

Last Night

Posted by StartingOver - 17 Jan 2014 00:26

Hi, I wrote this last night...bit of ranting.

Not only have I conditioned myself to only get hard enough to orgasm, I've also conditioned myself to masturbate when ever I thin about sex. There is no need for this. One doesn't need to lead to the other, nor do I have to focus on sexual thoughts!

Why is it that right before I go to sleep/when I get into bed, at that time I masturbate. Is it to relax...I didn't feel relax, I feel stressed out for given in. Often I can't sleep after I masturbate at night so is self defeating exercise.

=====

====

Re: Last Night

Posted by Tosfos - 17 Jan 2014 02:02

I hear what you are saying... I went through that a lot myself... in bed, "nobody's looking", got nothing else to do, I know it's wrong, but boy doesn't it feel good. And then the next morning I felt like I had been up half the night! (Oh, and by the way, all the so-called justifications for acting out all turned out to be complete bunk.)

My question to you is, do you really *feel* like, as you say, "There is no need for this"? I used to tell myself that after-the-fact a lot, but I realize now it was just a way of assauging my aching conscience for having just fallen. Honestly, doing that, I was just enabling myself... what I really needed to do, and b"H, I've gone a ways in this direction lately, is focusing on what I've been doing and especially *thinking* (even though it's disgusting), not labelling myself as anything (e.g. "bad", "sinner"), and honestly probing into my kishkes as to why I am doing this - the answer for me was almost always "escape". When I was able to start doing this, I started making some **real** progress.

And almost certainly, both you and I need to do more than what I just said... but I guess I'm considering what I just said as a necessary foundation, and to build from there.

May Hashem grant you hatzlacha rabba in all your worthy efforts.

=====

Re: Last Night

Posted by StartingOver - 17 Jan 2014 05:09

Thanks for you response.

I wrote that after I had fallen. When I am in that "mindset" I can't rationally think of something else, i.e.: call someone, go online and talk to someone, draw; because I am so wrapped up in the fantasy (I've been staying away from porn recently) that I can't hit the switch off.

I don't label myself bad or a sinner. I'm an addict so I have no control. However that sometimes becomes an excuse to do it because "I can't help my self".

One of my past doctors told me that I was sing masturbation as an escape too but I haven't honestly probed my kishkes to find the answer but I am starting too.

=====

Re: Last Night

Posted by Tosfos - 17 Jan 2014 21:22

I hear that... when someone has engrained certain ways of thinking and acting in themselves, it can take a lot of time and effort to even start to turn it around. Please keep at it though, because every little bit of effort does make a difference, even if it doesn't seem like it at the time.

Have a great Shabbos.

=====

