

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 waydown - 03 Dec 2015 17:56

Hashivalisesonyishecho,

I saw what those triggers are and got rid of them too. And trust me I have a whole list of behaviors that I have changed to avoid those triggers.

However sometimes I can be learning torah and doing everything right with no triggers yet I can't fall asleep at night without acting out. And thats my greatest problem.

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Re: Solutions for Tonight

Posted by waydown - 03 Dec 2015 18:08

Markz,

I still stick to my opinion that yiddishkit is what brought me to GYE and made my life somewhat unmanageable. And BH it did. Now aside from moral values judiasm also has built in fences so what don't commit the real immoral stuff. I am not a rav and certainly don't know all the

reasoning behind mitzvas and averious. But I don't think its far stretched to say that masterbating is about fantasizing sex. If one fantasizes about it then it can easily bring him to actually bring his fantasies to fruition. That's one of the reasons why even secular addicts in SA (I never went to any meetings but so I hear) work on stopping masterbation. Yes there are other reasons as well but I think this is definitely on the list.

And I am still not sure why you refute my going to the bathroom analogy. No its not the same. A human will die if he won't go the bathroom. I won't die if I don't masterbate. But most of us won't die if we don't go the bathroom in middle of the night and push it off till morning. Yet we won't be able to sleep either. The same is true for the urge to masterbate.

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Re: Solutions for Tonight
Posted by Shlomo24 - 03 Dec 2015 19:08

[quote="waydown" post=270303]But I don't think its far stretched to say that masterbating is about fantasizing sex. If one fantasizes about it then it can easily bring him to actually bring his fantasies to fruition. **That's one of the reasons why even secular addicts in SA (I never went to any meetings but so I hear)** work on stopping masterbation.[/quote]

why do you claim to know things that you don't? (i was called out abt this earlier and i realize that i was wrong). why can't masterbation be reason alone? unmanageability has nothing to do with religion.

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Re: Solutions for Tonight
Posted by waydown - 03 Dec 2015 19:20

Shlomo,

Masturbation could be a reason alone but I think it can also be the reason listed above. I don't think the two are mutually exclusive.

Re religion well not to rehash old fights but perhaps that's not what made your life unmanageable but it is what makes my life unmanageable. I only talk about and for myself not others.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 04 Dec 2015 00:59

[Shlomo24 wrote:](#)

[Hashivalisesonyishecho wrote:](#)

[Shlomo24 wrote:](#)

the sa requirement for membership is "a **DESIRE(!!!!!!!!!!!!!!!)** to stop lusting. that is it.

Warning: Spoiler!

I am not sure what you mean.

It's nice to be taken so seriously but I must admit that it isn't justified

Warning: Spoiler!

I didn't mean anything by it. I was just being a little sarcastic as if to say that strong desires don't serve us. But really they could serve us if they motivate us to act in the right direction. The action being what cords said in his post titled ***What 'Cortes' meant:***.

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Re: Solutions for Tonight
Posted by Shlomo24 - 04 Dec 2015 17:47

[Hashivalisesonyishecho wrote:](#)

[Shlomo24 wrote:](#)

[Hashivalisesonyishecho wrote:](#)

[Shlomo24 wrote:](#)

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I didn't mean anything by it. I was just being a little sarcastic as if to say that strong desires don't serve us. But really they could serve us if they motivate us to act in the right direction. The action being what cords said in his post titled ***What 'Cortes' meant:***

ohhhhh, i'm a little slow with these things sometime... no need to be sorry

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 06 Dec 2015 05:19

[waydown wrote:](#)

Hashivalisesonyishecho,

I saw what those triggers are and got rid of them too. And trust me I have a whole list of behaviors that I have changed to avoid those triggers.

However sometimes I can be learning torah and doing everything right with no triggers yet I can't fall asleep at night without acting out. And thats my greatest problem.

Getting rid of triggers isn't yet the recovery. It's just necessary to do in order to get into the

recovery process. Now that you have gotten rid of all the triggers(if you have, because maybe there are some that you don't realize and they will become evident during the process of working towards recovery) it's time to get working with a recovery program.

