

why be afraid of saying "Pornography", "Maturbation"?

Posted by kidushashem - 29 Aug 2011 13:11

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Why is (almost) everyone scared of writing the full word "masturbation", "pornography"?

It always says "m\*\*\*\*\*, P\*\*\*\*\*" or something like that.

The point is, when you are scared of writing it, it seems to me like there's a form of denial going on. Like, subconsciously, you're not willing to admit that you're really involved with this stuff.

I feel very strongly that you should not be scared of saying it, straight out.

Can you imagine a psychologist saying "well, have you ever, well you know, done, um, P&M, YEAH, THAT'S IT! have you ever done P&M?"

If we were clean it would be one thing; I can hear that some people are so distant from it and it's like "He Who Must Not Be Named", for all you harry potter fans  
FEEL that it's so dirty that it's like saying "CHAZIR" instead of "DAVAR ACHER".

But for us? Are we coming from a holy place when we don't write the full word, or are coming from denial?

I'd love to hear other perspectives...

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Re: why be afraid of saying "Pornography", "Maturbation"?

Posted by ben durdayah - 30 Aug 2011 22:07

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Ayain Shut Noideh Beyehuda Even Haezer...

You are so right.

Tzadikim yeilchu vom, but others -I'd rather not say...

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Re: why be afraid of saying "Pornography", "Maturbation"?

Posted by obormottel - 30 Aug 2011 22:52

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[Gevura ShebYesod wrote on 30 Aug 2011 17:42:](#)

I think there's a big difference between saying a name "B'yod'ah U'makira", and just reading or using a common verb. When I was still living in fantasyland, I would very often say a name to myself in order to awaken the associated fantasy.

OTOH, I too remember as a young teen using the dictionary for kicks. I didn't even understand all the concepts, but I knew they were dirty words....

Once i got older and moved on to thinking about other things, though, the words alone weren't enough anymore.

...sometimes I need to use the full word for emphasis or to make a point.

Gevura!

That's exactly what I was trying to say. Amazing that someone else can relate so well. This forum is G-d sent for us to realize our problems are not unique and there is a way out!

To stress Gevura's point: the verb "ma\*\*\*\*\*te" IS triggering to "B'yod'ah U'makira"; at least the gemoro seems to HOLD this way. So I don't know about rishoinim v'acharoinim, but if you are intimately familiar with self-pleasuring, to discuss it in the same plain manner as you discuss dinner plans is NOT possible, you will immediately "nikri".

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by JackAbbey - 30 Aug 2011 22:57

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mottel i am with you all the way

we need cleasiness in what we: see, hear, think, talk, smell

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we need police at all our openings to the outside wolrd

a single word thats similar to the old p\*\*\* slogans, can be a full blown trigger, it just diggs out old long forgotten memories

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by gothika - 31 Aug 2011 00:24

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and when you write p\*\*\*, M\*\*\*\*, then it doesn't make you think of it? If the meaning is clear, what's the difference if you say it clearly or not?

My holy friends,

kedusha, i dont know exactly what is the difference between seeing the word "Masturbation" and the word "m\*", but think it has something to do with the idea of how the brain works. When I see the word M\*, i think, ok he is referring to an aveira, what aspect of the aveira? Maybe he is saying how he triumphed over it, maybe its how he fell, but he is going to keep on fighting, maybe he needs some chizuk

When I see the word "Masturbation" I often have a split second flashback to one of the many, many scenes that I use to feed off of. An image of a guy on a couch, and he is doing this in front

of a camera. Now I want to see an image of another guy next to him. But don't worry, soon I snap back and I think, oh right, this guy is talking about his victory with the yetzer harah. This guy is winning. Yay!

That is what happens when I see that word. It can be the difference between a detour though the memory lane of hell, or the road forward.

I only say this because you asked, and I don't expect anyone to have the sensitivity towards this type of issue because it is outside of their consciousness, its something that I am dealing with.

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by obormottel - 31 Aug 2011 00:40

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[NebulaMud wrote on 31 Aug 2011 00:24:](#)

Maybe I do belong in the trash? Gevura shebYesod! Help.

Chas v'sholom v'chas v'sholom!!!!

Nisyoinois are there to elevate us. You can't fight a good fight from out of the trashcan. Act normal :o

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by gothika - 31 Aug 2011 00:42

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[obormottel wrote on 31 Aug 2011 00:40:](#)

[NebulaMud wrote on 31 Aug 2011 00:24:](#)

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I know I recovered, and edited it, just feeling down today, that's all.

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by rockaway - 31 Aug 2011 02:34

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Its simply common sence to avoid writing/saying those words that can initiate a trigger however if absolutely necessary for the other party to understand you then i would write/say it ,just imagine yourself speaking to your well respected rabbi about your sex life

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by kidushashem - 31 Aug 2011 17:10

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[Me3 wrote on 30 Aug 2011 14:55:](#)

Do you think that people who refrain from writing christmas and jesus are in denial as well? How about people who write darn and shoots instead of the more vulgar alternatives? Or is it that they just find it distasteful to use the real words?

would you find it distasteful to use the word christmas if you celebrated it?

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by kidushashem - 31 Aug 2011 17:19

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sometimes, when I'm reading completely innocent material, I'll see a word that I associate with shmutz and it sets me off. A non-addict wouldn't think twice about the word "bed" and many others...

