

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 - 14 Dec 2009 02:15

All right! Okay, I made it through Shabbos! I went to a friend's house and just kind of chilled. I needed a break from learning, just needed to unwind. So I'm doing well, Baruch Hashem, and hope to have a really good campaign.

I have an interesting image I picked up somewhere, don't remember where - maybe I made it up, who knows? So the image is to think of taivah/yetzer hara as a 200 pound weight that you're holding on to, at the edge of a cliff. You're on your front, straining to hold onto it, right at the edge of the precipice, and it's dragging you down, and you're not going to make it, it's gonna take you down to your death!

And then you remember - You don't need to hold onto it. You don't need to fight the yetzer hara. All you have to do is take a deep breath and let go of the weight. Feel it slip away, off your fingertips, tumbling down to the chasm below. The yetzer hara can go where he wants to, but I don't need to follow him. We have to realize that we don't need the yetzer hara, we don't have to hold onto this weight in order to enjoy life. We simply don't need it.

So thinking about this is just another outlook. Mostly I'm trying to just involve myself more with living and life. I have a lot of work and a lot of Torah to learn tomorrow. Have an awesome Chanukkah everyone! Day 6, wrapping up soon.

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 14 Dec 2009 03:11

Keep going. Postive thinking will always help..

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 14 Dec 2009 11:53

[NOYA wrote on 14 Dec 2009 02:15:](#)

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Beautiful NOYA. Happy Chanukah. I cant wait till Guard gets here. Im sure hes gonna ace this post. It shows how far your coming along. Keep it up Bro.

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Re: This is it - 90 Days here I come!
Posted by struggla21 - 15 Dec 2009 06:36

NOYA!

You are doing amazingly!! Happy Hanukkah! How's everything with you? Done for the semester?

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Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Dec 2009 21:56

Hey struggla and everyone,

No my semester is not over until early January. I rocked a big test today and have way too much work ahead of me for other courses to even think about spending any time thinking or doing anything assur. I'm feeling some trepidation about the upcoming two week break though. Breaks and me don't get along. Breaks and my yetzer hara get along great.

I miss the taivah right now, so I'm going to write about that for a little while. Okay, I miss taivah. I want to look at p**n and j*&k off. But what will happen then? Once I do that I'll feel miserable about myself. I know I'll feel out of it for days. I know I'll feel dejected and won't be able to concentrate on my davening and learning until I go to the mikvah, and that's a long walk in the cold. And even after that I'll still feel out of it for a while.

And how much pleasure is it anyway? It's maybe a few minutes of fun and games before you feel like a loser and an idiot. Compared to how I feel when I'm doing well, learning like a beast,

davening well, now THAT feels good for a long time! And it's a better feeling than taivah I would even say - the yetzer hara augments the true pleasure before it happens, telling you it feels much better than it actually does. But he's lying - it doesn't feel THAT good.

And come on, man, there's something you gotta do for G-d. You can't eat cheeseburgers, you can't drive on Shabbos, because those things destroy you spiritually. That's the way it is. If you want to be able to function spiritually you absolutely cannot look at p**n or j*&k off. If you do, there will be a pgam in your ruchnius blueprint and you won't be a tenth of the lamdan or chosid that you really could become.

And plus, there's HAIL and ETERNAL DAMNAAAATION, yeeha! But I don't like going that route because it's hard to relate to that sometimes.

Okay, I don't want to taivah anymore. Thanks for listening!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 17 Dec 2009 00:43

Just keep unloading onto the forum. It helps so much. That's what I did last year when I first got here, and I never would have got to where I am now without it. And please don't think about tomorrow. You can't control it anyway, so why worry about it? You don't have to give up anything right now for tomorrow. Stick to today, and you'll do just fine.

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Re: This is it - 90 Days here I come!
Posted by the.guard - 17 Dec 2009 23:14

NOYA that was AWESOME!!

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

Posted by NOYA - 17 Dec 2009 23:42

A guten Choidesh everyone, Happy Hanukkah, and Happy Birthday to Me! That's right, NOYA is 21 now. Feels good; a bunch of friends went with me last night at midnight for the traditional first legal purchase of alcohol as brought down in the seforim, and I had a nice time with them. Friends are important.

Today's Day 10, which is good, moving right along. My mother and sisters are visiting me on Sunday and we should have a nice time. Don't you love the holidays?

One thing that's bad about birthdays - well not really bad - is the fact you get messages on facebook. Facebook is a very very bad place, not because of the dangers of female friends (I degirled my facebook long ago) but because of the damn ads! Every single ad I tell you is some well formed maideleh claiming she wants a boyfriend (as if she can't get one). I don't want that going into my eyes.

What's so bad about these kind of ads in general is that they represent the highest standard of beauty. Only drop dead gorgeous girls can model for these ads, and the fact is that this is going to be bad for shidduchim because I'm spoiled on this kind of thing. Every one is. It's going to be so hard to be pleased because of my conception of what pretty is. Haha, I'm rambling right along, not censoring my thoughts at all.

