

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 silentbattle - 04 Mar 2011 15:53

Glad to hear that you see it, and that you feel it. Enjoy being sober!

I was recently walking through an area with a lot of women, and I reminded myself, "isn't it great that I don't have to look at all this?!"

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Re: This is it - 90 Days here I come!
Posted by NOYA - 06 Mar 2011 03:35

Entrenchment Under Fire. The Yetzer Hara has come back for a visit. It all started with looking at some woman today, and then I saw an "innocent" youtube and it had those dreaded videos on the side with some pritzus there... I have to be michazek myself and really have a shtark day tomorrow, and remember that those days are over.

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You already know that I agree with you

Re: This is it - 90 Days here I come!
Posted by Kedusha - 06 Mar 2011 04:43

Hatzlacha!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 06 Mar 2011 12:54

How are you doing?

Remember what will make you happier - not in the long term, but even in the short-term, like, 10 minutes from now!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 06 Mar 2011 23:42

I'm doing all right. It was such a blah, yucky day today. The weather has a powerful effect on my mood I find. I didn't feel like doing much today, and indeed, haven't accomplished too much. I learned a normal morning seder, but it was terribly difficult to concentrate because I had some dating hock in the back of my mind the whole time. Baruch Hashem, the issue was resolved today and I have closure on whatever the issue was.

I still feel like doing nothing, but I have to gear myself up for a good night seder. Hopefully my dinner will be yummy and get me more in the mood to do productive things. Oh, also, I saw a decent amount of girls today, but I was good. I looked away a whole lot. Okay, onwards!

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 07 Mar 2011 22:55

NOYA is the man.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 08 Mar 2011 20:27

Glad to hear you growing.

I find that it's easier to focus on something else, thinking about something else, than just
"looking away."

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Re: This is it - 90 Days here I come!
Posted by NOYA - 09 Mar 2011 04:32

The real yesod of recovery has to do more with really giving it all up, and not just looking away
or thinking about something else. I am definitely getting somewhere, trying to live honestly, and
so far so good. I feel my standards rising, and my attitudes getting holier and all that good holy
stuff. Thanks for posting!

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Re: This is it - 90 Days here I come!
Posted by Yosef Hatzadik - 09 Mar 2011 15:33

[NOYA wrote on 09 Mar 2011 04:32:](#)

my attitudes getting holier

GREAT!

KUTGW!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 13 Mar 2011 03:34

Things continue to go well, thank Hashem! I had a nice Shabbos, learned a decent amount, had a short rest and didn't lounge in bed, and I had a two hour seder after havdalah! Wow am I
Now I'm gonna do some studying and then go to sleep earlier than usual because we push the clocks forward tonight, and I want to be sure to be on time for davening and to be awake for it.

I'm so excited for Purim to come next week, and I'm also excited about some shidduch prospects... I hope my simcha spreads to anyone who reads this because I feel like spreading it around. I've been so positive and excited lately, and just want people to be happy like me too, so let me put you in a good mood, put a smile on your face, and just enjoy Adar!

I'm really doing well with looking away, not using lust at all, and just ridding myself of it. I went to mikvah on Friday to be mechazek myself (haven't gone in like two months) and I felt great after that. I had to go somewhere maleh pritzus right after I went to the mikvah, but I had my glasses off almost the whole time, didn't look at anything, and just enjoyed my time with my family. Baruch Hashem! Life is so much easier and simpler without living a second one!

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Re: This is it - 90 Days here I come!
Posted by fire - 14 Mar 2011 01:35

Do u ever wonder why there is no link to guardyoureyes.com from the forum page??

But wtvr, in other news i just finished reading ur whole log, and have to say you have grown a ton NOYA. from putting barriers up and being mindful of what ur eyes see, to improving ur mindset and attitude. I feel like I can completely relate to the battles that u have been going through. So keep up the good work, bec the most fulfilling things in life only come through hard work and perseverance.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 14 Mar 2011 11:12

Glad to hear that you're feeling the beauty of being clean!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 17 Mar 2011 20:52

Being clean is definitely a beautiful thing. I've had a lot of drama in my life, and some dramatic firsts, one after another, quite opposite in nature. I can't really be so explicit, but I'm going through some turmoil now that would have made me act out before this streak, but I feel stronger now, and I feel more willing to let Hashem drive my car through life.

I've had very good things happen, and very bad things happen, so I guess they balance out? We'll see. At least I'll get to see some old friends and familiar faces that I haven't seen in ages...

Still doing well, and trying to be positive.

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

Posted by fire - 17 Mar 2011 23:06

That's the spirit! stay positive we have ur back. Life will always have ups and downs ur job is to try to remain positive and to grow through life's challenges.

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