

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 ur-a-jew - 10 Jan 2011 18:07

[silentbattle wrote on 10 Jan 2011 07:43:](#)

I'm gonna agree with UAJ, here

I'm so F\$%@ing lucky, it's unreal.

I'm going to agree with Silent Battle here (even if he found in my posts things that I didn't even think of) that is except for the last statement. I don't think it's "luck" and certainly not "F\$%@ing" luck.

True, our sobriety is a chessed from Hashem, but there is a reason why Hashem chose to give you that chessed. The first thing is that you made a sincere decision to make a change and to turn your life over to Him. That is not some dumb luck. That is serious business. And to say that it was "F\$%@ing" luck (even in jest) and even with substitute characters is just demeaning of just how far you've really come.

Maybe I'm being overly critical but considering how far you've come you've got to appreciate where you've come to. As they say where I come from "Ur -A - Jew" and that comes with certain responsibility and a certain majesty. And things that we may have done in the past while they probably never should have been done, the further along that you've come the more critical it is to make a break from those things.

Hatzlacha.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 10 Jan 2011 18:49

Thank you so much for your kind words, everyone. I almost messed up the neder again accidentally because I was seconds away from using my mother's computer to print something out, when I remembered no computer but your own. Phew. Close call.

Things are going well today. I davened at 8:00 at a neighborhood minyan, saw an old friend there, and then I ate breakfast and learned at the neighborhood kollel. I started off my day with ruchnius and felt good about that. Then I got some paperwork done that I wanted done, played a little Zelda, listened in on the call, just had lunch, and I plan on doing some studying today. I just have to keep busy the rest of the day, and tomorrow, and then hopefully after that I'll be able to leave home and go to yeshiva for a while for rest of vacation.

I did this last year also, but unfortunately I ended up acting out when I got to yeshiva, but it was all with my phone. I really hope that that won't happen again. Anyway, I feel stronger today, feel like maybe just maybe the yetzer hara got the message that I'm not automatically going to give in to his demands while at home, so he's backing off a bit. Hope everyone has a wonderful day!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 10 Jan 2011 19:30

Sounds great!

Zelda, on which game system?

UAJ - Maybe I mean fortunate, rather than lucky. I guess it's a feeling, not of randomness, but of just realizing how bad a place i was in, and how much I dodged a bullet by not being there anymore. Like a patient who had a terminal illness, and was cured. Regardless of how much he put into it, he still looks back and shakes his head in amazement that he's alive and healthy.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 11 Jan 2011 03:47

Twilight Princess for Gamecube. I felt very lonely tonight, and really wanted to go chatting. Without structure it's hard to feel like I'm doing well. It also didn't help that I spoke with my father today for 45 minutes, which got me depressed as usual. I'm also worried that things won't be better when I go to yeshiva because I don't know anyone there, and I have a feeling I'll be lonely there too.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 11 Jan 2011 06:11

I thought you've been in yeshiva for a while - don't you know lots of people there?

[NOYA wrote on 11 Jan 2011 03:47:](#)

Without structure it's hard to feel like I'm doing well.

I think that's a perfect example of "There is no situation so bad that a little Lusting can't make worse."

Marriage does help with the loneliness...except when it makes it worse. And the less you've worked on your issues (including these), the more often that's likely to happen. I wish I'd done more work myself, earlier.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 11 Jan 2011 17:57

Yeah, I do know a lot of people, but when you're not around them it's just different. Calling people just isn't the same as being around them. I complained of my loneliness on Duvid Chaim's call and he recommended that I become more involved with chesed opportunities - going out to visit people in hospitals and such. That's an idea, and maybe next time I'll go do that. For now, though, I am leaving to yeshiva tomorrow, so hopefully I should be okay.

I am worried about being lonely there too because I don't know any bochurim there anymore, but hopefully my natural charm and likability will get me some buddies quickly.

The problem is that I remember last year I had such a good time acting out there. I wasn't even that lonely that time because I had tons of friends there, but I still used my phone to contact hahitisa and we had a grand old time for 2 or 3 hours every day and it was a lot of fun and made me feel so good. Now that I am lonely I want that ten times more. This really sucks, and it's so hard where I am right now to stay strong in my conviction that it's so bad. What's so bad about it? It's just harmless fun...

Boy am I whiny on vacation!

Marriage helps with loneliness except when it makes it worse. Silentbattle, you always have such shticky lines. I feel like this is a constant issue with me, actually. I do have a lot of friends in yeshiva, and I reach out to them, but very often I still find myself lonely. Do other people have this issue? And why does talking to hahi itisa make me feel so much less lonely and more wanted than with talking to guy friends?

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

Posted by silentbattle - 11 Jan 2011 21:32

Sometimes life is shticky. I just report what I see.

You asked a question that deserves an answer - "What's so bad about it? It's just harmless fun..."

So go ahead. Step back for a minute, and answer it. Explain why it IS so bad. You should be able to come up with at least 4 or 5 reasons.

As far as using this woman to drive away your loneliness, no, you're not the first guy to ever have to do that. Imagine being old enough that almost all your friends are married, few live near you anyway, and none have much time to hang out or shmooz - ever. That was me. And still Lusting made things worse. At the time, though, yes - it felt very, very good. Someone(s) wanted me, completely. Emotionally, physically, intellectually. They wouldn't be with me if they weren't actually truly interested in me and enjoying themselves a whole heck of a lot. Plus, I felt wanted in that I was needed in this person's life, I was making them feel good.

