

while asleep

Posted by shomerbris - 01 May 2011 06:40

gut voch, everyone.

I wanted to know whether I should count this as a slip or a fall--I'm inclined to count it as a slip. I spilled seed while I was asleep, and woke up immediately after this occurred. I want to call this accidental, but I know that it was at least partially my own fault, since I had treif thoughts before falling asleep. And I still remember the dream I had while this occurred, which was also treif--but hey, I wasn't fully conscious while asleep. However, I hold that the fact that I had a dream with treif content (and hence wasted seed) is most likely the result of my treif thoughts before falling asleep and thus my own fault. --so is this a slip or fall? I want to say slip. (for purposes of the 90day chart)--I'm not yet on the chart because I'm only clean as of April 28. The aforementioned occurrence was on April 30 (Shabbos morning). Aside from it, I'm still clean from the 28th.

And even with all of this considered, I recognize that I nonetheless incurred the spiritual damage from this--whether or not it was intentional. I made the declaration specified in Kitzur Shulchan Aruch, chapter 151, paragraph 5.

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Re: while asleep

Posted by shomerbris - 04 May 2011 05:30

[dov wrote:](#)

They can look at porn or even masturbate once in a while

Oy. I think I might be included in that--but how do I know? What makes me say that is that other than the bitul zman (which is actually not all that significant for me--but that may be the y"n talking), I haven't suffered any damage in olam hazeh from porn and wasting seed. So am I an addict or part of this group with a higher endurance that you described. I usually go 3-4 days clean, then a fall, then 3-4 or maybe 5 days clean, then a fall, then another few days clean, then ... and so on.

It is not the third or fourth drink that gets me out of control, it is always and only the first one.

Only infrequently it's the first drink (i.e. 4-5 minutes of image-viewing) that gets me, more often it's like the 3rd/the continuation. I can handle the first drink, I believe.

Frummies like us often have an impossible time accepting that - because porn and masturbation are assur (and bad!).

Right, right. Regardless of whether or not I can "handle" however much, I still get ruchniyus damage from it. Btw, I'm not yet frum.

Well, I guess I'm rambling. And as you can tell, I've never even taken the first of the 12 steps. I don't quite know whether or not I'm powerless. But yeah, regardless of it, I know I'd be better off if I just quit the habit.

From the feel of your writing, it seems that an addict can just be a "dry drunk" for a period of time, but never exactly "sober," since the beast is still reeled inside.

Thanks, Reb Dov. The straightforwardness of your writing is always good to read. I appreciate your thorough reply.

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Re: while asleep

Posted by Dov - 04 May 2011 10:39

My stuff in blue (together, we are black-and-blue!):

[shomerbris wrote on 04 May 2011 05:30:](#)

[dov wrote:](#)

They can look at porn or even masturbate once in a while

Oy. I think I might be included in that--but how do I know?....I usually go 3-4 days clean, then a fall, then 3-4 or maybe 5 days clean, then a fall, then another few days clean, then ... and so on.

If you are no longer able to tolerate the compulsive behavior any longer, you'll know it. That is all I can say. Me trying to scare you about getting caught or getting even worse, is silly, and the moral/religious speeches, you probably already heard. They are not doing the job for you. When the time comes - you'll know it. That's it.

It is not the third or fourth drink that gets me out of control, it is always and only the first one. Only infrequently it's the first drink (i.e. 4-5 minutes of image-viewing) that gets me, more often it's like the 3rd/the continuation. I can handle the first drink, I believe.

Yeah, OK, I understand you. And again - when the day finally comes that acting out becomes intolerable to you, *yet you do it anyway*, always pushing the limits of safety or nature in some way and feeling truly amazed at yourself...you will come to know that you *always* ended up 'drunk' because of the 1st drink, not the last. And you still will not be able to stop. That is an addict.

Btw, I'm not yet frum.

I am working on being really frum, too. Good for you, amigo!

Well, I guess I'm rambling. And as you can tell, I've never even taken the first of the 12 steps. I don't quite know whether or not I'm powerless. But yeah, regardless of it, I know I'd be better off if I just quit the habit.

So to recap, you do not really take the 1st step - *it* overtakes **you**. That is why getting sober is not a measure of how 'good' one is - we do not really end up trying to quit because we are 'good' enough, but because we **need to** enough. The fact that we cannot really take *moral credit* for letting go of our precious lusting is a very important factor in our continued sobriety, for humility is the key to keeping this thing. We need to be cut down to size - or else our addiction does it for us, and with a ruthless vengeance. Yuck. (And that's why you can skip the 'Reb' before my name, please.)

When *that* happens - and it eventually will if you are an addict - *then* we will understand each other very, very well.

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Re: while asleep

Posted by Blind Beggar - 04 May 2011 12:27

[Blind Beggar wrote on 12 Sep 2010 13:51:](#)

I just saw in the Steipler's sefer Kreina Deigrasa book 1 letter 165 that a person can have a wet dream **a few weeks** after having an impure thought.

Aristotle said "One swallow does not make a spring, nor does one fine day." We can add that a wet dream makes neither slip nor fall.

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Re: while asleep

Posted by shomerbris - 09 May 2011 05:12

Thanks so much, Dov and BlindBeggar. I came across something in a Twerski book the other day and it bettered my hashkafa, I think. It went like this (I'm oversimplifying here): say you have a precious, beautiful piece of silverware, worth a lot of money. Of course, you're not going to throw it in mud, but even more than that, you'll take great care to make sure that it retains its precious condition. You wouldn't want to chip it or drop it on the ground or anything. So too one can/should/must/might say the same (or even more so) about his own neshama. It's so precious, we should take really good care of it. I don't think Twerski was talking specifically about addictions, but it stands to reason that--(this is me talking) looking at pritzus is treating our neshama like one who holds that precious silverware by two fingers--that's dangerous! So now I'm convinced that, whether or not I'm an addict, taking that "first sip" and looking at pritzus on shikshas (or Jewish women, for that matter) is dangerous and potentially wreak damage, just as holding that silverware by two fingers can potentially wreak damage. So whether or not I can "handle" the first sip/slip, and regardless of whether or not it will lead me to waste seed, it in and of itself is dangerous and hazardous to the neshama--so I've got to stay away.

This feels good--I think I can see things clearly, now.

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Re: while asleep

Posted by shomerbris - 09 May 2011 05:16

^but I've yet to try that out. Based on Dov's post, I'd say that if it's not effective enough, then I'm an addict, since that would be the point of doing something despite knowing intellectually how hazardous it is.

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Re: while asleep

Posted by Dov - 09 May 2011 23:02

goot gezokt, reb yid!

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