

how can i tell when im in control?

Posted by anonofcourse - 31 Aug 2008 08:56

It seems most people on this site r married, im not but i would hate to be married and still be completely out of control of my desires- how can i tell when im in control, it seems the only time there was a real test is when i fail. how ironic. anyway here i just want to post a point which is relevent to this thread and which bothers me. That is that even if im busy, doing something productive, when i settle down to relax, do something perfectly innocent, play music watvr, sometimes, not always, i just slip. and after im like, wat the hell was that all about? its a frustrating addiction. sometimes its after yomtov, i dont know why, sometimes i feel really good, spiritually, and then boom i throw it all down the drain - litrely! alot more to say, but for here thatl be enough.

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Re: how can i tell when im in control?

Posted by UTS - 16 Oct 2008 07:55

"When you are in control, you are in control. When you are not, you are not." That is the simple answer.

This is a desire which is given to us, by G-d, and I do not think that anyone would claim to understand why it has to be this way. I have seen in sforim where the author says this about himself, not knowing why that is.

However, **we also have a yetzer tov**. There is a constant battle going on between them. Moreover, it gets easier over time. I am under the impression that after the first 40 days or so, it is a different type of game. I hope to prove myself correct. This is true of other middos and behaviours as well.

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Re: how can i tell when im in control?

Posted by nomer - 29 Oct 2008 21:57

It is wonderful that you are working on this now! I wish I had addressed this problem when I was younger too. I sometimes wonder what we can do to help young teens from getting addicted to

masturbation in the first place? The availability of provocation/triggers gets more rampant each day with the internet, iphones, terrible billboards, the way women walk around (even very frum ones). This website is a start but there needs to be more, I think from the Rabeim & Parents. I wasn't talked to about this until I was caught 2 years after I was already addicted. I bet most don't realize it is an addiction similar to alcoholism. I didn't fully associate the two until I found this website a few days ago and I have years of misuse behind me!

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Re: how can i tell when im in control?
Posted by the.guard - 29 Oct 2008 22:08

nomer, you are so right. I just asked Rabbi Twerski if he could write us up an article about this very issue: "How do we protect our kids from this?"

I hope he finds the time to reply.

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