

How long does it take for you to recover from a fall?

Posted by DesertLion - 11 Aug 2012 10:09

Hey Guys,

Just wanted to know how long it took you guys to recover from a fall (i.e. masturbating once only)?

Usually takes me about a week to regain the physical strength and about 2-3 weeks to feel happy and track again.

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Re: How long does it take for you to recover from a fall?

Posted by rt - 11 Aug 2012 21:43

I dont mean it bad, just wondering, what the benefit in knowing this things would be.

peace!

r"t

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Re: How long does it take for you to recover from a fall?

Posted by tocontrolmyself - 11 Aug 2012 21:46

B4 i joined the 12 steps it would last half a day until i got renewed strength in myself that id beat the addiction(just i didnt call it that then)now after i joined it takes about half an hour.

Posted by tehillimzugger - 11 Aug 2012 21:49

JUST TRUKKKKKKKK TRUKKKKKKKKKKKKKKKKKKKKK

[illegible]

Posted by rt - 11 Aug 2012 22:06

Posted by DesertLion - 12 Aug 2012 08:50

return fire to Tehilli Zugger:

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Posted by ZemirosShabbos - 13 Aug 2012 17:54

HAHAHAHAHA!!!!!!!!!!!! ;D :D

Posted by strugglingandstrivingBT - 13 Aug 2012 20:30

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Posted by DesertLion - 13 Aug 2012 20:38

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Plus we discharge some of our body's electricity during orgasm which makes us feel exhausted, lowering our whole body's vitality.

Then there is the thickening of the spirtual foreskin that decreases our sensitivity after we have masturbated.

So not surprising we don't want to study after zera levatalah. after about a week i feel back on track too. the first few days are really terrible - physically and emotionally. hang on in there buddy!

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Re: How long does it take for you to recover from a fall?
Posted by nederman - 14 Aug 2012 01:43

[DesertLion wrote on 13 Aug 2012 20:38:](#)

Well the semen consists of cerebospinal fluid and a portion of the brain, so every time we masturbate we are literally flushing our brains down the toilet.

Plus we discharge some of our body's electricity during orgasm which makes us feel exhausted, lowering our whole body's vitality.

Then there is the thickening of the spirtual foreskin that decreases our sensitivity after we have masturbated.

The first two occur also when having relations, so it seems unlikely that they should be used as

justifications for putting off learning.

I think the problem is the unfounded belief that one is less culpable if one feels guilty, and a person who feels guilty and constantly thinks about his sin doesn't feel entitled to learn.

In fact the rational approach is to go straight to the bays medrash. I can think to myself "just because I feel guilty it doesn't mean I am better in G-d's eyes" and "I am not such a tzadik that when I masturbate I am not permitted to learn."

One night I masturbated then I went to a gemara shiur the next morning and I asked three pretty good questions, so that belief bites the dust.

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Re: How long does it take for you to recover from a fall?
Posted by strugglingandstrivngBT - 14 Aug 2012 15:30

[DesertLion wrote on 13 Aug 2012 20:38:](#)

Well the semen consists of cerebrospinal fluid and a portion of the brain, so every time we masturbate we are literally flushing our brains down the toilet.

Not to dismiss the spiritual validity of this post, but biologically there is NO basis for these claims and I have asked professors who say both are absolutely untrue. Just want to calm people who may freak out and worsen their condition after learning nontruths. however, obviously there is a spritual denegration, as well as a stronger physical urge.

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Re: How long does it take for you to recover from a fall?
Posted by tehillimzugger - 14 Aug 2012 17:17

[TehillimZugger wrote on 14 Aug 2012 17:07:](#)

If I admit that I am powerless then I don't have the option of beating myself up for going on .

And a great many thanks Yosef, for that amazing piece of wisdom.

And I say once again, that that's a great piece of wisdom.

I have often told friends, "If there's one thing GYE did for me, it taught me how to get up after a fall." GUITAR!

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Re: How long does it take for you to recover from a fall?
Posted by laughingman - 22 Aug 2012 20:12

usually it takes about a day mostly till i can go to a mikveh as i usually immediately say tikun klali and then i donate

i mostly dont fall nowadays (i never really like m*****) but i have other pitfalls i am currently still trying to weed out

i now have most of the places online where i could get problems hard wired off my main computer

but there is always a backdoor and that takes a secondary thing like a video game (non-problematic of course)

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Re: How long does it take for you to recover from a fall?

Posted by jewish jew - 26 Aug 2012 12:18

I don't have a physical problem after I act out, but it takes me some time to get back to a HAPPY mental state (I am writing this about 1/2 an hour after acting out do you want me to see how long it will take me to get back to a happy state?)

JJ

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Re: How long does it take for you to recover from a fall?

Posted by Dov - 03 Sep 2012 03:00

Dear JJ,

Eventually you are going to have to choose with doing whatever it takes to feel good, and doing whatever it takes to stay sober and live better. In my experience is that this talk of *feeling* better or being *happy* is nothing but a distraction.

- Dov

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