

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

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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 markz - 15 Nov 2015 19:41

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Waydown

I hid a diamond in my garbage dump here

[jerusalemsexaddict wrote:](#)

17 Nov 2009

### **A Letter from Men to Women**

To all women,

On behalf of all men I would like to clarify a few points:

The floor is considered an acceptable clothing storage location.

When watching TV hugging is always fine because I can still see the screen. Kissing should only be done during timeouts and commercials. Questions should also be limited to this period

as you stand a much better chance of getting an immediate response.

If you don't like the way I am driving close your eyes. And I would appreciate it if you would refrain from making that reverse inhaling alarmed noise. I haven't hit anything yet and if I do it will be your fault.

If you want me to put the seat down when I am finished then you should leave the seat up when you are finished. It's only fair. And stop giving me a hard time about missing the bowl. What do you expect from an organ that has a brain of its own.

I will cook anything as long as it is on the BBQ.

Yelling to me across the house sounds exactly like stadium crowd background noise to me. I am not ignoring you.

Thank you for your understanding,

From all men.

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Re: Solutions for Tonight  
Posted by waydown - 15 Nov 2015 19:45

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Markz you gotta put tat up on the M shabbos humor post. I loved it!!!

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Re: Solutions for Tonight

Posted by waydown - 16 Nov 2015 15:40

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I did fall asleep clean last nite despite a strong desire but slipped in middle of the night.

Yes I post my slips on GYE because you guys ensure that its only a slip and doesn't end up being a fall.

And I still struggle with the fact that oh do I feel depressed or disappointed that I slipped? No not all. In fact I use to never make it for more than a day. I never even thought about holding in my desires for years. So the fact that I made it for a week and that I fell asleep without giving in makes me view it as a success. I think its a great approach. But this all comes with a great risk. Because now in my mind I don't view my life as unmanageable. In my mind if I am clean for a week at a time thats pretty darn good all considering. And even when I fall I don't get dragged down to start doing other averious (ie porn or on-line affairs) rather it stays at M"Z and thats it. Again its a mixed blessing. Yes its a good start but it makes life very manageable.

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Re: Solutions for Tonight

Posted by cordnoy - 16 Nov 2015 16:53

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[waydown wrote:](#)

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Because now in my mind I don't view my life as unmanageable. In my mind if I am clean for a week at a time thats pretty darn good all considering. And even when I fall I don't get dragged down to start doing other averious (ie porn or on-line affairs) rather it stays at M"Z and thats it. Again its a mixed blessing. Yes its a good start but it makes life very manageable.

but a blessin' nonetheless.

Enjoy life!

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Re: Solutions for Tonight

Posted by markz - 17 Nov 2015 00:12

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**My friend** Waydown - how are you keeping?

[my friend wrote:](#)

June 30 2015

...today is my first day... The little I have browsed the forums so far I have not noticed anyone quite as "waydown" as me... Bottom line where do I start first. I would say first is first stop the porn and flirting since I think the masterbation is just unstoppable

For me when I was breaking free, porn and flirting was not possible to stop, as long as I was hooked to M\*\*.

Please let me know if you were able to swing it - I'll be pleasantly surprised

[my friend wrote:](#)

Another random factor... my job is very stressful at times. For those who say you need to be calm. Try out my job and see for yourself

Strange - I have a stressful job which really keeps me on my toes, and helps me break from lust!

[my friend wrote:](#)

Here is my struggle. I have been masterbating (zera lvatla) since like 16. I am so addicted that I just can't fall asleep without it. And its often more thn once a day too. It's part and parcel of my life...

I don't see a way out of the masterbation thing. I can work on suppressing it for a day or two. (Usually I hold back on rosh hashana) But it comes back. It's pretty much analogous to the urge to go to the bathroom. My hormones just push this strong urge that I must relieve myself from. Telling me to hold in is basically like saying OK don't use the bathroom today

My friend - You laughed at the joke i posted here yesterday - the point was that an urge to go to the bathroom can be controlled - when - where - how - why - with what...

In the non Jewish world masturbating is recommended by some, and not condoned by most.

Yiddishkeit disdains Masturbating, so it creates confusion in my heart when [my friend wrote:](#)

"If its the fact that our rules are stricter aren't our rules stricter because the torah teaches us whats more moral. Thus breaking those strict moral rules makes our life more unmanagble"

"I think yiddishkit is a strong drive for me. Its part of what tells my heart whats right or wrong

even if its farshtupt. Without judiasm I don't know that I'd be here"

Noch ein zach

[my friend wrote:](#)

I am a respected bal habays in my mid 30's who is kovei etim and davens with minyanim daily

Your davenin' and learnin' may mean nothing to Gd, cos it's just something you do naturally like going to the bathroom.

We only earn points when we do ONE small difficult thing. Correction - when we do ONE percent of that!

