

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 Steve - 13 Jun 2010 17:57

This Shabbos I had a lot of herring at a kiddish.

So I'll await your call with baited breath....

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Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Jun 2010 00:43

Oh Steve,

That was absolutely horrendous. I was just talking about herring with someone before I saw your post - funny. Anyway, I'm doing all right here. I started my chashuva internship and it's going really well so far. I have a good schedule, I mind my own business more or less, and steer clear of trouble. When a person is productive and doing good things with their life, they are so happy I think. Just gotta keep that focus.

Day 4 I think: Great!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 18 Jun 2010 06:32

Hey dude!

Glad you're doing well! Everything is going well on my end. I kinda wish people would post in my thread, but I guess you've got to dish it out to get it back, and I haven't been putting in that

Call me sometime, especially if you are feeling weak. That is the hardest thing to do, but it's the most effective way to get rid of the lust.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 18 Jun 2010 15:05

Hey...hope you're doing OK. Sorry I haven't been around much. Feel free to give me a call anytime, and keep on rocking!

time lately

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Re: This is it - 90 Days here I come!
Posted by NOYA - 20 Jun 2010 04:23

I'm gonna stay more in contact with you guys IYH. Struggla reached out to me so that was nice and I'll call him every now and then. Battle, can you IM me ur number? I don't think I have it. I would like to meet you at some point too - maybe we can make that happen sometime.

I had a very good Shabbos. Spent it at a friend's house. Didn't have any problems BH. I'm getting stronger with G-d's help again.

Day 6; Two thumbs up

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

Posted by installed - 20 Jun 2010 05:12

Hey Noya,

Nice to read your thread. Lot's of info that was applicable to me...

. Good luck with your internship!

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

Posted by NOYA - 21 Jun 2010 23:47

Another good day today. It was rather tedious at the office today because I was working on this one project all day long that I just wasn't chapping. I still haven't finished it, which means that tomorrow I'll still be at it, but oh well, I'll survive. I do enjoy the work overall though, so it's turning out to be a fairly enjoyable summer thus far BH. The chizuk email today said it all I think. As long as we don't have anything missing in our lives, we shouldn't feel in pain. I would like to add something that I said quickly earlier, but it's starting to make more sense now with me.

I personally find that I am happiest when I am "in the zone." Being in the zone means that day in and day out I am PRODUCING. I am using my time well, doing good things, whether that be learning, making money by doing something engaging at work (or sometimes not so engaging, but you have some of each I guess), studying for school, whatever. I am NOT wasting time watching hours of stupidity or playing hours of video games.

I'm one day behind you, let's hope it remains that way

When I am wasting time I feel that void open up. It's opening because my neshomo is crying out

that it can do MORE and I'm not even doing a fraction of what I could be doing. And as a result of not producing I act out because that's the easiest way to quell that void.

Of course, by engaging in such an activity no void is ever filled. If anything, the guilt and frustration over doing something you know is wrong just makes things worse than ever. Over Shabbos I realized that, olam haba and other spiritual considerations aside, there is absolutely no justification to do any aveira even from a net present value perspective.

After all, let's say you give in to the urge to masturbate. How much pleasure does that get you already? Twenty minutes max. But what happens afterwards? You're (at least I am) out of commission the entire rest of the day because you feel guilty. You can't function. People know that you're miserable (they ask me all the time "what's wrong?" after I act out so clearly it's written all over my face that I'm miserable) and this feeling of misery is vastly more potent and lasting than the pleasure obtained from sinning (which usually is closer to five minutes or less).

So there you have it, from a pure business perspective it just isn't worth the price, olam haba aside.

Day 8: Very good!

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

Posted by Ano Nymous - 22 Jun 2010 00:00

Same here! When I'm being productive there's hardly any urge to do anything stupid. It's when the boredom comes that we get into deep trouble. If you get into any of that, please call me before you do anything stupid (and I'll do the same).

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

Posted by NOYA - 22 Jun 2010 23:48

Today was a bit rough. Had a few nisyonos in transit and I need chizuk in shmiras ainayim. After all, what's so bad about a glance here or there? Let's put on our thinking caps and tell NOYA the answer. Also, today was very boring, and I am feeling somewhat lonely and put out. So I'm trying to be more social than usual in response. Hopefully it worked. Anyhoo, it's only the beginning of the week and I gotta beef up!

Day 9: Pretty good. Thanks Strug!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 24 Jun 2010 20:21

What's wrong with a few glances? Well, I could point out that you're cluttering up your head with images you don't need, you're following your Lust, and allowing it to control you...but let me ask you another question: Do you really *want* to look? I mean, aside from the desire, is that what you *want*?

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Re: This is it - 90 Days here I come!
Posted by NOYA - 24 Jun 2010 23:50

Hmm, well you definitely have a good point about letting lust be in control. Lust is that machine in me that delivers a good time at a terrible cost. It makes me unhappy and frustrated, and anything that fuels this machine is therefore something you gotta stay away from.

If you look at the pretty women, it will activate the lust, which will make you do something that you will regret later. Hmm, maybe. As for do I want to look or not, well that's a damn good question. I was going to say, "Are you retarded?! Of course I want to look!" but maybe that isn't true. My addiciton wants to do it very much, and physiologically I want to do it because it is an easy source of pleasure, but then again, is it really something I want be-etzem? I have to think about that more.

Day 11: Pretty good success overall. Had a few nisyonos on the trip to work, but I learned as much as I could deespite having attractive girls sitting next to me.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 25 Jun 2010 10:16

If you don't call soon, worry in my head may form.

Have you been kidnapped, password from you torn?

Did he have to torture you, did he have to break your knees?

I'm so sorry for the gore, but to worry I am prone.

So please put my mind at ease,

and pick up your da mn phone.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 29 Jun 2010 16:54

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I was gonna PM him with something similar, but you put it more eloquently than i ever could have!

NOYA - glad to hear that things are going well!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 02 Jul 2010 01:07

You know what long periods of no posting means, right? Yeah, I've been really really bad lately. I need to find a night seder chevrusa, I need to make some friends here because I feel so lonely not knowing anybody in my new apartment (just for the summer), and I guess that loneliness and lack of structure got me to crash and burn pretty hard. I haven't worked up the enthusiasm to stop yet. I am so numb. Yikes.

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