

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 - 13 May 2010 06:00

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A martial artist once told me, "I could go around the world killing not-nice people, and when i got back home, there'd be more of them than when I started."

If we want to make the world better, the only thing we can do is improve ourselves. And good news - that's what we're here for!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 14 May 2010 02:55

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When NASA sends a rocket into space they have no way of launching it exactly on the right path, accounting for every last variable or noise component out there. Instead they use something called time series to optimize the number of gas blasts necessary in order to keep the vessel on course. The main idea is to use little bursts of energy to maintain a good flight path, rather than to allow the ship to veer far afield, and be forced to use a large amount of fuel later on to correct the flight path subsequently.

I'm trying my best to apply this principle to my life too. I am trying to be aware of problems as they happen, to see the underlying motivation behind every suspicious move I make, and

correct it immediately, so as to not let it develop. Today I feel like I had a lot of little flight deviations, but overall I did well. I failed in looking at a certain attractive woman here, but I was presented with two subsequent opportunities to check her out shortly afterward, and succeeded in looking away, so two for three I guess.

Anyway, that mashal I presented I find to be very useful and it's been helping me a lot so far in this particular campaign. Just gotta be aware.

Anyway, holy chevra, have a wonderful Shabbos! I'll probably be out until Sunday, but good luck to you all!

Day 22: Pretty good.

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 14 May 2010 08:05

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You know, you're not really responsible for that first look when she just walks by you unexpectedly. As long as you subsequently gain some control over your eyes and keep them where they should be, you've won. You can't be expected to be an angel, and you can't be ) when she walks in front of you, but you can be expected to behave after that. Don't be too hard on yourself!!

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Re: This is it - 90 Days here I come!  
Posted by struggla21 - 16 May 2010 03:38

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NOYA!

I am doing well, thank you for asking! I appreciate your support, its good to know you got my You have started on a journey (the battle with the y'h), and it will only lead you in great directions with the help of Hashem! You are doing great! Keep me updated!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 17 May 2010 03:29

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Absolutely, that's a major part of our battle. The further down Lust Rd. we go, the more difficult it is to turn around.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 23 May 2010 17:31

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Disaster of disasters. I feel so raunchy. Fell on Friday, fell last night, falling all over the place. Worst fall in recent memory. K9 has to do a better job.

Chaverim, help.

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Re: This is it - 90 Days here I come!  
Posted by jamies - 23 May 2010 18:14

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first of all DO NOT GET UPSET, SAD OR PUT OFF!!!!!!!

you must imagine your yeshar hara standing over you with a cup of poisin telling you to drink it , whenever you get upset your taking more sips and weaking yourself further leading to another fall, so be happpy, your a yid and HBH has given you your lifes situation and challenegs because HE KNOWS you canmaccomplish it, he never asks you to do anything that is impossible...so dont get dishearted, i find, when i fall after a brilliant run (seven days for me like 40 for you BH!) I GO INTO A DOWNWARD SPIRAL, THAT WONT HAPPEN AND YOU WILL IMMEDIATLY PICK UP IF YOU KNOW MAKE THE DECISIVE STEP TO DO SO, SO STOP, THINK, DO TESUVA, READ TIKKUN HAKLALI, GPO TO MIKVA, GIVE SOME KAPORA TO TZEDAKA OFR whatever you do and start anew.....froooooooooommmmmmm....NOW!

lets restart, dayone, build together and with inspiration and strength, HBH WILL help us through.

your in yueshiva so you will appreciate this nice (or not so nice) idea i heard about shmira habris is that the gedolei yisroel spend half their day learning, and the other devoted to helping klal yisroel i the ways which they do, THEY DEDICATE THEIE LIVES TO YOU !!!!! even when they learn it is for you... however when yours pogom your bris, they feel, and get actual pain!! - pherhaps another reason for the badness (if thats a word) of m@??\$"?()n.

anyway pick up and keep on fighting!

by the way my names jamie, i was able to reALLY RELATE TO YOU AS IM GOING TO YESHIVA NEXT YEAR so youve shown me how it really is necessary to stop!!!! you must also know that being able to relate to you will sure to keep me strong, so be warned... i will be 'forum stalking' you for more of the amazing chizul you continue to give me... keep on inspiring!

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Re: This is it - 90 Days here I come!  
Posted by DovInIsrael - 23 May 2010 18:16

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hi noya.

how are you feeling?

sorry to hear you fell.

there are 3 basic (constant) questions a person needs to ask themself...

1. where am I? (This one is easy... in the deep dark, lonely midst of mental muck)
2. how did I get here? (it was not k9 that brought you here...am I right? or wrong? If I am wrong I want you to tell me. Something triggered you and put you into pain mode... and you felt a need to run away to someplace safe and comforting...try to think..HOW DID YOU GET HERE...)
3. Where do you want to go from here? Now is the chance to look at your road-map and see if you are on course, or need another set of directions.

you can choose to remain isolated and lonely if you want - or choose to reach out to others...GYE...DC's call.

