

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 - 16 Dec 2010 05:28

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Yeah, you're right. Too much worrying about stuff could definitely lead to depression and acting out. I actually had a very solid day today - I learned much more than I usually do, and that really feels awesome. I feel close to Hashem with days like this and that's great! Incidentally, I also just had my first little slip of my campaign this time around. I'm not sure which day I'm up to - I guess 17 or 18...

I was walking back to my dorm, and then a friend asks me if I wanted a movie from him to watch. Then I asked if it was clean or not and I told him to check some website that checks stuff. Then I went to look it up and couldn't find it but I was interested in testing out their search feature to see if there was a perfect trifecta movie, a movie with the highest marks in nudity, violence and profanity. Turns out there are two such movies, and I clicked to find out more "out of curiosity." I guess I was tired and not paying attention to what I was doing because I should have immediately realized my true intentions in such a thing, but after reading for about two seconds I realized that I shouldn't be there.

Okay, but that's definitely just a slip because I don't think I consciously decided to look that stuff up davka for that reason. I was curious! I won't do that again though. We always must be aware of our perceptions and motives.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 17 Dec 2010 16:17

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Have a good Shabbos everyone! I give you a bracha that as we are mesayem sefer Braishis, we should all be zocheh to elevated levels of shmiras habris and ainayim during the special Shovavim parshiyos! Onwards and upwards! Chazak chazak venischazek!

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 19 Dec 2010 21:40

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Oh yeah... shovavim.

I once heard an interesting vort about tikunim...

It's like, when the roof has a little leak, it needs a tikun.

But if it caved in, it needs to really be fixed!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 19 Dec 2010 22:34

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 24 Dec 2010 17:11

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It was a hard week. I'm sick of this semester - it feels like it's going on forever. On top of that, I've been having a tough week on the struggle front also. Pretty much every day I've had hirhurim come to me even during davening and learning (or maybe especially?). My neder expires as soon as I read over the TaphSic method page, so I should probably make a new neder and THEN read the page to expire the old neder. That would be the smart thing to do.

I was really lonely the other night and some crazy thing happened that prompted my special friend who I can't marry to email me. I have a new rule that is really good for stopping sexting - that is I'm only allowed to send one email a day, so that is supposed to help me consider before I send an email whether or not I'm doing it for the right reasons. But I guess I was really down and lonely and basically sent her an email that said I'm all lonely and miss stuff. It wasn't a lewd email or anything - I just told her that I was getting a little antsy from my surroundings and what's happening here.

She hasn't responded to that email, and it's been a while. I hope she's being more mature than I am and just ignoring the email. Love is in the air here in my surroundings - people getting engaged and people dating and people getting married left and right so it's certainly not helping things out. I guess I have to reach out and talk to my GYE buddies more. One particular friend of mine is doing very well in his dating and he tells me about it because we are very good friends, and it makes me antsy and a little jealous because he's making her out to be like the most beautiful girl, the nicest, smartest girl ever. Sounds good. Ken Ayin Hara, but I think it's probably best if I ask him to keep it to himself more.

I am feeling more pressure to start going out. Maybe I should even though I didn't hit 90 days yet ever? Tough call. I happen to have a long vacation ahead of me in a few short weeks that I really need to figure out a good plan for, or else I'm toast. But Baruch Hashem, I've been solid ever since I started this new campaign, and haven't had any legit slips yet. G-d runs the show, I have faith, and I just gotta keep on trying and the sipuk will come.

Have a great Shabbos everybody!

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Re: This is it - 90 Days here I come!  
Posted by frumfiend - 24 Dec 2010 20:32

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KEEP UP THE GOOD WORK NOYA! HASHEM IS VERY PROUD OF YOUR HARD WORK.

GOOD SHABBOS

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 25 Dec 2010 23:20

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Holy Toledo that was such a hard Shabbos. Non stop hirhurim and challenges from the second I woke up lasting all day long. I couldn't resist fooling around a little bit, so that didn't help. I didn't fall all the way though. I mamash would be toast shebe toast without my neder. I feel okay right now, Baruch Hashem. I wanted so badly to just go crazy and go clubbing and be mezaneh tonight - I don't know where this came from - so random and so sudden and so powerful.

Baruch Hashem, I didn't fall, but I need chizuk and koiach to go on. I'm in bad shape. Come to think of it, I'm definitely in much better shape right now than I was a few hours ago; I'm not sure how that changed either. I was a basketcase all day long.

Onwards and upwards!

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Re: This is it - 90 Days here I come!  
Posted by desperate\_teddybear - 27 Dec 2010 03:33

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how many days u up to now NOYA? (just curious)

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 27 Dec 2010 05:40

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Today is Day 29. I am on the 90 Day Chart also for any future tracking desires you may have.

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Re: This is it - 90 Days here I come!  
Posted by desperate\_teddybear - 27 Dec 2010 09:08

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[NOYA wrote on 27 Dec 2010 05:40:](#)

Today is Day 29. I am on the 90 Day Chart also for any future tracking desires you may have.

wicked.

ur so awesome. KOZ dude

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 31 Dec 2010 08:16

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What are you doing when these hirhurim come along? If you're having non-stop hirhurim, you're probably trying to fight them--which always makes them worse instead.

--Eye.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 02 Jan 2011 00:19

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When hirhurim come along I generally try to turn my attention to other things. That is only effective some of the time because occasionally I go Level 2, where the hirhurim are more pressing and demanding and in your face. Wow, that's a shout-out to Page 1 of my wall here. So anyway, these hirhurim just get intense. You all know what I'm talking about - you just get overrun and you can't think of anything else no matter how hard you try.

Anyway, Baruch Hashem that hasn't happened since last Shabbos, and it eventually went away. This Shabbos was a pretty good one. I have to start planning out my vacation to make sure I'm in a good environment the whole time, and thus I should be able to stay clean until yeshiva starts again. I'm confident that if Hashem helps me make it past vacation, then I should be able to make it to 90 days. I just need to plan this properly. Bain hazmanim does not have to equal epic porn rampage. It can be nice family time for 4 or 5 days, while learning two hours a day, playing video games three, and just chilling/ going on a ski trip for some of it.

I definitely am having a harder time though. The thoughts are starting to come back - the allure of porn, the desire to look at it. I really hope that after 90 days I just don't have that desire anymore. Gut voch everybody!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 04 Jan 2011 06:07

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Good luck...but I hope you realize that the desire doesn't disappear after 90 days. I hope you're working on realizing how good it feels to be clean. Focus on that!

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Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 04 Jan 2011 12:07

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When we try to turn out thoughts to other things, there's still one problem--we're still inside our head!

More recently, I am really finding it helpful to reach out to someone when these thoughts come along. Even just say hello.



--Eye.

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