

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 Sturggle - 04 Nov 2011 07:25

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Shkoyach Noya! I think it's powerful that you are reaching ninety days despite not feeling the kedusha. When we're in a good space, it's easy for us to be clean and think that we can stay there forever. Difficult times in life will always come our way, and those are the times that we run to our vices. Saying no in the midst of a difficult time is the strongest way to regain a semblance of life for ourselves. Again, shkoyach!

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Re: This is it - 90 Days here I come!  
Posted by Gevura Shebyesod - 04 Nov 2011 11:02

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Mazel tov NOYA!!!!

WTG!!!! KUTGW!!!!

Gevura!

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Re: This is it - 90 Days here I come!  
Posted by gibbor120 - 04 Nov 2011 13:37

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MAZAL TOV! KOT!

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Re: This is it - 90 Days here I come!  
Posted by gothika - 04 Nov 2011 13:49

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Mazal Tov!!! Somebody bring out the whiskey. Where is bardy when you need him?

But seriously, I don't think that there has to be a sudden feeling of kedusha. Just keep doing what you have been doing. Live by each day, by each moment. But you know all this more than me! ;D

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Re: This is it - 90 Days here I come!  
Posted by JackAbbey - 04 Nov 2011 13:55

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mazel tov

lets shake hands

(we both know that we are still the same, let the folks think who knows what)

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Re: This is it - 90 Days here I come!  
Posted by Blind Beggar - 05 Nov 2011 18:29

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Well done NOYA! I just want to remind you and everyone else how this started over two years ago before most of the people currently on the forum had ever heard of the forum, including me.

[NOYA wrote on 16 Nov 2009 02:07:](#)

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Re: This is it - 90 Days here I come!  
Posted by silentbattle - 06 Nov 2011 08:33

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Glad to hear it! It's mechayev for you, because you know that it's possible, one day at a time. Keep on going!

And as always - how does it feel to be clean?

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Re: This is it - 90 Days here I come!  
Posted by Kedusha - 07 Nov 2011 14:39

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Mazal Tov, Noya!!

If you haven't heard it yet, I highly recommend Rabbi Reisman's Shiur on the Middah of Netzach, which will, hopefully, change the rules of the game for you going forward.

[guardureyes wrote on 25 Feb 2009 10:56:](#)

**Right click the links and choose "Save Link/Target As"**

[This Shiur](#), given recently by Rabbi Yisroel Reisman, discusses the little-known Middah of "Netzach." We believe that the GYE community will find this Shiur very inspiring and insightful, both for its general theme and for the specific discussion of the Nisyonos of the Internet. (The Shiur is being shared in its entirety with the generous permission of the copyright holder. Please note that permission is granted to download only for your personal use. This Shiur, and hundreds of other Shiurim by Rabbi Reisman, can be purchased and downloaded [here](#), or contact [navitapes@gmail.com](mailto:navitapes@gmail.com).)

(For more Shiurim, check out this thread:

[www.guardyoureyes.org/forum/index.php?topic=402.0](http://www.guardyoureyes.org/forum/index.php?topic=402.0))

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Re: This is it - 90 Days here I come!  
Posted by Mordechai - 08 Nov 2011 09:57

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Congratulations on reaching 90 days!!!! mazzaltov!!!!

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Re: This is it - 90 Days here I come!  
Posted by NOYA - 17 Jan 2012 04:02

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I was sent a personal message by someone asking for an update on what's going on with me, so here goes. I actually messed up on Day 91 because I guess I wasn't really committed to things enough. I wasn't ready to give up the lust after all I guess. Since then, I had a brief period of acting out, and where I'm holding today, I'm messing up occasionally with what I consider to be less chamir things (kishui ledaas bli hotzaas zera, a shtickl histaklus benashim).

Overall though, I still feel like I'm changed. I feel that I'm no longer giving in to porn or other things because I NEED it to fill some void or to soothe some wound. Rather, when I mess up it's because I'm just horny and don't feel like fighting so hard. Obviously, I should do better, and I will soon, but overall I'm in a good place. I haven't been motzi zera in a while, but I am going out with someone, and I feel that it would be a problem if I didn't have a problem with thinking about her now and then.

In my opinion, I'm at the point right now where all I really need legabay this issue is to get married. I'm no longer acting out with pornography, and I think that when I'm married, my wife will fulfill the other needs. Hopefully, bimheira!

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Re: This is it - 90 Days here I come!  
Posted by Blind Beggar - 17 Jan 2012 05:57

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Good to hear from you NOYA.

Keep smiling and keep going, as my Rosh Yeshiva used to say.

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Re: This is it - 90 Days here I come!  
Posted by last - 17 Jan 2012 06:58

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[NOYA wrote on 17 Jan 2012 04:02:](#)

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happy to hear you are doing better.

sorry to ruin your thoughts, marriage does **not** help on these issues!

i am sure you can find here a lot of people who can tell you this.

if you are not clean before just getting married will not get you clean.

Be"H have a lot of HazLacha fighting hard as all of us need to do.

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Let's go again!  
Posted by NOYA - 15 Aug 2012 18:02

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Hi everybody! Long time no update. Basically it's time to go for another 90 day journey - the last one wore off and I've been slumping for a while. Today is Day 5 of being clean. It feels good. I have to remember that I want to be happy, and to be happy I need to be productive and feel accomplished about my life. I need to stop wasting so much time and letting myself fill up time with inappropriate things. I just feel bad when I let that happen, which is the complete opposite of being happy. I also have to remember that it's not okay to allow myself certain indiscretions - it's a slippery slope. Okay, that's enough for today.

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Re: This is it - 90 Days here I come!  
Posted by Gevura Shebyesod - 15 Aug 2012 18:08

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NOYA! Welcome back!

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