

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 - 17 Dec 2015 21:15

Here's how I perceive selfish: Doing something primarily to satisfy oneself.

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Re: Solutions for Tonight

Posted by gibbor120 - 17 Dec 2015 21:21

Maybe "primarily" is a better word. Either way, it does not necessarily hurt another, although it often unwittingly does.

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Re: Solutions for Tonight

Posted by cordnoy - 17 Dec 2015 21:21

One may be the most generous person in the world, but if you even want the feel-good feelin' of givin', you are selfish.

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Re: Solutions for Tonight
Posted by markz - 17 Dec 2015 21:57

[cordnoy wrote:](#)

One may be the most generous person in the world, but if you even want the feel-good feelin' of givin', you are selfish.

Pirush (let me know if I'm way off mark. Btw I'm only replying to Cord, I don't know what it says previously. Cos I have a thick head and as a policy do not read long drashas, especially if there are posts swinging around and around and around the thread

If you feel good giving you're normal

If you want that feeling you're selfish

If you enjoy sex you're normal

If you want that feeling you're selfish

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Re: Solutions for Tonight
Posted by eslaasos - 17 Dec 2015 21:59

Nice.

However, since normal and selfish are not contradictory I'm still waiting for the other shoe to drop.

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Re: Solutions for Tonight
Posted by waydown - 17 Dec 2015 22:56

If selfish is not used in the context of hurting others then what's wrong with being selfish? I'll take it a step further, if while you are taking self pleasure you make sure that the other party enjoys it to whats wrong with taking that pleasure? However, I contend even if not pleasing the

other party if it doesn't hurt them who cares? When I eat kugel by a Kiddush, I do it solely because I enjoy it. Do I need that kugel for nourishment? In two minutes I will go home and eat a meal. So when I eat that kugel I clearly am eating it as cords says" to primarily to satisfy oneself". Is everyone by a Kiddush selfish?

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Re: Solutions for Tonight

Posted by waydown - 17 Dec 2015 23:13

Gibbor 120,

Re "Also, many people come here and think their lusting doesn't harm anyone else. Many came to realize that they were wrong (even if their wife never "found out")."

Yes certain aspects of lust do harm others. If because of my lust family time or parnasa is worsened then yes it hurts others. But if lust is kept at bay without affecting any quality of life issues then its my own personal averio but I fail to see how that hurts others. I do realize that its a big if. Since lust can be a wild animal and hard to tame to limits of not hurting others.

Furthermore,for my wife she actually enjoys it and feels great that I lust for her. (I won't get graphic but suffice it to say she feels honored). And yes I show her love and respect as well. And I use to hide my lust from her at one point but now when I express my emotions and show excitement our life has improved.

Re "This was one of my breakthrough realizations. I did not understand it at first, and had no idea that my addiction had anything to do with selfishness".

Maybe your addiction had to do with selfishness. I don't profess to know everyone's root cause. But I know myself. My lust habits came from a combination of a few things. 1) is growing up in a house where tznuis and lust was not an issue (despite being a charedi home).2) I did have certain bumps in the road earlier in life. I got use to lusting before marriage and way before it hurt others. Once I get used to lusting its purely like cigarettes. (By the way one who smokes his hurting his wife and kids too. After all he risks dying young. Is he selfish too? Or no he is simply addicted) Or like they say about pringels once you pop you can't stop. I guess it boils down to what selfish is. I don't think one is selfish unless he hurts others in the process.

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Re: Solutions for Tonight
Posted by cordnoy - 17 Dec 2015 23:15

I don't know what the entire issue is, but can someone explain to me why a person would argue on the dictionary? Is there nothin' absolute in the world?

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Re: Solutions for Tonight
Posted by waydown - 17 Dec 2015 23:16

Here is a copy & paste from Webster's dictionary on the word selfish. Both definitions revolve around hurting or disregarding others

Full Definition of selfish

1. concerned excessively or exclusively with oneself : seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others
2. arising from concern with one's own welfare or advantage in disregard of others

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Re: Solutions for Tonight
Posted by markz - 17 Dec 2015 23:21

Unfortunately it's been a long time since I've been full time in beis medrash

Waydown, Forgive me but I can't follow all the lomdishe chakiros

Also ???? say ?????? ????????

Does that mean that we give the YH the mike?

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Re: Solutions for Tonight
Posted by waydown - 17 Dec 2015 23:37

Markz,

I am not really sure what you are asking.

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Re: Solutions for Tonight
Posted by cordnoy - 17 Dec 2015 23:39

having or showing concern only for yourself and not for the needs or feelings of other people.

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Re: Solutions for Tonight
Posted by waydown - 17 Dec 2015 23:50

Will yes & no if its relevant to regard the feeling of others and you disregard them, then yes you are selfish. But if its irrelevant like eating kugel in shul then pleasing myself is not selfish since there are no others involved.

In other words if it doesn't affect family life at all its just self pleasure then its not selfish

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Re: Solutions for Tonight
Posted by eslaasos - 17 Dec 2015 23:52

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