

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous.Thus the urgency

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Re: Solutions for Tonight

Posted by cordnoy - 26 Aug 2015 00:32

[waydown wrote:](#)

Ok so unfortunatley I did fall last night but I am not sad about it. I will just start again.

Just to cut myself some slack, I had a really hard time falling asleep last nite but I didn't give in. However, I was forced to wake up twice in middle of the night. (for my kids) By the second time of waking up (3rd struggle of the nite) I finally just gave up fighting and scummbed. Its not an excuse but the yetzer hara was sure at work last nite. He doesn't stop.

I will not get sad. Rather I will dust it off and start anew.As someone who never went to sleep without my dose, I feel that I am already off to a good start. Here is why,

Basiclly there are two reasons that I am here,

1) I am jewish. Form a yiddishkit point of view my behavior (and what it can lead to) is unacceptible. I know this can't be our driving factor but nevertheless is defintley something to reckon with. In fact GYE's ad is about feeling like a hypocrit in front of the rav! So judiasm and moral values has to play some role. That being said, I say I am off to a good start. This rosh hashana I can turn to hashem and say hey look I ain't perfect. But if I can go 8/9 days (Hpefully weeks) with no sins when prior to ellul it was daily thats teshuva. Plus,as long as I have my eye

on the ball (and don't allow it to be a dily occurance rather a slip) I won't let myself spiral out of control to the point of porn/flirting etc..

2) The lust issue. Yes its an addiction and feeding it is no good and its dangerous.Of course I think even wihholding for a 8 days somewhat attacks the addiction too proviidng you don't spiral back. However leaving aside that pointer, its a confidence builder. Right now I still don't see how you guys can hold back for 90 days. (and 18 yrs! fuggedaboutit!!!) But now I see how one can reach say one month.

So I will continue my journey as Codrnoy suggests one day at a time. I will also not got down if I fall. To the contrary I am proud of what I have done till now and I expect to fall every now &then.

Good attitude.

KOMT!

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Re: Solutions for Tonight
Posted by waydown - 26 Aug 2015 15:46

One Day Free!!!! (well its really 8/1 day free)

For those following me, I was about to write starting my journey again. But its not true I am not starting again rather I am leaving off and continuing where I left off prior to my last fall. I wnat to build on my 8 days of freedom. And thats the explanatiton for my parnethisis above

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Re: Solutions for Tonight
Posted by cordnoy - 26 Aug 2015 16:01

[waydown wrote:](#)

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For those following me, I was about to write starting my journey again. But its not true I am not starting again rather I am leaving off and continuing where I left off prior to my last fall. I wnat to build on my 8 days of freedom. And thats the explanatiton for my parnethisis above

I like that (although not everyone agrees).

Keep two sets of numbers; the first for beginnin' of real recovery (which hopefully it is), and the second for current streak.

It is similar to the accumulative days.

b'hatzlachah

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Re: Solutions for Tonight
Posted by waydown - 27 Aug 2015 14:44

8/2 Days free!!!!!!!!!!!!!!!!!!!!

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Re: Solutions for Tonight
Posted by cordnoy - 27 Aug 2015 21:15

[waydown wrote:](#)

8/2 Days free!!!!!!!!!!!!!!!!!!!!

tzarich lomar 9/2

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Re: Solutions for Tonight
Posted by waydown - 28 Aug 2015 14:36

10/3 Days Free!!!!!!!!!!

I must make two pointers;

1) While nite are still a struggle, I think my body is getting used to the idea of falling asleep without my daily lust dose (aka masterbation) BH.

2) This lust thing while stimulating and soothing always tended to make my body tired. In a physcal sense, I feel like I have more koach thoroughout the day.

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Re: Solutions for Tonight
Posted by Gevura Shebyesod - 28 Aug 2015 15:33

I went through the same process a few years ago when I stopped M-ing, I had a hard time falling asleep for a while without my "tzummy". But eventually I found that I actually needed less sleep! I had never realized how tiring acting out was until I stopped.

It gets better and better, KUTGW & KOMT!!

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Re: Solutions for Tonight

Posted by waydown - 28 Aug 2015 15:53

Thanks,

Well maybe one day I'll reach 770!!! (hey in chabad thats a great number!!!!) Till then it looks like a pipe dream.

Tell me so what did you do? How did you fall asleep without your tzummy?

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 28 Aug 2015 20:26

In the beginning I actually cried myself to sleep, just like a little baby without his tzummy...

I also started being careful to keep my hands outside my blanket. That also took a bit of getting used to.

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Re: Solutions for Tonight

Posted by waydown - 30 Aug 2015 21:26

13/5 days free!!!

M Shabbos/ last nite was very hard. The itch just hit me something terrible last nite. And to make it worse my wife was not in the mood of anything either. I twisted and turned quite a few times last nite. But I made it

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Re: Solutions for Tonight

Posted by waydown - 31 Aug 2015 14:02

14/6 Days Free!!!!

Ok so last nite I got lucky. The itch (my misquito bite!) was really terrible. I just needed that tzumi. So B"H my wife was in the mood and I was able to do it in a kosher manner. I know its a whole discussion when with your wife if its lust verse love. Giving verse taking. But at the end of the day for us beginners it was a big help. Knowing that I can just hold it in a bit and do it in a muter way has helped out. But now is when the challange really starts. My wife is now assur. So when a I get that huge urge like last nite what do I do?

(I am not exaggrrting last nite was like almost a diherria lust urge. I get those very now & then. IT just like must come out. So what do i do then?)

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Re: Solutions for Tonight

Posted by gibbor120 - 31 Aug 2015 20:58

There is no handbook for every specific situation. We try to take actions to reduce the nisayon. Sometimes we have to just white knuckle. It's a process. Keep working at it, stay committed to do whatever it takes. IY"H, you will see fruits of your labors.

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Re: Solutions for Tonight

Posted by waydown - 31 Aug 2015 21:15

I don't think I am unique. i would imagine its a common tendency for people to get very itchy (more horny) at times. The question is what do we do when the itch just drives us nuts.

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Re: Solutions for Tonight

Posted by waydown - 01 Sep 2015 21:42

I did forget to update my progress to 14/7.

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