

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 - 28 Oct 2011 17:54

Gotta stay strong and move ahead. Rosh Chodesh is a zman of hischadchus. Let the heartaches of the past fall away and look forward to the glorious future! Gut Chodesh everyone and have a great Shabbos!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 30 Oct 2011 05:20

Well, this Shabbos was pretty darn difficult. I got the closest to falling I have ever gotten to in this campaign. Too much lying on the back and letting hands and mind wander. It's really a miracle that I didn't go all the way to hotzaas zera chas veshalom. I had an emotional letdown recently that really got me depressed and I just got so drawn to my old medication that it was extremely hard to say no. I added on to my neder and am not allowing myself to even lie on my back.

I couldn't help myself and I talked with HER again. Nothing sexual to her. Just shmoozing. I have a feeling I'm going to lose and not make it to 90...

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Re: This is it - 90 Days here I come!
Posted by Blind Beggar - 30 Oct 2011 05:58

Keep it up NOYA. If I may say so, acting out is not geshmack at all. It is really awful and disgusting, not to mention stupid and infantile. I think you will agree that it is never satisfying and it is so much better not to act out. That way you can live with happiness and avoid guilt.

We are all rooting for you. THIS time you WILL make it to 90.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 30 Oct 2011 23:54

Thank you Blind Beggar. You are absolutely right. Those words sound so familiar... I'm feeling better overall. The weather has a big effect on my overall mood I find. Today was a gorgeous day, so I felt good, and I'm getting over whatever disappointments faced me a few a days ago. Things are turning around and good things are coming into my life again. I haven't technically acted out, so I guess I'm technically still on the chart, although I violated my personal code of 90 days falling by contacting the girly. Since we didn't sext, I guess bedieved I'll keep on the chart, which means I only have 5 days left.

I feel good, though, and feel like the threat went away. I feel more at peace and that taivah is further away than it was. I just have to keep my head down for the next few days and hopefully I'll emerge victorious!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 31 Oct 2011 14:18

I don't know if I'm still okay or not. I ended up shmoozing with her again last night, and this time it got inappropriate. It wasn't classic what we used to do together, but it was inappropriate nonetheless. She asked me for details about some sexual thing, and we talked about that for a

while, and we both were kind of dancing around, both wanting to really sext, but not quite getting there. It was a lot of nivul peh, speaking about inappropriate things without actually getting personal. We were kind of starting to act something out together, and she was starting to play along, but then my roommate saved the day by coming in.

Not sure what that counts as. I didn't get that aroused from it, and I wasn't motzi zera from it either, but I'm not sure if that counts as a true fall or not. I'm just upset about doing something like that. Now I just feel hurt and stupid, and I wanted to stop beating around the bush and actually act out. I know that I'll only feel much worse if I do that, though. I don't know what to do...

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Re: This is it - 90 Days here I come!
Posted by Kedusha - 31 Oct 2011 14:43

Dear Noya,

Sounds like you need to get off this slippery slope.

Keep in mind what someone who I respect a great deal once said about falling: "It wasn't geshmack at all. It was awful. It was disgusting. It was stupid and infantile. It wasn't satisfying ...

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Re: This is it - 90 Days here I come!
Posted by Blind Beggar - 31 Oct 2011 14:56

Sounds like a slip to me, but if you slip too much.....

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

Posted by Yosef Hatzadik - 31 Oct 2011 15:07

NOYA, we are all standing behind you.

We are cheering you on!!!

**Go, NOYA, Go !!!
NOYA, Go !!!**

Go, NOYA, Go !!!

Go, NOYA, Go !!!

Go,

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

Posted by Sturggle - 02 Nov 2011 12:27

Hey Noya!

How are you today?

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

Posted by NOYA - 02 Nov 2011 13:53

I am doing okay I guess. I feel like I'm white-knuckling a lot. I feel like I'm just waiting for 90 days to end so I can go crazy again. It's hard to let go. What happened to my menuchas hanefesh I had about a week ago? Is it because I'm resenting not being able to learn so much this week? I'm not sure, but I'm definitely lusting a lot. I want to do bad things. I want to fool around with girls.

It's not what I really want though. I really want love and intimacy, not just a fling. Right now I think I just want a fling, though, so it's hard to figure myself out now. G-d, give me strength.

Show me the way. I give up control of my life to you. Help me to focus on other things and to forget about these taivos!

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Re: This is it - 90 Days here I come!
Posted by gibbor120 - 02 Nov 2011 16:13

[NOYA wrote on 02 Nov 2011 13:53:](#)

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Re: This is it - 90 Days here I come!
Posted by Gevura Shebyesod - 02 Nov 2011 17:05

Just remember, it's not over when you reach 90, it's just a checkpoint on the road to a lifetime of Kedusha.

So keep on trucking, and watch out for those icy patches!

Gevura!

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That's the downside of the 90 day chart
Re: This is it - 90 Days here I come!
Posted by gothika - 03 Nov 2011 11:53

Hi NOYA, I had no idea that this whole post even existed. It's amazing. I just wanted to give you my support, and repeat what Guard said to you two years ago on this very post (page 1)

[guardureyes wrote on 16 Nov 2009 12:08:](#)

...You need to bite that bullet and not give in, even if you feel like you will die. And I promise, you WON'T die. It takes a certain level of messiras nefesh, but when a person is ready to go to that length even when the pain gets to Level 2 and he refuses to give in, Hashem often gives us special siyata dishmaya and releases us from the powerful grip of the addiction.

I think that this is a very powerful statement. The yetzer makes us go so crazy when we get past a certain point and tells us that it will always be this way, and we may as well give in. **HE IS WRONG!** This stuff will go away, I have seen that in myself from when I have been successful in the past. Just keep doing what you have been doing, and just ignore that yetzers nonsense. It won't always feel like it does.

NebulaMud

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Re: This is it - 90 Days here I come!
Posted by NOYA - 03 Nov 2011 14:39

Well, here we are, Day 90. I woke up with huge taivos, and I was thinking about them basically until shmoneh esrai. Then I asked Hashem to help me and I told Him I was letting go of the taivos. You can have them. I felt a lot better after that. I still feel them in me somewhere but they went away from being strong today to just being in the back of my mind.

I'm not feeling the tremendous kedusha and inspiration I was hoping for today, but we'll see what happens I guess. If I mess up today that would be really embarrassing. Wish me luck!

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