

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 NOYA - 06 Jul 2010 13:46

Hey Anon! I'll try to call you tonight. I am somewhat freer this week because I am off for a week from my study schedule (My schedule said to do it and who am I to say no to that?), and therefore I have no excuse not to call you. I don't know about telepathically linked - it's probably because of the summer time unstructuredness that we're both going through.

Anyway, I am going to try to stop again. This time I'm more prepared because I have more structure! I asked Hashem to find me a good friend and a night seder chevrusa and I bumped into a very good friend of mine from back home who, wouldn't you know it, also happens to be living in the same neighborhood that I am this summer! AND he agreed to learn with me at nighttime! So I guess we got a two in one there.

That got me excited enough to give this thing a shot again because now I shouldn't feel in pain as much anymore, not by a long shot. Let's do this, Anon!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 06 Jul 2010 14:11

Noya my friend, I know you can do it.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 07 Jul 2010 19:39

Day 2. I have to write down my gedarim again or else it's not real enough. I read about the TaPHsic method today on an earlier chizuk email that I hadn't read. It sounds just like what Anon does. I wonder if he made it into a program...

Speaking of Anon, I have to call him today. I couldn't yesterday because my phone died. Today I will IYH! Work is boring today. People aren't giving me stuff to do so I've been spacing out a fair amount. Want to know something interesting? My laptop mysteriously no longer can connect to the network where I'm living so I can't download anything there, which is good I guess. Best deterrent there is.

Doing well so far. Had a good first night seder for the summer with my new chevrusa and hopefully will continue well rest of summer.

Day 2: Great!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 08 Jul 2010 03:08

Okay, I'm going to type up my gedarim that I promise bli neder to abide by for all to see.

Non gedarim

1. I promise bli neder not to masturbate, even not to orgasm.
2. I promise bli neder to keep my thoughts pure and to divert them if need be to other topics.

3. I promise bli neder to not look at pornography, download it, etc.

4. I promise bli neder to minimize my eye exposure to pritzus on the street.

Gedarim

4. I promise bli neder to not make any google searches with bad intentions in mind.

5. I promise bli neder not to visit:

a. c*****s

b. m*****y

c. o****e

under any circumstances

6. I promise bli neder not to contact N**** M*****. If she contacts me, then I can send a courteous reply but that's it.

7. I promise bli neder to not be on any instant messenger program except for Google Mail.

So those are things to keep me out of trouble, but I was just thinking today how much I miss it all already. I feel like there is something missing in my life, and that being a good bochur doesn't give me that thrill I get when I act out. How do I get rid of that craving for more? I tried many times to drown it in learning and davening and friends, but it always comes back...

Well, until it does, I'll just do my best one day at a time. I feel like my main problem is loneliness, and not feeling complete. Maybe I should get married?

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

Posted by installed - 08 Jul 2010 04:34

Hey NOYA,

Sounds like you are on your way to succeed. You have so much more to give up than I do so it must be so much more difficult. Best of luck! Looking forward to see you climbing the wall...

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 08 Jul 2010 06:18

Unfortunately, I am aware of what two out of those three sites actually are (and it is entirely possible that I know the other one too, but just can't think of it). I'd recommend that in the future you don't post those kinds of clues, because it just makes things harder for some other people (namely me).

"Maybe I should get married?" I think I've ended some posts of mine with that exact sentence. I think it's natural to want to get married at our age in order to fill the natural loneliness which we were designed with (and also possibly because we think it will cure us of our problem). I'm hopeful that with continued effort we will see significant progress, but I think we need to put more focus on enjoying life the way it was meant to be enjoyed, instead of trying to drown out lust with learning and davening and stuff like that. But I'm just rambling, because I don't really have any idea what I'm talking about anyhow. Let's all sit around and drink some beer or something. That might give us all the answers we need. :D

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Re: This is it - 90 Days here I come!
Posted by NOYA - 09 Jul 2010 00:15

Ahhhh! I love girls so much. I see and hear so much pritzus on a daily basis. It's so hard not to think about it or to want it. I really really want to act out and it's only Day 3. Man this stinks.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 09 Jul 2010 01:01

I don't think we really love girls. I think we love ourselves, and we love the escape from reality we achieve by fantasizing about girls. But I know that's what you really meant anyway, so I'm just preaching to the choir. It's tough man; I know!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 12 Jul 2010 22:08

Well said.

Of course, it doesn't really feel right when we say what we really mean, which is something like, "man, I really enjoy checking out women and undressing them with my eyes, and thinking about what women would do to me. I just get pekasure from objectifying other people, and imagining them as beings only fit to serve me!"

No, we don't like to think of ourselves like that - but there's a bit of that in all of us. Maybe, if that creep iside us really bothers us enough, we shouldn't shmooz with him...

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 14 Jul 2010 09:50

Unfortunately, that voice hasn't been allowing me to shmooze with "me" lately. I am completely enslaved, and yet I refuse to feel depressed. I don't know if that is a good thing or not, but I feel like if I let the pessimistic part of me take over, I could start traveling toward suicide lane, and I don't want to go anywhere near there. The battle does seem pretty hopeless at the moment

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Re: This is it - 90 Days here I come!
Posted by yehoshua - 14 Jul 2010 14:59

My wife is the best thing that ever happened to me in my life. The best thing. I think these feelings you have are vital for you to truly find a true wife. That's a good thing.

And yes, I too want to escape reality. Sometimes I think how it will be in the next world, when we are dead, and we can journey anywhere. I think how I will be able to STAND with my WIFE in the crowd leaving Mitzraim, listening to Moshe and feeling the sand underneath my feet. I think there I can't hide anything, there it will show, that I am trying, that i am holy. And that I am on my way to the promised land.

L'chaim! To life!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 29 Jul 2010 00:22

Things are actually going well for a change. I'm sticking to my routine, learning about two hours a day, studying another two hours, chilling another two hours, working 9 to 5. I need to get up for Shacharis though. That's the missing ingredient right now in this summer zman. I haven't made it to a weekday shacharis in a looong time. Tomorrow bli neder I will.

Thank you Anon for helping me get K9 started again. I've been protected from porn for almost a week now and having that guard there is so nice. And now that DC calls have started again, things are really looking up!

Before I know it I'll be back in stride, back in yeshiva. I can't wait!

By the way, does anyone know how to block Yahoo Messenger?

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Re: This is it - 90 Days here I come!
Posted by NOYA - 30 Jul 2010 00:28

I feel more spiritual these days. I am trying to swallow my pride and to admit that I can't do this

by myself, and that it's not my fault. Hashem made me and most of you guys here that we go into a frenzy if we're triggered, and we crave lust. There's nothing in our power that can stop us from doing anything about it. I bet that sharks are the same way when they smell blood. They know what they're doing is wrong (bear with me here), but when they smell that blood, everything goes haywire and they can't help themselves.

That's why we need to get away from all triggers. They really do affect us in uncontrollable ways and it's just a fact of life. You have to move on and accept this limitation that you can't allow yourself to enjoy any lustful pleasure. No checking out the billboards or hot women on the street. No imagining any lustful situations or scenarios. All of this is bound to get us in bloodlust like the shark.

But again, it's not our fault. We have an allergy to lust and with Hashem's help, we will be able to live normal lives. Simple, but not easy...

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 30 Jul 2010 03:55

Very frightening, but very true...almost, I think. I believe that even when we're triggered, we still have the ability to turn away. To realize that we're being triggered, and not buy in to it.

Do you agree?

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