

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 NOYA - 21 Dec 2009 02:45

Oy Rabosai! I don't know what happened. I fell again. Ooph!

My father also fell and is going through some very rough times (he is an alcoholic)

My mother just got dumped and is heartbroken (my parents are divorced).

Bad times for NOYA's family.

Well, I have to start again. Reb Guard, thank you so much for all the correspondence, and thank you so much to everyone else for all the chizuk. Today is Day 1, wrapping up, one day at a time. Onwards!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 21 Dec 2009 13:53

OMG. My heart goes out for you NOYA. Im so impressed by your reaction though. Such strength. If you ever want to talk hit me up. Pm or gchat. I can giv you my number too, if you like.

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Re: This is it - 90 Days here I come!
Posted by the.guard - 21 Dec 2009 15:11

It's understandable that when times are tough, we do hat we trained ourselves to do, and that is to "sooth ourselves" and medicate our pain with acting out in the addiction. Don't beat yourself up about it. You are doing great. Just get back up and continue. We're all here with you. You're new family: GYE!! :D

May Hashem help you, your dad and your Mom to find peace and serenity. Amen.

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 21 Dec 2009 22:21

Amen!!! And i just wanted to remind you NOYA that were all here for you. Our holy brother.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 22 Dec 2009 04:39

Thank you so much, my friends. I'm really touched by the ahavas yisroel you have for me. I hope your tefilos work.

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

Posted by bardichev - 22 Dec 2009 06:24

Hey NOYA

I'm heading up the ice road

Greuling

Winds

Snow

Frozen lakes

I have a few cases of tradition soups

Tam tam crackers

Kedem gefilte fish

Paskes soursticks

Oh a few boTtles of

Old WOODFORDsburg

Wanna join??

Its from

Boro Park to Anchorage

Yup its new "IDIDORAD"

Let's mush!!(Jack london where are you)

Keep on truckin!!

b

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Re: This is it - 90 Days here I come!
Posted by NOYA - 23 Dec 2009 00:34

Hey everyone,

The end of the semester is coming. I'm working really hard, doing pretty well. On this vein, I believe some big rabbi once was asked if he ever sinned. He responded, "I never had the time."

Anyway, hopefully that will work. One day at a time. Trucking away just like bardichev.

I got this really cool image in my head by the way. Imagine you're in a big pool of sludge. And a crane comes along to pull you out and you hold on to the crane. It takes a long time to get you out of the swamp, and there might be ups and downs along the way, but as long as you hold on long enough, eventually you'll pop out of there. Every day you get pulled up a little bit more. Okay, that's my sharing of the day. I'll be back on the chart tomorrow, woo hoo!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 23 Dec 2009 00:42

NOYA keep on rocking!!! And i really like that mashel. And yes the key is NOT to fight. Like you
Hatzlacha on your rewrite. Were rootin for ya!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 23 Dec 2009 01:25

Keep going, don't give up.

said, just keep yourself busy doing good stuff.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 25 Dec 2009 19:43

Have a good Shabbos everyone!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 26 Dec 2009 16:30

Ahhhhhhhhhhhhh my Holy Brother NOYA. A gut voch. Keep rocking bro. And never give up.

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

Posted by NOYA - 27 Dec 2009 03:36

Gut voch everyone! I feel good, ready to take on the fast tomorrow. Day 2 report: Pretty good overall, no temps, no attacks. A+

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

Posted by habaletaher - 27 Dec 2009 04:56

Dear NOYA,

I'm new here, and I just stumbled on your thread. I'm super impressed with your head down, face into the wind attitude.. Life seems to have thrown you a whole lot of stuff.... but you keep on fighting.

As Chumbawamba said, "I get knocked down but I get up again, you're never gonna keep me down.." I know that is the most lame cliched reference to any song in the entire history of music, but it happens to be true about you, so power to you!!!

KUTGW!!

Haba

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

Posted by Momo - 27 Dec 2009 08:21

YOU ARE SOMEBODY SPECIAL!!!

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