

I need advice on mornings

Posted by some_guy - 13 Jun 2013 03:36

Hi,

Thanks for the advice in advance. Usually in the mornings I stay in bed and touch myself. Not enough to be full M, but sometimes it goes that far. When I am in that half asleep and half awake state it happens. I keep on trying to force myself out of bed or to stop. Its like my body has a mind o its own and fights my mind. I just can't stop myself. I end up doing it for maybe an hour. I would do it longer, but around that time my mother yells at me to hurry up for school. I do try. I just can't fight it. This is usually how I end up breaking my streaks. Does anyone have any advice?

--some_guy/Elias/Eliyahu

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Re: I need advice on mornings

Posted by Chachaman - 13 Jun 2013 05:34

What time does school start, and what time do you normally wake up?

For me it is kind of like that too: out of habit, when I am kind of asleep, my body just does it and I fall, out of a strong habit I guess. However, that hasn't happened in a while (aside from keri-dreams)--basically, have faith that if you start doing it less, it will stop.

The shulchan aruch, in its first siman, writes that a person should be strong like a lion when they wake up in order to be "m'orreir hashachar", i.e. to wake up before dawn. Now practically, if dawn is like 4:45AM or so, the Rama writes that l'pachos, at the very least, one should wake up on time to daven with a minyan.

I would recommend 3 things:

-Set a firm time that you will get out of bed;

-Go to bed at a reasonable time (9-10 o'clock, don't stay up really late)

-Daven shacharis

For me, I was lucky that there was a shul across the street from my public school, but sometimes I would stay with my dad and couldn't make it, so I knew that to get to school at 7:30, I would have to wake up at 6:00 to shower, daven, and eat breakfast.

Also, try getting up by 8:00 on Sundays. Early to bed, early to rise, makes a man happy, healthy, and wise

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Re: I need advice on mornings

Posted by some_guy - 14 Jun 2013 00:20

I usually wake up at 5:00 or earlier and I go to school at 7:00, so I try to fall back. That is when I end up resting on my front or touching myself. I head to school at 7:20 or so. I just can't get my body to get out of bed. When I try to stop myself, my body goes back to doing it. Its like my body fights me, stopping my attempts to take control. I really try, but I keep on failing.

--some_guy/Elias/Eliyahu

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Re: I need advice on mornings

Posted by gibbor120 - 14 Jun 2013 00:26

Read in bed maybe? Get up and take a shower? Get up and take a walk?

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Re: I need advice on mornings

Posted by some_guy - 14 Jun 2013 00:59

The problem is when I first wake up and am still in bed. As soon as I stand up I will, but taking control of my body is really hard. Thanks for the suggestions though.

--some_guy/Elias/Eliyahu

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Re: I need advice on mornings

Posted by zvi - 14 Jun 2013 01:09

On a practical level, maybe try putting your alarm clock far away from you, so you have to get out of bed to turn it off? Is that practical in any way?

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