Look for the road sign that points toward D'VAKAS....as follow that one... Seems to be a pretty good path...you'll enjoy the scenary too.

whne you are ready..pick yourself up dust your self off, and start climbing once again.

you are not alone.

we are with you.

you can do it!

dov i.i

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Re: This is it - 90 Days here I come!  
Posted by briut - 23 May 2010 18:25

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Look, NOYA, I'll give you back your outer space/NASA analogy: When the Evil Forces in the outer space science fiction movies pull out their baddest (yeah, it's a word, if you live on the street) weapons, it's always because the target is someone who means a lot to them. The one who can save the universe if he stays on the "good" side. The one who can bring thousands of years of darkness, if only he'd come over to the dark side. The one who is powerful. The one who's worth wasting the ammunition on.

Guess what? That's you.

And guess what else? The target of those battles typically doesn't like being thought of as a superhero. Would rather avoid the test. Would rather not even have to build the skills to fight the battle. Would rather just go home to Kansas.

But he can't. Because the battle is singularly-- his.

And one final thing. Good always triumphs over evil. In the movies, and in real life. Because ultimately the Y'H is merely the servant of HKB'H. Who has set it up so that the Yetser will fail. And then fall. And then in moshiachzeit, retire forever. Having proven guys like you a worthy adversary and an eved Hashem.

In the meantime, though, I bet it stinks. My sympathies. But don't confuse my sympathy with joining you in your current sadness. Because it's not sadness I feel -- it's just impatience until this lost battle becomes a final victory.

When you're going through hell, keep going.

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Re: This is it - 90 Days here I come!  
Posted by teenagehelp - 23 May 2010 19:55

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hey NOYA,

just look at your post. you ended by saying "chaverim, help". whether or not you realize it, you're surrounded by people who want to see you succeed. just look at the chizuk you've gotten (and given)! Hopefully you'll be able to pick yourself up as soon as possible. And just remember, the longer you fight, the prouder Hashem is, and the closer you get to 90 days and freedom!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 04 Jun 2010 02:41

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Okay, you guys win. You're all right. It's time to take action again and try try again. Finals are over, I'm taking it easy for a few days with my family, but I'm going to try to have a good time without pornography or masturbation. Jamie, thank you so much for the words of chizuk. Sometimes it really all does seem pointless you know. I try so hard, then wham, right in the kisser.

I sort of fell off DC's cruise liner also. I think the reason I fell off is that I just don't think my resentments really are the cause of this disease. After all, my resentments aren't really strong. They're certainly not active. I don't have a grudge against anyone. No one is living rent free in my head. It's just me. I need to be happier and to learn how to live life better.

When all you guys wrote to me, it really touched me. I just couldn't bring myself to respond until now - I also got very busy shortly after with finals season, but whatever. Thank you, Briut. Thanks DovinIsrael.

I get down sometimes for no reason at all. Phoo. Thank you shlomo as well. OK dokey. Let's have a good Day 1 tomorrow and try to be happy and just be at peace. You're on vacation for a few days, so enjoy it!

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Re: This is it - 90 Days here I come!  
Posted by teenagehelp - 04 Jun 2010 02:46

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Good to have you back!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 09 Jun 2010 00:12

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I feel very ambivalent right now. I had my first sort of clean day today in a while, but it wasn't really that clean. It was my first day working this summer at my new job, and I saw a lot of pritzus everywhere and didn't make much effort to guard my eyes. And I feel really bad right now because I was taken out to eat by coworkers, and I ended up eating at a place that I had a bad feeling about hashgacha due to various factors, but they had a chashuv sounding hashgacha so I rationalized that it was probably okay.

I found out now that it's definitely not a lechatchila place at all, and I feel bad for eating there. Just what I need. More desensitizing in my body. Well, I at least had a really great time at work and am working with cool people.

Day 1: ?

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Re: This is it - 90 Days here I come!  
Posted by Steve - 10 Jun 2010 18:13

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Noya, ol' buddy! Sorry i've been out of touch with you for a while.

Remember, the past is gone, the future is not here yet, all we have is THIS day, THIS hour, THIS minute. Just concentrate on making each moment right. When you face a choice, think "what does Hashem expect of me at this crossroads?" Then try your best to follow what that inner voice answers you.

Try to keep up with our Step 5 practice, being AWARE of your perceptions and motives, the reasons WHY you are feeling the way you are, where your resentments and fears are coming from, and the new "glasses"/way of looking at things method to get us out of our selfish, self-focussed mode of being.

And please feel free to call me anytime. If i can't answer, leave a message, and i'll get back as soon as possible.

Kol Tuv.

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