My program so far is talking to a chaver/sponser on a regular basis. But today I made some decisions to get rid of some additional triggers because I see that my mind isn't completely there to facilitate the recovery process because I'm clouded by lust. I thought of this and decided this today when they lained ?????????????????????????????????????????????????????????????????? I was thinking that this is what we need to do with all triggers. Just say
No!No!No!No!No!No!No!No!No!No!No!No!No!No!No! to drown out the voice of the maisis and don't allow any discussion to reason with your decision of No! Now I hope my program will be more effective. I believe that my program is somewhat effective already and I also believe that it is through my program that I have what it takes to come to such decisions and to hear this message during krias haTorah.

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Re: Solutions for Tonight
Posted by waydown - 06 Dec 2015 18:00

So just say No No No!!!! etc..

very nice so now when you see an attractive lady you will say no but the mind will still be thinking about it. And at night when I can't sleep without my daily dose of lust saying no means not sleeping

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Re: Solutions for Tonight
Posted by Hashivalisesonyishecho - 06 Dec 2015 18:07

[waydown wrote:](#)

So just say No No No!!!! etc..

very nice so now when you see an attractive lady you will say no but the mind will still be thinking about it. And at night when I can't sleep without my daily dose of lust saying no means not sleeping

It seems clearly that you need a recovery program besides just white knuckling against all triggers. This is what I have been saying.

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Re: Solutions for Tonight
Posted by Shlomo24 - 07 Dec 2015 03:40

this thread is evident that many ppl on gye have hearts of gold

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Re: Solutions for Tonight
Posted by Bigmoish - 10 Dec 2015 18:50

If we are going to have a conversation that is way off topic, we can do it on your thread or mine. Let's not hijack other people's threads.

[waydown wrote:](#)

Moish,

I can only tell you to please look at it from the eyes as one who never joined GYE. perhaps think back to your days before GYE. What did you consider mikva nite then? Was that really only because you were a luster but your friends in shul & yeshiva all considered it about love and giving with nothing in return. Or perhaps lets go back to shidduch days. Are there lots of boys whose #1 thing was a pretty girl? (unless money is #1 so this becomes #2) me and my friends were all like that? Ask a shadchan how hard it is for a not as attractive girl. So what's that about? Are they all thinking you know to really love and give to someone I need a very pretty girl? Or is their some kind of receiving that they want? Again do you think R chaim Kaniefsky cared or cares no? But how about your typical Lakewood bochur?

Again, why do you care about "your typical Lakewood bochur?" Why do you need to bother yourself with how I thought about women when I was in shidduchim? Worry about yourself!

[Bigmoish wrote:](#)

We were doing better when we were sharing our experiences and telling others what works and doesn't work for US. Once we start all the conjecturing about "most normal people," "we are this/that," and "humans are humans," we cross out of the realm of being useful to others and into the realm of brainless drivel.

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Re: Solutions for Tonight
Posted by markz - 10 Dec 2015 19:43

My friend Moish, I was saying the same thing as you said to our friend waydown in your last post

You said it in English, I said it in bowling shprach

KOTPB keep on ten pin bowlin'

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Re: Solutions for Tonight
Posted by waydown - 10 Dec 2015 20:00

Moish,

"Again, why do you care about "your typical Lakewood bochur?" Why do you need to bother yourself with how I thought about women when I was in shidduchim? Worry about yourself! "

Because that's my point. You can't expect someone to be unrealistic. The way we are made is that its normal to have a little lust inside us. And so to infer that its totally incorrect and that its

only permissible in the face of committing more averious is I think unfair and disingenuous. Basically people are saying don't be normal. As I outlined in my circles its normal to lust for ones wife.

And so if one wants to suggest well addicts have to take measures beyond what's normal just as its normal to take a drink every now & then but an alchohlic stays far away OK I get that. (Although I can't fully understand that because we are still married and many want to have kids. And so its like telling an alchohlic drink but you can't enjoy your drinks or get high. But then again maybe a sex addict should live like a priest and not a have kids or any relationship. That's quite rash).

But to say overall that we can't lust for mikva nights when that's the norm is just difficult to comprehend.

And this is why I have been trying to only lust for my wife and when I see others I say hey my wife is so much prettier why lust for someone else. For me saying to do something not the norm is difficult to comprehend.

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Re: Solutions for Tonight
Posted by eslaasos - 10 Dec 2015 20:22

A Rebbe told me once with regard to lust - you can't control what comes into your head, what happens next is up to you.

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