All the best my good friend

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Re: Solutions for Tonight

Posted by eslaasos - 17 Nov 2015 00:22

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[markz wrote:](#)

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All the best my good friend

Please don't say the learning and davening of a compulsive luster may mean nothing to G-d. If you do, please back it up with a source.

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Re: Solutions for Tonight  
Posted by Shlomo24 - 17 Nov 2015 00:33

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[eslaasos wrote:](#)

[markz wrote:](#)

Your davenin' and learnin' may mean nothing to Gd, cos it's just something you do naturally like going to the bathroom.

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All the best my good friend

Please don't say the learning and davening of a compulsive luster may mean nothing to G-d. If you do, please back it up with a source.

well said, also i highly doubt that his davening and learning were completely out of habit. i am sure there are sparks of genuineness at THE BARE MINIMUM.

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Re: Solutions for Tonight

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Posted by markz - 22 Nov 2015 01:08

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eslaasos and Shlomo, sorry I should've written it a little lighter. But the point was valid

[eslaasos wrote:](#)

please back it up with a source

R Yisroel Salanter

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Re: Solutions for Tonight  
Posted by aryehdavid85 - 23 Nov 2015 17:04

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well said Sholmo! btw my feeling is that we addicts need to focus on our strengths and not on self-loathing and self-deprecation.

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Re: Solutions for Tonight  
Posted by Shlomo24 - 23 Nov 2015 19:14

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you may have a point that his avodah may not have been genuine but i repeat what aryeh dovid said, focusing on our weakness (at least in the beginning) will not help our acting out. and just because he is a compulsive luster doesn't mean that he wasn't genuine. someone who isn't genuine isn't genuine but i am not god and i can not claim to know the inner workings of god and others.

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Re: Solutions for Tonight  
Posted by markz - 23 Nov 2015 19:22

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As I said above i should've written it a little lighter - sorry about that.



**Yes there are sparks of genuineness at THE BARE MINIMUM.**

but I was making a point which is valid

You Shlomo a a good example of someone that has

done ONE small difficult thing. Correction - when ONE percent of that! (You did alot more than 1%)

This is is why I complimented you on your thread for being strong even during vacation period.

A bachur that behaves in yeshiva - yes he will be rewarded by Gd - BUT that doesn't define who he is. He in essence may be a porn addict, only cant act out due to some restraints (this was the idea mentioned by R' Yisroel Salanter ibid)

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Re: Solutions for Tonight

Posted by waydown - 23 Nov 2015 19:25

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Markz,

I have not been on the past few day due to a computer crash.

Re your R Yisroel Salnter totally does not mean that learning or davening is nothing. All he says is not to do things out of teva. Well davening and surely being kvai etim is not out of teva. Learning nedarim with all the rans then nazir with tosfas is very very diffiuct and was a big push.

I often don't talk so sharp but you are way off. Sorry torah and davening mean alot for g-d. Torah is in fact a protector for these kedusha stuff. I think what you are suggesting is boderline kefira. More generally its very hard to post stuff based on a few lines from some sefer. Thus you are 1000% wrong. Torah and tefila help tons. And I hope noone takes your words for granted.

Now yes I do take back an earlier post where I thought OK I'll just stop porn and flirting but continue masterbating. I admit that if I don't control my masterbation then my yetzer will pull me back into the mud. One lust leads to another lust and its highly inseparable. But I will point out that I have seen alot more success in the area of porn and flirting verse masterbation. In my case the masterbation is the hardest thing to conquer. And if I slip every now & then as long as I am with GYE I feel like it stops at masterbation. That doesn't make it kosher. But thats where I am holding.

I am still not sure what your point is re masterbation and going to the bathroom. All I will say is try sleeping at night when you have to pish (excuse my french) and see how easy it is to fall asleep. Masterbation some nights is the same.

I still stick to what I said. Part of what brings me to GYE is being a frum yid tells me what right or wrong.

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Re: Solutions for Tonight  
Posted by waydown - 23 Nov 2015 19:30

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By the way I am clean for 3 days but my wife was muter now comes the hard part.

As a side point, I don't fully get the 90 days thing. Its suppose to break ones habit. But if he can still have sex with his wife what habit is he breaking? In fact say his wife is pregnant or on pills that she never gets a period how does that work?(especially after masterbation was his problem.)

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Re: Solutions for Tonight  
Posted by cordnoy - 23 Nov 2015 19:37

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[waydown wrote:](#)

By the way I am clean for 3 days but my wife was muter now comes the hard part.

As a side point, I don't fully get the 90 days thing. Its suppose to break ones habit. But if he can still have sex with his wife what habit is he breaking? In fact say his wife is pregnant or on pills that she never gets a period how does that work?(especially after masterbation was his problem.)

If he is usin' his wife as he does 'the tissues' or whatever receptacle he normally uses to masturbate into, you are darned right!

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