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by Yosef Hatzadik - 31 Aug 2011 17:26

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I also log my vote that such words can trigger.

& yes, I also 'used' sifrei Kodesh.... :-[ :-[

In fact I first learned that it is an aveira when I was looking at the end simanim of Kitzur Shulchan Aruch!

(As have [MANY others](#))

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by Yossi.L. - 31 Aug 2011 17:35

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Divrei Kedusha as a trigger.....so true.....however it's disturbingly sad that that wouldn't be a trigger for me anymore.....it was the lack of anything more available that lead me to be triggered by those simanim.....oyyyyyyyyyyyyyyyyyyyyy!!!!!! How much I've pained my neshama!

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Re: why be afraid of saying "Pornography", "Maturbation"?  
Posted by Yossi.L. - 31 Aug 2011 17:37

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I recant my last comment.....anything can be a trigger for me now as well. How ignorant I was to think that I'm immune from that trigger!

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Re: afraid of saying Pornography, Masturbation?  
Posted by Markz - 31 Jul 2016 11:32

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[Dov wrote:](#)

[Chachaman wrote:](#)

Dov--do u mind being a little less explicit? I know part of recovery is about not sugar coating what we did, but still.

No, I cannot, chaver. I think that helping people perhaps get sober is **far** more important than whatever reason you may have for me being less explicit. And I respect you as a friend (at least !). I also believe that sugar-coating is **exactly** what we all do in order to maintain just enough self-respect so that we can continue the same lifestyle of meshigineh 'struggling'

and losing.

So why would I want to be part of the *problem*?

I respect you and what you do here, a lot, Chachaman. And much of what I wrote may not apply to you. I recognize that not all guys here are as bad as some others here. So let's make a deal. The last time I checked, the average porn-using frum guy here was not just looking at girl-scout cookie ads. When most of us here look at our porn or use fantasy in our heads, it's about terrible, embarrassing stuff: naked people having sex, plain and poshut - and worse. We are looking at the most explicit stuff there is. So I need to be explicit about recovery, too.

As soon as you can show me that 'impropriety' is not occurring over and over at the hands of us frummies here *while we are at our computers going from image to image of schmutz, or while we are desperately masturbating ourselves to explicit fantasy*, I will gladly tone down my descriptions of what our lusting is really all about. And I mean that seriously, respectfully, and as a real friend.

Sincerely,

Dov

**P.S.** So many guys say they 'opened up' to their Rabbi or a friend about this issue, or that they "pray to Hashem for help" for it, etc. Yet *many* are not telling the truth - for they are not explicit about it enough to give forth an honest picture of what's *really* going on with them!

For example, they say, "I was nichshol, rebbi, in shmiras eynayim and come lidei zera levatola, often b'ratzon....I am so ashamed." Or they say such things in sh'moneh esrei at Sh'ma koleinu or S'lach lonu...as if Hashem has time for such meaningless talk.

Here we were last night, sitting and chatting with some strange girl and using explicit and vulgar language - because it's *expressing* ourselves and our real desires (at the time)...but when it comes to talking with Yedid nafsheinu the Ribono shel Olam, we are *indirect*? All of a sudden



makpid on nivul peh?! And no, I am *not* talking about using the F-word in davening at all! *That's* just cursing, and totally different than what I am referring to. No, I am *not* saying 'two wrongs make a right' - and I am *not* advocating the describing of sexual fantasies to Hashem or others in lurid detail. But there is a big difference between frivolous detail that is meant to excite - and between blunt, painful honesty that I can cry about. It's just the truth. It hurts to expose the truth - so it helps. Cuz it is the **change** that it hurting so much, *not* the shame!

So I use the phrase 'sex with my wife' in sh'moneh esrei when I am talking to Him about concerns I have with sex with my wife. I use the word 'masturbation' when I am talking to Him about masturbation, and if I was struggling with the desire to look at a certain woman's chest, I see no reason to pretend I am really about bechinos of klipos, or something. He may see it that way, but it's none of my business. He wants my heart - Rachmonoh liba bo'ei. Your heart si your **real** heart...not what your heart '*should*' be.

Isn't Emess the *only* avodah sh'bleiv there really is?

So I believe that anyone who says considerations of 'lashon nekiyah' gets in the way of being factual and honest, has a very different experience and understanding of tefiloh than I do. And such tefiloh would be useless to me now, just as it was all those years that I was busy masturbating myself in yeshivah and davening with 'propriety'.

say to Him in Sh'emoneh esrei those *exact* words. He knows it all - He won't faint  
But if it is working for you, that's great. And I mean it.

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Re: why be afraid of saying  
Posted by Markz - 20 Nov 2016 16:13

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[Yosef Hatzadik wrote on 31 Aug 2011 17:26:](#)

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In fact I first learned that it is an aveira when I was looking at the end simanim of Kitzur Shulchan Aruch!

(As have [MANY others](#))

If you're around

Yosef, I'm wondering aloud.

Perhaps that's how it was before your recent decent sobriety streak. Meaning to say - I wonder if all recovered guys whether addict or not, have a problem writing out p o r n o g r a p h y.

My hunch is that they don't, whereas all non sober guys are the ones that can have issue with it (because triggers are everywhere), and as Watson mentioned recently it may be more productive if they say it how it is, for the purpose of recovery

What you think?

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