

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 NOYA - 02 Aug 2010 02:41

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I think it depends what mood we're in to begin with. If we're already sort of in the mood anyway, then it's game over. However, if we're not thinking about it, and we're okay emotionally at the moment, then I suppose it's possible.

I've been feeling so terribly lonely these days. Tonight I actually felt in pain. I called a rebbi that I'm very close with and I told him about my feeling lonely, and he made me feel better. After all, you're living without your buddies right now, don't have much to keep busy with aside from studying, etc. I never did get the knack of summertime. I think the worst part about it is being without all my friends from school and from yeshiva. I have to see whether I feel this way in yeshiva also. I definitely remember feeling this way too, even with all my friends around. Is there something wrong with me, or do you have similar experiences?

Baruch Hashem, the weekend is almost over and it's back to a routine tomorrow. I'm going to make Shacharis bli neder! And also, I am proud to announce 10 days clean! I'm going to try to spread out the announcements more this time around...

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 07 Oct 2010 23:17

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Things are going well overall. My father, hopefully, went to rehab again over the second days of yomtov. He's a lot worse off than me, and I feel bad for him. At the same time, he's a good model of what people can end up like if they do not successfully recover from addiction, so I guess, thanks Hashem for a graphic message that hits close to home.

My sister called me the other day and told me that my youngest sister wants to relate to me more but gets frustrated. I have the same issue with her (the one who doesn't relate to me apparently). I try to talk with her and she doesn't seem to give me her attention very frequently, and even when she does, she sort of just wraps things up quickly and goes to hang out with her friends. My other sister, in contrast, is focused and very warm and engaging when she talks with me. I feel much closer to that one. Oh well.

In other news, the zman is going well so far this first week back. I am using the Taphsic method, as advertised in one of those Chizuk Emails, and so far it is really fantastic. Ask Guard where to find it if you're interested because I don't remember exactly where it is, but the basic idea is to use shvuas to promise X within 24 hours if you fall. In my case I have a weekly shvua that promises \$500 to tzedaka within 24 hours in case of fall. So that pops to my mind whenever I have a hava amina of slipping, and it gets me thinking of other things. I've also been popping on DC's calls every now and then. Just wanted to say hi and wish you all a wonderful day!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 08 Oct 2010 05:06

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Glad to hear from you, NOYA! Happy that things are going well, and I hope they just keep getting better!

Unfortunately, an addict can see other people being destroyed, and still come up with lots of "reasonable" explanations as to why he's different, why it won't happen to him, why he's not that bad.

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Re: This is it - 90 Days here I come!  
Posted by Ano Nymous - 10 Oct 2010 19:11

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[silentbattle wrote on 08 Oct 2010 05:06:](#)

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 11 Oct 2010 13:48

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Great to hear from you, Noya!

The Taphsic method is discussed here:

[www.guardyoureyes.org/?p=2451](http://www.guardyoureyes.org/?p=2451)

~~True dat~~=====

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 12 Oct 2010 03:13

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I spoke to my father for an hour yesterday. He didn't go to rehab because he's broke. He declared bankruptcy, or he's about to - I wasn't sure which one was the case but either way that doesn't sound too great. The poor guy is really in an awful matzav. He estranged whatever friends he had in the area because he went a little off the deep end for two weeks, thinking that

he was someone he wasn't, he's broke, and he has no schedule or livelihood whatsoever.

I wonder if all these things happened because he's alcoholic or he would have had these problems anyway. He told me he gave up hope for ever recovering. He told me that \$340,000 in aggregate was spent on his recovery over his lifetime. My sister said something very dark to me about him that I found it hard to argue against - something along the lines that he'd be better off dead. It's pretty awful to say that, but it really looks bad. I told him that I still have hope for him, but do I really mean it? He's gone through recovery so many times already, and the man is pushing 65.

He really needs a nes, and if you could daven for Yosef ben Chaya I would appreciate it.

Well, at least Monday is over. Mondays are always schlechtige teg ipso facto. Boy must I be tired combining yiddish and Latin. Good night!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 14 Oct 2010 18:57

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The Yetzer Hara is starting to bother me. Last night he put some very inappropriate thoughts in my mind, and I am happy to report that Hashem helped me overcome them. It's the first time I actively got to use the TaPHsic method by remembering my shvua, and remembering that doing this will cost \$600, a hit that would hurt quite a lot. That did the trick and he went away.

Hopefully it's that easy every time!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 22 Oct 2010 02:48

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I had a pretty good week, BH. I am really liking the freedom I have from making shvuas. I definitely won't get too ahead of the game here, but I am racking up a significant amount of days

so far BH. TGIS though. Haven't heard from pops in a while. Hope he's okay.

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Re: This is it - 90 Days here I come!  
Posted by david712 - 22 Oct 2010 15:15

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Noya,

It's great to hear from you.

I recently came to realization how important one hour(minute) at a time is. Especially when trying to change something we have been living with for years (i.e. Character defects, lust,etc.) Look at the days to give yourself a pat on the back for your hard work. However, ***move ahead in the now*** not in the past or in the future.

Keep on popping in on the calls- it's great to hear your voice.

David.

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Re: This is it - 90 Days here I come!  
Posted by the.guard - 23 Oct 2010 21:04

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[NOYA wrote on 22 Oct 2010 02:48:](#)

I had a pretty good week, BH. I am really liking the freedom I have from making shvuas. I definitely won't get too ahead of the game here, but I am racking up a significant amount of days so far BH. TGIS though. Haven't heard from pops in a while. Hope he's okay.

Wow, you're an inspiration to us all!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 24 Oct 2010 00:57

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Oy, a difficult Shabbos. Very very difficult. Thank you david and guard for stopping by! Still in the game but the yetzer hit hard today while I was **TIRED**. That's one of the things to watch for, along with Hungry, Angry and Lonely. He wouldn't stop injecting thoughts into my head for like an hour and a half and got me all worked up, even though I was trying to think of other things and just go to sleep. So annoying.

I also really missed my old friend today and wanted to send her an email tonight, but my shvua

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 24 Oct 2010 06:03

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Good luck. You *do* have the strength to grow past this.

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Re: This is it - 90 Days here I come!  
Posted by ZemirosShabbos - 24 Oct 2010 16:23

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to borrow some of SilentBattle's thunder: it is worth thinking and focusing on how we really do not want to act out, do p\*\*\* or M\*\*\*\* or whatever, even though it looks tantalizing. we ALWAYS feel bad afterwards and we need more of the "fix" to get us out of the bad feeling and then we feel bad again and the cycle starts again. it is really in our best interests to be clean. we really



do not want to do this.

this might not work in the heat of the moment but it is worthwhile to remember during quiet times and to let it trickle down into the heart so that when the challenge comes there is some background music to build on.

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Re: This is it - 90 Days here I come!  
Posted by frumfiend - 25 Oct 2010 09:22

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Keep on davening

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