

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!

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 21 Mar 2011 16:25

---

I've been very antsy lately. Under a lot of stress, but holding up. I'm in a place of pritzus and zuhama, and it's hard to not be affected by everything around me. I am returning to yeshiva tonight, so hopefully that will be good. Help me make it back in one piece and remain pure!

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 22 Mar 2011 20:25

---

Hardest night this streak by far. I was:

- 1) feeling the effects of being in a place of pritzus for extended periods
- 2) feeling the effects of not learning in a structured way for an extended period
- 3) suffering from a broken guard for my eyes. Too many immodest things went into my eyes and I couldn't look away anymore. It was too hard.
- 4) Upset at being slighted and yelled at by people unfairly.
- 5) Hungry, sullen and frustrated because my stupid transportation got delayed for five hours and everything was going wrong, and I just wanted to go back to yeshiva so much, and instead I

was stuck.

6) Tempted and became *completely* infatuated with some really pretty girl nearby, who I brazenly started talking to and flirting with, even though there were frum yiden around.

7) Unable to sleep once I did finally get back to yeshiva hours later.

I was on the verge of acting out after letting my mind unwind in bed, and had planned an elaborate fantasy to act out with (while imagining this pretty girl) some sexline operator, and was on my way to a quiet place where I could be as loud and uncensored as I wanted to be. I told myself that I would go do it if I first called Silent Battle, and just tried talking with him. He didn't pick up. Then I told myself that I had to say the Big Book Prayers, and I did all of them, and really thought about them, and realized that I was being a control freak again.

Hashem obviously wanted all this to happen to me, because otherwise it wouldn't have happened. Baruch Hashem, he gave me a real challenge to overcome by reaching out to Him for help. I saw the humor in the transport situation, thought about how nice certain aspects of my trip were, despite the fact I missed Purim in yeshiva, how I got to make many kidushei Hashem, and how much more I would appreciate being in yeshiva once I was back. I also reminded myself that I am high up on the 90 Day Chart® and it would be so bothersome to start . I

don't want to let anyone down, and especially don't want to let myself down. The rest of this campaign has been so easy; one hard night will get me?! I don't need that beautiful girl - I'll get a nice Jewish girl, who will be better for me anyway. I also read over some encouraging texts that a GYE friend sent me when I was telling him how much I was being tempted by that hottie.

I then took some melatonin, and went back to sleep. I am feeling better now, although I am still thinking about that pretty girl. I can't seem to banish her from my mind. What a body. Maybe I'll try Dov's technique by Maariv tonight, and pray for her. I'm definitely just thinking her as my personal sex toy instead of as a nice, respectful girl who is out of work, but looking for a job in family therapy, moving in with her boyfriend in Arizona, and has all the hopes and dreams that any normal American girl has. She just happens to be stunningly beautiful while doing so. I'm such a sucker for girls like that. I have such a hard time being outside yeshiva. I really hope I forget about her soon. I'm holding by Day 53 today, still, despite all the slipping. I didn't fall, Baruch Hashem. Help keep me afloat, Hashem! I'm unstable!

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 24 Mar 2011 16:12

---

This trip of mine really threw me off kilter. I need to renew my gedarim because I'm slip sliding. Last night and this morning was fine; I just need more good time of not slipping to get myself back on course. Still good though overall.

=====

=====

Re: This is it - 90 Days here I come!  
Posted by Kedusha - 24 Mar 2011 17:26

---

Continued Hatzlacha!

=====

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 25 Mar 2011 04:41

---

- that's cute. Renewed my vows, like I'm married to Hashem or something. I guess that's the goal.

Honesty, Fearlessness and Humility. I got to get that back in my veins. So far so good - I think that I'm back to normal again hopefully. Have a good Shabbos everybody!

=====

=====

Re: This is it - 90 Days here I come!  
Posted by fire - 25 Mar 2011 20:16

---

I believe in you. Please believe in me. have a good shabbos.

=====

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 27 Mar 2011 23:34

---

---

I believe in you too, man! I really want to do some searches on Google, the kind of search which gets me titillating stuff. Fortunately, my neder stamps that with a \$100 knas, so I'm not going to do it, but I'm still lusting for it.

=====

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 28 Mar 2011 16:18

---

I'm still struggling with pushing the boundaries of my nedarim, touching and thinking inappropriate things, but stopping before anything happens. It's so annoying that this is happening. I need to not lie on my back at all; that's the main problem. I'm craving that high because I'm triggered. I need to let go completely and remember that even lusting a little bit is a pernicious thing. Hashem, please help me keep it together and not lust anymore today or tonight.

=====

=====

Re: This is it - 90 Days here I come!  
Posted by Kedusha - 28 Mar 2011 16:21

---

Someone, who I respect a great deal, wrote himself the following reminder of what it is like to fall:

"It wasn't geshmack at all. It was awful. It was disgusting. It was stupid and infantile. It wasn't satisfying ... it's so much better not acting out, and living in happiness without guilt."

Forget about today and tonight. Try for 5 minutes. Then for 10. Then for 20. You get the

=====

=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 28 Mar 2011 23:39

---

---

Made it to Day 59, one day short of tying my all time record. This is a hard battle. I won so many battles this time around, and lost today. What happened? Technical violation of my neder leading to a full breakdown. Why did that happen? Same old damn reasons - pushing the boundaries too far and messing around on the edge of the cliff too many times.

Well, at least this shows that I can make it this far. Before I made it to 60 last time I didn't think I could make it that long, and this streak was better qualitatively than the last one. Well, here's to trying again. I have to restart because my neder is still active and I'll blow even more money if I act out again.

It's funny how I made it through that horrible night and basically slipped on a banana peel today.

=====

====

Re: This is it - 90 Days here I come!  
Posted by Rising Up - 28 Mar 2011 23:45

---

HERRRRRRRRRRRRRRRRREEEEEEEEEEEEEEEEEEEE WEEEEEEEEEEEEEE  
GOOOOOOOOOOOOOOOO!!!!!!!!!!!!

KEEP ON TRUCKING!!!!

dust off, dust up, get up, and GO!!!!

Leave the past behind.

=====

====

Re: This is it - 90 Days here I come!  
Posted by Eye.nonymous - 07 Apr 2011 15:00

---

For me, after a fall, I don't try to figure out why I fell off the cliff. I find it is much more useful to try and figure out why I was playing so close to the edge.

--Eye.

=====  
=====

Re: This is it - 90 Days here I come!  
Posted by fire - 10 Apr 2011 22:38

---

Wait NOYA! i thought u were good at tests? but u seem to be a little off ur game. why dont u do some studying to better prepare urself for ur next one.

=====  
=====

Re: This is it - 90 Days here I come!  
Posted by NOYA - 19 Sep 2011 15:37

---

I woke up today feeling awful. It's the hardest kind of day possible, being sick. But wow, Duvid Chaim is having a grand chazara today at 12! I'm excited and looking forward.

=====  
=====