

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 imtrying25 - 27 Dec 2009 14:11

[NOYA wrote on 27 Dec 2009 03:36:](#)

Gut voch everyone! I feel good, ready to take on the fast tomorrow. It's my hebrew birthday on 10 teves, so I'm gonna ask Hashem for a birthday present that I should be able to break this habit with His help.

Day 2 report: Pretty good overall, no temps, no attacks. A+

NOYA!!!! Thanks for keeping us posted. There are a few of us out here that really like to hear

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Re: This is it - 90 Days here I come!
Posted by 7yipol - 27 Dec 2009 17:12

HAPPY BIRTHDAY NOYA!

I wish there was an icon of cake and candles!

What a beautiful rebirth presnt you have davenned for! May Hashem answer your tefillah and remove the nisayon as only He can. May all future growth be only via smachos and good things!

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Re: This is it - 90 Days here I come!
Posted by the.guard - 27 Dec 2009 17:16

My wish to you is that you succeed to take out of this struggle what Hashem intended you to, i.e. a much deeper connection with HIM!

Till 120, my friend. Keep on Truckin!

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 27 Dec 2009 18:14

Noya,

Happy Birthday and keep on going. You can do it.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 28 Dec 2009 05:24

Holy Toledo,

All those posts, wow, I wasn't expecting such an avalanche from a simple little report. Thank you so much for writing everyone!

Today was somewhat difficult. It's the beginning of a campaign for me, so all beginnings are hard. It certainly didn't help that there was a bris in yeshiva and the wife was REALLY good looking. I realized that I'm not really that big of a creep though. It's true that I looked at her here and there, but I don't think I was really lusting after her, like feeling I wanted to do anything. I looked at her a few times. Not that that's such a great thing either, but I guess it's a lot better than fantasizing about znus with her.

Even just hearing a woman's voice can trigger me. I feel like I'm some unstable isotope, like the slightest thing sends hirhurim into my mind. So I had to deal with some of that today, but I made it through in one piece.

Summary of Day 3: several attacks and temps, defeated them all quickly. A+.

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Re: This is it - 90 Days here I come!
Posted by Ano Nymous - 28 Dec 2009 05:32

Keep it up NOYA!! BTW, can you please post your opinion on my poll here: rehab-my-site.com/guardureyes/forum/index.php?topic=1427.0

It's important to me that I get as many responses as possible. Thanks!!

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Re: This is it - 90 Days here I come!
Posted by habaletaher - 28 Dec 2009 07:47

Hey NOYA,

Thanks for describing your day, and sharing with us your courage in not letting stuff get to you!!!

Keep pushing that campaign forward!

Haba

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

Posted by sci1977 - 28 Dec 2009 15:33

KUTGW!!! Stay positive and thank you for sharing. Just remember a little period of time, at a time.

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

Posted by imtrying25 - 29 Dec 2009 23:04

NOYA my holy holy brother. I love you so much. I have the same problem. Just the voice of a women can trigger me. Till i found this site i thought i was the biggest sicko ever known to mankind. But im learning now. I still have a hard time but im understanding that i can get past it.

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

Posted by NOYA - 29 Dec 2009 23:16

I love you too, IT. I wonder if our minds will ever recover from this completely. Anyway, report:

Today was pretty good, at least from a taivah fighting perspective. On Tuesdays we don't have shiur; instead there is an optional chazara shiur given by the top guy in yeshiva. I went, but I was really tired from the night before (studying until 1 AM) so I left in the middle to nap.

I have a little routine going this campaign, that every time I daven shacharis I have a little extended conversation with Mein Tatte. I reaffirm my committment to this campaign every day, and remind myself why I'm doing this and why I don't just give in to the yetzer.

It's all about becoming great. If you masturbate or look at pornography, that reduces your spiritual health. If you're not spiritually healthy, how can you hope to succeed at learning? How can you hope to succeed in davening? Of course you will feel empty and coming up with nothing if you're doing aveiros while in yeshiva. It's only natural that you'll feel that way because a person can't have these opposing forces inside of him going on. If you give in to tumah, you kick out taharah. If you let tahara in your life, you kick out the tumah. If you try having both, you end up contaminating the tahara and becoming all tumahdig.

So if you want to make anything of yourself, this is priority number one - becoming sober. If you want to have a chaishek in learning, or to have a real relationship with G-d, this has got to go. This is your entire life's purpose for crying out loud, becoming as spiritual as you can become and thereby making the world more spiritual as well, and doing these aveiros is the very antithesis of one's mission objective.

Also, it's a terrible feeling being a hypocrite. Living life straight and true feels better ultimately then giving in to a pleasure that seems so amazing before the act, but really it's not, even beshaas maaseh.

Shake yourself off! Seize the day! Cast away this habit and become the masmid and lamdan that you can become!

Day 5 Summary: So far so good. One attack before nap, attack deflected successfully. Keeping very very busy studying for an exam - be sure to not get so into it so you impact learning.
Grade: A+

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

Posted by sci1977 - 30 Dec 2009 02:30

Thanks for the update on your progress. Keep working hard and inspiring me. You shall overcome!!!

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Re: This is it - 90 Days here I come!
Posted by imtrying25 - 30 Dec 2009 11:42

Brilliant post NOYA im loving it. thanks.

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Re: This is it - 90 Days here I come!
Posted by NOYA - 31 Dec 2009 02:35

Today was good.

Day 6: No attacks. A+ for keeping busy.

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Re: This is it - 90 Days here I come!
Posted by sci1977 - 31 Dec 2009 02:41

6 days awesome news. Keep it up. I am proud of you.

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