

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 waydown - 18 Dec 2015 16:09

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Cords,

Sorry you totally went over my head. Here is what you wrote,

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

I can't say you are wrong but you leave out a very important condition. That is one must be "Doing something primarily to satisfy oneself ***while disregarding another persons feeling***" without that last part you are NOT selfish. To put it in more simpler terms one who is single and not married if he chooses to view porn he is not selfish since he is not disregarding another individual's feelings. Henceforth the act of lusting in it of itself is not seilfish.

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Re: Solutions for Tonight

Posted by waydown - 18 Dec 2015 16:12

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eslaasos,

The nafka mina is since according to some recovery models one has to work on realizing that

he is selfish. According to Webster's dictionary that is not a requirement for recovery. (Although if someone feels he is selfish then yes work on it please.)

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Re: Solutions for Tonight  
Posted by waydown - 18 Dec 2015 16:15

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If the guy is stuck in the snow and people try helping him by suggesting that he do insensible things to get out and he does not listen then yes your moshol is great.

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Re: Solutions for Tonight  
Posted by markz - 18 Dec 2015 16:29

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I was thinking of starting to sell earmuffs...

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Re: Solutions for Tonight  
Posted by waydown - 18 Dec 2015 17:47

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I should note that one who lusts generally is what we call a bal taiva. So if anyone is making an argument that one who lusts is obsessed with fulfilling his desires and one has to learn hisbatlaus and refrain from seeking self satisfaction that's a very vaild pointer.

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Re: Solutions for Tonight  
Posted by markz - 18 Dec 2015 19:40

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That was too lomdish - lets keep it simple

"One who lusts generally" is actually lusting

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Re: Solutions for Tonight

Posted by gibbor120 - 18 Dec 2015 19:42

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I disagree with Websters. Sorry. Although, I do think that is the way most people think about it, especially in our society where the basic rule of morality is "As long as you do not harm another - anything goes". I think one can be selfish even if it does not harm another.

Secondly, everything we do has a spiritual impact on the world, so we are doing damage to others (and ourselves as well). Very often, especially with lust, others do get hurt even on a non-spiritual level.

Yes, the guy eating kugel is doing something selfish, and most of us do tons of selfish things. I don't know anyone living kulo l'shem shomayim. I didn't say we should never do anything selfish. I don't think it's possible. Just recognize it for what it is.

My disagreement is only (1) about the definition of the word "selfish", and (2) the fact that acting out in private hurts no one.

If you are doing well, and happy with your mehalech, and it's working - great!

Some of us have found that working to focus on another (including G-d) has helped.

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Re: Solutions for Tonight

Posted by cordnoy - 18 Dec 2015 19:45

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[gibbor120 wrote:](#)

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gibbor, Websters actually agrees with you.

It is also referred to as bein' self-centered.

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Re: Solutions for Tonight

Posted by waydown - 18 Dec 2015 20:12

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Cordnoy,

That's not true please don't try to mix up the truth. Webster very clearly states what selfish or self-centered again here is the copy & paste of self centered,

Simple Definition of self-centered

too interested in yourself and not caring about the needs or feelings of other people.

Its very clear that its in the context of hurting others. Sorry if that contradicts what the holy SA books say. But please don't distort the truth.

I should note Gibbor120 makes a valid point and I don't contend that its sacred to argue on the holy Webster if you'd like. Gibbor does admit that its not the typical "normal" definition of selfish. Although I personally disagree with Gibbor I understand and get his point.

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Re: Solutions for Tonight  
Posted by cordnoy - 18 Dec 2015 20:47

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When someone masturbates, he is interested in his needs and he's not interested in the needs of others.

That is the exact definition of self centered.

Hypothetically, if someone would be selfish or self centered, he probably wouldn't understand the above.

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Re: Solutions for Tonight  
Posted by skeptical - 19 Dec 2015 23:41

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A group of people were traveling in a boat. One of them took a drill and began to drill a hole beneath himself.

His companions said to him: "Why are you doing this?" Replied the man: "What concern is it of yours? Am I not drilling under my own place?"

Said they to him: "But you will flood the boat for us all!" (Quoted in Midrash Rabbah, Vayikra 4:6).

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Re: Solutions for Tonight  
Posted by waydown - 20 Dec 2015 01:13

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"When someone masturbates, he is interested in his needs and he's not interested in the needs of others."

Who says he is not interested in others??? What makes you say that? Do you mean if one is married he is betraying his wife? Maybe. But how about one who is single?. He is simply interested in satisfying himself. That does not mean he is not interested in others. (In fact I have had times where in middle of masturbation I got up to help my kids. I do not see the two as a contradiction.)

Furthermore, if he is addicted he does not *want* to hurt others. He is defintley *interested in the needs of others*.He is simply addicted. Thus I would venture to say even if he does hurt others while yes its selfish its a low level of selfish ( a very narrow term and stretch of the word selfish)since he is addicted, has limited control and feels bad about hurting others.

I would compare it somewhat to cigarettes. Doesn't one realize that he will hurt his wife & kids in the long run and may die young? Is he selfish? How about the many gedolim that smoked even after studies came out that it was unhealthy? (yes some quit but others didn't) Some of them were the biggest bali chasadim and totally ibbergigben people. Just they had an addiction. And this comes to the core of Gibbors argument too. Even if its just satisfying oneself why didn't

these gedolim say we don't need cigarettes. We won't die without them. Because if one quits smoking he gets headaches and can't learn and function normal. Very similar to one who can't sleep without his dose of lust. Is that selfish?

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Re: Solutions for Tonight

Posted by waydown - 20 Dec 2015 01:17

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Skeptical are you saying that as yidden we are all on one boat thus by lusting we are hurting others? very true. So from a jewish perspective any sin hurts others. So if I say loshon hara I am selfish because I hurt others and m only doing it to satisfy myself?

(maybe that's why loshon hara is my fav averio after lust bec I am sefish guy? Who knows. There may be some connection between kedushas hapeh and kedushas enim.)

So then it becomes a jewish argument. Fair enough.

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Re: Solutions for Tonight

Posted by markz - 20 Dec 2015 01:24

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If your current life is normal, I wouldn't dare suggest you change it, in case you get headaches...

Just please don't say lashon hara that everyone in the religious world has the same normality that you do

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