Okay, we're still doing okay gents. Day 10 wrapping up!

Hope you're all trucking along with me!

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

Posted by imtrying25 - 17 Dec 2009 23:57

NOYA bro happy to see you ramblin' about. its good for the health ya know. Keep up the great work your doin. Dont let your break , break you. Post like a beast on the forum. have some fun.

Do whateva it takes bro i and we alls at the gye knows yoo can do it. So keep on pumping.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 18 Dec 2009 01:27

[NOYA wrote on 17 Dec 2009 23:42:](#)

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I feel like I'm going to have the same problem with shidduchim, but I'll burn that bridge when I get to it. As for facebook, you can use adblock plus (a firefox extension) to block most ads, including those on facebook. I LOVE that add-on. Keep going strong, and make sure to post here often.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Dec 2009 17:19

Oopsy daisies, looked at an ad and clicked it and looked at [immodest pictures] for a minute or two. The internet is bad, but I'm back in the driver's seat now.

Those girls were pretty but they looked so dumb. Nothing going on upstairs.

[Moderator's note: Sorry for the edit - someone reported the post as potentially triggering. I know this was not intended].

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Re: This is it - 90 Days here I come!
Posted by the.guard - 19 Dec 2009 21:13

Happy Birthday, NOYA!

a bunch of friends went with me last night at midnight for the traditional first legal purchase of alcohol as brought down in the seforim, and I had a nice time with them. Friends are important.

As far as being spoiled shidduchim-wise, see this this page:
www.guardureyes.com/GUE/FAQ/FAQ30.asp

As far as Facebook, I HIGHLY suggest deleting your account.

Poshut yid once wrote:

the yetzer tried to get me to go onto Facebook and look at some of the pictures over there with the rationalization that it is not pornography. I actually listened and went but I shut it down before I could really focus on it. I know this is his way of getting me to do something seemingly innocent which will lead me down a horrible path.

After a stumble with Facebook, "Momo" posted on the forum:

I need to learn from my fall, and this past fall has taught me that I have to cancel my Facebook account. It's really a waste of time anyway. The only reason I've been keeping the account is to see what's new in my friend's lives, see new photos of their kids, and have all of their email addresses in one spot. So I'll be "out of the loop". I'll miss someone's birthday. I'll miss a cute photo of a kid smiling. It's NOT worth it if it's going to trigger me to fall. I'm too sick to be on Facebook.

The next day "Momo" wrote:

Yesterday I said that I'd deactivate my Facebook account, and I did. Right before I did that, I said a prayer that with the z'chut of this action, HaShem should help everyone who's on this forum. Then, while I was doing the deactivation, the Y"H started voicing his objections "come on...". I countered by singing (in my head) a niggun really loudly. I felt very proud of myself after I did it, until I received a notice from Facebook that I can always activate my account again simply by signing in.

After searching the net, I found that you CAN request to have your account permanently deleted, and I did this too.

One great Ba'al Teshuvah - who has been clean now for well over a year, wrote us as follows:

The Yetzer Hara in his slimy and cunning ways, convinces so many people that Facebook is so innocent! Believe me, it is one of the worst places on the web, probably because it seems so

innocent!

I personally have transgressed some of the worst Aveiros, thanks to Facebook! May Hashem have mercy on me and forgive me. May Hashem have mercy on everyone out there with a Facebook account, and give them the strength to get rid of it forever.

Same goes for mySpace and all "social" sites. The Torah forbids social mingling of the sexes. This applies 10000000% to mingling on Facebook too, and perhaps applies even more due to the anonymity involved that allows people to sink lower and lower, rachmana li'tzlan.

Please keep harping on this, until people get the message.

Another guy wrote:

Good for you Momo! I am also happy to let you know that I gave up my Facebook a few weeks ago. It's good to see I am not alone here. I became addicted to it, checking friends' profiles and pictures.

Now when I'm home with time to spare, I'm more likely to pick up a sefer and learn instead of wasting time on the computer on these social networking sites.

Also, I went through my iTunes and iPod and deleted a lot of my goyishe music, including lady singers. This is something of a financial loss, since this music cost money, but I am more than confident that 'loss' is far outweighed by the eternal spiritual gains this will bring me.

Shoshana wrote:

This forum is a wonderful opportunity for me to truly and finally feel good about myself. Facebook and the other so called social networks are breeding grounds for the disease.

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Re: This is it - 90 Days here I come!
Posted by Holy Yid - 20 Dec 2009 04:37

I know not to trust my self on those sights. If someone feels weak imagine what can happen on the evil sites.

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Re: This is it - 90 Days here I come!
Posted by struggla21 - 20 Dec 2009 06:34

Happy Birthday Bro!

Wish you nothin, but the best! You have a very good strong strength in you, anyone can hear it in you ROAR!

Abt the facebook thing, its not worth it is my realization that i've come to. I shut it down abt 6 months ago, before I even found this site. It was helped me get focused on the things I want to do. And those ppl I know are my friends have my number and know where I live and I have theirs.

Keep going dude, you're are kickin the y'h a**!!!

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