

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 silentbattle - 24 Jan 2011 08:16

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OK - so you can see why it's difficult for you. Whether you want to change that perspective is up to you...

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 02 Feb 2011 21:45

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I did it. I said goodbye to my old friend. Goodbye forever. Lust brings me down and I don't want it in my life. I just want love in my life. I'm going to work again towards getting pristine, and who knows? Maybe this time it will work with Hashem's help if I really go into it with the attitude that it hurts me no matter what, and that it does no good for me ever. Let's get into life, chevra!

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Re: This is it - 90 Days here I come!  
Posted by Yosef Hatzadik - 03 Feb 2011 19:11

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*Way to go, NOYA!!!*

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 06 Feb 2011 05:02

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So far so good. I had a busy week this past week, with a few stressful moments, but I overcame those challenges Baruch Hashem and dominated whatever I had to dominate. I had kosher fun tonight, and so far I don't miss her...

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 06 Feb 2011 07:54

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bro - that is AWESOME!! Congratulations. Be proud of yourself.

But also be aware that there will likely be times when your yetzer hora will remind you of her, and whisper in your ear about how good things used to be. Want to know a secret? My yetzer hora still does that, even though I'm married, to a wonderful, amazing woman. I still get goofy, I still occasionally think about the good things about some woman I used to know, or how good things were.

And I need to remind myself how wrong i am - and as "happy" as that made me for a few seconds, how miserable it made me overall. And more than that, that wasn't who I wanted to be.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 08 Feb 2011 22:31

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Things are going well. I had an intense week last week relating to future employment, so I had to really be on top of my game, with all my charm and social graces. I did pretty well, Baruch Hashem, only making a few minor mistakes here and there. I'm continuing to study hard for future exams, and I need to get a real schedule that has more time for learning in the afternoon.

I'm taking a lighter course load so as to allow more learning and specialized exam study time, so I have to capitalize on that decision. I'm too focused on that right now to think of taivah, so that's good. I also need to figure out dating... To wait for 90 days or not...

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 10 Feb 2011 12:53

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For myself, for my wife, and for my marriage, getting clean was one of the best things I did. It means I see my wife as the focus, and it's much easier not to get distracted. It also makes it easier for me to be OK with things not "working out" for a little while.

That's just for a start.

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 15 Feb 2011 03:48

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Continuing to do well. I'm getting more into learning a bisl, and am feeling overall more spiritual.

I'm getting more pressure to start dating and I'm not sure whether or not I should start already. I have to keep my head on straight and really focus on remembering how lust is gone for good, and I'm not going to learn to control it and enjoy it in moderation.

Half measures availed me nothing! Just gotta remember that. How is everyone doing lately?

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 15 Feb 2011 05:08

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I'm doing OK - I'd love to see you on my thread once in a while! ;D

Remember that only once you let go of lust can you truly enjoy life - even the sexual pleasure of life!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 20 Feb 2011 01:57

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I'm not in a great place right now. I have to be more on guard in general. I think I may have written about Shabbos afternoons before, but it bears repetition. One of the pleasures I like to indulge in is lounging around in bed on Shabbos afternoon. It's the one day a week that I get to do it, and I really like my time there. The problem is that it seems that unless I am really on guard I almost always end up messing myself up during this period of time. I'm tired and my mind wanders, and I guess the Shabbos afternoon used to be a heavy lusting period so my mind remembers it that way and dredges everything up.

The bottom line is I let the darkness in and now it's in my heart again. I didn't fall, but slipped a little bit, but that's enough to mess a person over. There's no such thing as giving in a little bit - it all catches up with you soon enough. Of course my nisyonos have to be augmented with a frantic call from my father who is experiencing terror and paranoia and is being evicted in a few days. I spoke with him for 45 minutes, and am now in a royally bad mood because I'm worried about him, have taivos in my system, miss my girlfriend a lot, and just feel like crap. I'm snapping at people left and right. I think I need to chill...

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 20 Feb 2011 12:46

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When things like that happen so close together, it becomes obvious that hashem is in our lives - and uncomfortable as it may be, He's giving you a chance to grow.

When you say "lounging in bed," do you mean nap, or just chilling in bed?

If the latter, it might be worthwhile to find another way of chilling out.

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

Posted by NOYA - 23 Feb 2011 04:16

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Chilling in bed. Yeah, next Shabbos I won't be doing that. Things are going well again Baruch Hashem. A lot of people are approaching me with shidduch ideas these days, so it's a nice

I had a productive day today, getting a whole lot of work done for various classes. I'm finally ahead of schedule for a change in my studying, so I guess I can slow it down and relax a little bit. Maybe I'll even work out a date for Sunday night...

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

Posted by NOYA - 27 Feb 2011 03:28

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What a nice Shabbos! I went to a very holy rebbe I haven't been to in over a year, and had an extremely spiritual experience there. Davening was very long and very geshmack, the meals were great, and shalosh seudos was very ethereal just the way I like it. It was very uplifting. If you want to know what he said by shalosh seudos you can PM me; I just don't want to write it here in case someone will realize it's me... feeling to know that people think you are a hot commodity. I *am* a hot commodity. Look at that.

Anyway, I did take a nap today, but it was leshem nap, so everything was okay. Still clean - about a month clean now, and it's been very easy so far. I missed my old flame very much right before maariv, right when I was feeling the most spiritual because I was reminded of how I used to share all these experiences with her, and how much she'd enjoy hearing about it, and how she would tell me her own Toirah and what she learned and taught... but she's not the girl for me, so I have to stop thinking about that stuff.

Anyway, gut voch everyone! Chazak!

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 27 Feb 2011 13:00

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Glad to hear that you enjoyed shabbos!

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