Noya.

Only kiddin 'bout the not word - the tears are real.

Tears of happiness, tears of fellowship.

I'm becoming a real sot in my old age.

Plus I got a coawd in my dose.

.... pass me another tree, will ya?

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 12 May 2010 03:09

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I have a smile on my face from your responses. I didn't understand the end of your reply, Steve, but I felt the warmth of the fellowship there mamash. And of course, YAY for optimism, Ano! A  
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I missed the call today for the first time simply because I forgot about it. I went to a shiur instead, and then there was something else that came up, and before I knew it, it was already 2 o'clock. Manana I guess.

Does anyone have any recommendation on how to get fired up for the end of zman, and to get the ol' energy up for learning and the ol' excitement blaring again? I've felt so sluggish and haven't been up to 100 % for a very long time, and I want to get back there, especially with Shvuos around the corner.

Today was a good day in terms of the good fight. There was no fight, which is good! The yetzer is lying low for now - he'll come back in a few days I'm sure, but nothing worth worrying about now. Okay, gotta do some HW.

Day 20: Good day!

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