

Question about 90 Day Rules

Posted by Jewboy600 - 13 May 2020 23:17

Hi all, new user who is in day 3 of the 90 days.

Was wondering- sometimes I will find myself doing something out of boredom that is better for me not to, but also isn't mamish a psik reisha that will lead me to pritzus. For example, I will google something that I know could have results that could be problematic for me, but also could not. (Lemashal sometimes I google a certain news website that will sometimes have innapropriate news that could lead me to issues). If I google that thing with stahm kevanah even though really it's better not to, is that a fall? And additionally, if I google that thing with poor kavanos but lemais nothing inappropriate is found, is that a fall?

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Re: Question about 90 Day Rules

Posted by Looking_to_improve - 14 May 2020 00:42

I can't speak for everyone, but personally I wouldn't consider it a fall, and to be honest it's really up to you.

That being said, I think often the yezter horas way in, comes from the small things, "just go do this, it's not so bad", and relatively it isn't, but keeping him out with the first line of defense is very important to success. Not letting him stick his foot in the door, can never be a bad thing. I find when I can be more preventative, then I have fewer stronger urges.

For myself I think I convince myself that the fact there might be pritzus on certain places only secondary, but I think that really I'm hoping to bump into something.

I'm also on day 3 so looking forward to joining you in 87 days time b'eH

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Re: Question about 90 Day Rules

Posted by greenland55 - 14 May 2020 02:43

Mazel tov on starting this journey. 90 day counter is fun and motivating, glad you're going for it.

It's best to have a definition that you will use for a fall. In the TaPHSiC method (guardyoureyes.com/articles/tips-suggestions/item/the-taphsic-method-made-simple?category_id=18&start=2) they define a fall as:

Either

(a) I intentionally *motzi zera livata* (masturbate) while fully awake (and while not touching my wife)

or

(b) I intentionally obtain in any way adult sexual material of any sort, digital or printed (including magazines, DVDs, etc.)

or

(c) I intentionally go to any websites or web pages, pictures, videos, chats or forums, for the purpose of viewing adult sexual content (including any type of adult oriented images, drawings, videos, audio, or erotic reading material) and I actually viewed or listened to inappropriate content

or

(d) if I initiate contact with - or respond positively to - any woman other than my wife for a sexually related purpose (including by e-mail, chat, webcams, etc.)

or

(e) if I partake of any illicit sexually oriented services of any kind (including calls to adult phone lines, massages)

You can change it some but be consistent. I don't think that you probably need to reset it now. But maybe you can categorize such behaviour as a fall in the future if you think it's problematic. Keep it up!

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Re: Question about 90 Day Rules

Posted by Hashem Help Me - 14 May 2020 02:44

[Jewboy600 wrote on 13 May 2020 23:17:](#)

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Welcome. It should be with hatzlacha. As far as your question, it is not a fall, but excuse my blunt language, it is mighty foolish.

Secondly, we must remember that "lo sasuru acharei eineichem" is not only about pornography.....

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Re: Question about 90 Day Rules

Posted by abcmn - 14 May 2020 03:02

Dvar Torah from Rav Nissan Kaplan shlita regarding exactly this:

Also shiur in English,

<http://dafyomireview2.com/ravkaplan/cdd/Chumash/5775-5778/108-5777-Nasso.mp3> -- skip to 11:45 and listen for ten minutes.

Was wondering- sometimes I will find myself doing something out of boredom that is better for me not to, but also isn't mamish a psik reisha that will lead me to pritzus. For example, I will google something that I know could have results that could be problematic for me, but also could not. (Lemashal sometimes I google a certain news website that will sometimes have inappropriate news that could lead me to issues). If I google that thing with stahm kevanah even though really it's better not to, is that a fall? And additionally, if I google that thing with poor kavanos but lemais nothing inappropriate is found, is that a fall?

<http://dafyomireview2.com/ravkaplan/cdd/Chumash/5775-5778/108-5777-Nasso.mp3> -- skip to 11:45 and listen for ten minutes.

[illegible]

something that will really boil me up.

The program works for me, when I work it

Last week I went shopping and some frum woman bent way down, in a way that invalidates any high neckline!! And I was gonna look and then for some reason looked away (GOD! Only Him!!) and thought to myself, she's not mine.... It was quite a spiritual experience for me.

That shabbos (we were still in niddah) my wife also bent down and then I laughed and realised, well she's not mine either! And then I thought when we're not in niddah then I realised, hey, she's not mine either, even if we CAN touch!

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Re: Question about 90 Day Rules

Posted by Jewboy600 - 14 May 2020 04:11

I'm unclear what you're referring to? Pashtus is Lo Sasuru is not about pornography, it's about an R'eiyah that will lead to znuz/Arayos, which pornography doesn't fall into (you will not have biyah with that which you are watching). (Ayin Rambam Hilchos Teshuva 4:4).

If your point is that the problem of shmiras eiyanim isn't limited to pornography, that's correct, and there's machloksim poskim what the hagdaros are exactly. I'm unsure why that is connected to my post about something that will not in it of itself be assur but could lead me to assur things.

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Re: Question about 90 Day Rules

Posted by Jewboy600 - 14 May 2020 04:15

@HaShem Help me

I'm unclear what you're referring to? Pashtus is Lo Sasuru is not about pornography, it's about

an a R'eiyah that will lead to znuz/Arayos, which pornography doesn't fall into (you will not have biyah with that which you are watching). (Ayin Rambam Hilchos Teshuva 4:4).

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Re: Question about 90 Day Rules

Posted by starting - 14 May 2020 12:11

I'm not speaking for @Hashem help me but had I written that It would be as a reminder that regardless of whether a particular scene is to be considered a fall or not, one must be aware that a slip etc is often something that is assur min hatorah

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Re: Question about 90 Day Rules

Posted by Singularity - 14 May 2020 17:55

[Jewboy600 wrote on 14 May 2020 04:15:](#)

@HaShem Help me

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My program calls masturbation "sex with self". Sure we can *magdir* the issur by excluding pornography but does it make it any less bothersome when we succumb to it?

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Re: Question about 90 Day Rules
Posted by Jewboy600 - 14 May 2020 20:19

No, I simply had no idea what was being refereed to.

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Re: Question about 90 Day Rules
Posted by Hashem Help Me - 14 May 2020 20:51

I am sorry if my response was not clear. I just wanted to point out that instead of focusing on what is a fall or not - (which is what i did, to the point that i was teasing myself by getting a millimeter away from a "fall") - it would be more beneficial to focus on avoiding getting started with lust in the first place. We have to take an honest look at ourselves and realize that so much of what we accept as ok, is really not kosher, and leads very easily and quickly to things that are assur.

A very fine fellow from a quite modern community posted that after being on GYE for a few months, he removed Netflix from his computer. He came to realize that it was not the "worst of the worst" that he has to avoid, rather he has to avoid anything heading in that direction.

So although as an incentive, we avoid "falls" as we strive for day 90, in the back of our minds we need to start examining the big picture. After the initial shakeup, "i don't want to be a frummy!", the menuchas hanefesh that b'eZRas Hashem falls into place is real and consistent.

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Re: Question about 90 Day Rules
Posted by lionking - 15 May 2020 12:01

I just saw in the Sefer Domer Devorah something which might be relevant to the discussion.

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He writes that even kosher stuff can be a problem.

I've fallen in the past enough times R"L with seforim.

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Re: Question about 90 Day Rules
Posted by Jewboy600 - 15 May 2020 12:29

Rashi on Kedoshim:

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It's a gemara in Yevamos also (don't remember where exactly) that we are supposed to make
the mutter assur.

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