Plus, being wanted by a woman is just different. And that's even aside from the fact that our Lust kicks in.

Feeling wanted, needed, important, worthy...it drives us. And when a woman is interested in us, really interested, it feels wonderful.

And it will leave us dead. Dead the next day, dead two months later, dead a year later. Needing more, wondering why, and blaming the universe for our situation.

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Re: This is it - 90 Days here I come!
Posted by Eye.nonymous - 14 Jan 2011 09:11

[NOYA wrote on 11 Jan 2011 17:57:](#)

I do have a lot of friends in yeshiva, and I reach out to them, but very often I still find myself lonely. Do other people have this issue? And why does talking to hahi itisa make me feel so much less lonely and more wanted than with talking to guy friends?

Through this addiction I've uncovered lots of things going on beneath the surface in my head that I never would have uncovered before. With the chevra here, I'm finally able to discuss these things with people who can relate, who can help, and who don't think I'm weird. More and more I'm getting down to emotions that I've never acknowledged before, and talking them out with other fellows. I'm starting to feel connected to people in a way I never felt before, and it's spilling over to other relationships, too--especially with my wife and children.

So, no matter how many people I knew and could "talk to" previously, I always felt ALONE. I was hiding too much of myself to really feel that I was having any sort of relationship. My discussions had either been hit-and-run, either asking for advice or kvetching about something in a superficial way and getting some sort of superficial response.

--Eye.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 18 Jan 2011 04:27

Things were going pretty well in yeshiva here. I was learning pretty well, studying pretty well, and wasn't as lonely as I thought I would be. The guys here are very nice, but lemaisa, all my good friends aren't here. There's a little bit of an age gap between me and these guys because it's more of a 1st/2nd year bais medrosh, and I'm a fifth year guy, so that helps too. That got me a bit lonely and wanting to talk to that girl I know...

So anyway, I'm not supposed to go on Yahoo Messenger to "talk with her", so I went on it to check my messages or whatever, obviously with ulterior motives. Anyway, my phone has been online for about 36 hours straight and she hasn't shown up once (at least not when I was checking and I think she would say hi if she saw me on), so I guess my acting out plan has been sabotaged by Hashem. Shoot! Well, I guess, yay! I didn't act out or do anything and it's Day 50 today, and I don't really have the yetzer hara right now to dirty talk with her. So I guess it's on with the show and time to renew that neder to make sure this doesn't happen again.

Some other girl was on and we talked a bit, but it wasn't dirty - just friendly conversation.

Anyway, things are going pretty well Baruch Hashem. I actually just got called by my father's landlady tonight about some pretty bad news, but I'm not that shaken up by it. The matzav is that he is very unstable as you all know, and he needs to get some help. He has a lease on an apartment and wanted to extend it. Due to recent events such as him drunkenly hitting some island in his neighborhood and knocking over plants, and getting verbally abusive in his lease extension hearing with the board, she informed me that his request for extension has been denied.

I wasn't really surprised about the denial, and the incidental news certainly didn't help matters along, but I am worried about him. He's really a nebach. He gets so overwhelmed with the tiniest things, and he was basically insinuating to the landlady that his death will be on her head if he gets kicked out. He pashut doesn't have the kochos to find a new place, and he's too nebach to do anything for himself. He can't get his SS paperwork done, he can't do anything. It's very frustrating, and I guess I'm ashamed of him for being the way he is.

I should probably visit him and help him figure things out. The yeshiva is fifty miles or so away

from him. I have to figure out a way to get out there. Okay, sayonara!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 18 Jan 2011 06:22

One thing that my therapist drilled into me when he was helping me with my recovery is that every time we're tempted, whether we win, lose, or something in between, we can turn it into a win by learning more about ourselves and our addiction. It sounds to me like yo have a great opportunity to do that, both with the fact that you went looking for her, and the fact that you had "friendly" conversation with the other girl. What did you learn about yourself?

As for your father...man, I'm sorry. Sometimes, things just pile up. But do you really think you should be going out there? Sounds like you might be getting dragged deeper into an unhealthy relationship, an addictive cycle, that's already bad enough.

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Re: This is it - 90 Days here I come!
Posted by Eye.nonymous - 21 Jan 2011 08:33

[silentbattle wrote on 18 Jan 2011 06:22:](#)

As for your father...man, I'm sorry. Sometimes, things just pile up. But do you really think you should be going out there? Sounds like you might be getting dragged deeper into an unhealthy relationship, an addictive cycle, that's already bad enough.

Yeah, and if you go in there and help him, he'll never stop relying on you. I think this is what they call an enabler, or co-dependant. Try not to be one of those.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 23 Jan 2011 01:11

I almost made it out of my vacation in good shape, but I guess I just had too many slips. Messed up again. This is frustrating, but I guess my streaks are getting longer and overall higher quality. I want to make it to 90 already, though, like SB and Steve and lots of other pals did. Oh well, get back up, and get back in the game...

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 23 Jan 2011 06:25

Here's a question for you - a serious question. Answer what you really feel, not just the expected answer: Do you feel that Lust is causing destruction in your life?

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Re: This is it - 90 Days here I come!
Posted by Eye.nonymous - 23 Jan 2011 21:02

[NOYA wrote on 23 Jan 2011 01:11:](#)

I guess my streaks are getting longer and overall higher quality.

That's great. I would definitely be interested to hear more about that.

--Eye.

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