

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 gibbor120 - 21 Dec 2015 18:57

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I'm not sure if "self-centered" is a better word. It implies someone who has him"self" in the center and primarily focuses there.

If you stop acting out to help your kids, you are truly better than me. I ignore them and resent their presence when I act out. I feel quite guilty about it, and it's one of the ways that I knew I

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Re: Solutions for Tonight

Posted by waydown - 21 Dec 2015 20:32

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Gibbor 120,

Yes when needed I do stop acting out to help my kids. Although I do confess that when I did flirting on-line it had a ripple down effect on family time and children time. It took me double the time to complete work and my mind as on that rather than my kids. But that's more a natural long term affect. In the sort term (Like on the moment when needed) I would stop. Furthermore, that is what drove me to stop that behavior. However, unfortunately my M"Z is not seen is a drag on my family so in my mind why the push and urgency to stop.

Perhaps self centered is a better more proper term. I assume you generally mean the altitude of one who seeks to pursue self pleasures in this world. However, I still fail to see why this act in terms of focusing on one's self is worse than say smoking where I am seeking self pleasure and I am addicted to. Is smoking an equally self centered act? If no why not?

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Re: Solutions for Tonight

Posted by gibbor120 - 21 Dec 2015 21:10

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I don't know. Compare a group of smokers and a group of sex addicts and see who is more self-centered. I don't know. I was never addicted to smoking, so I can't say.

from the little I know, it seems that sex addicts get themselves into a lot more trouble, and do a lot more damage than smokers.

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Re: Solutions for Tonight

Posted by waydown - 21 Dec 2015 21:24

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So is self centered measured by how much damage and trouble one's actions cause?

Where I am getting at is, yes its true lust may involve a certain self centered altitude. But is the route cause self centristm or is the root cause simply an addiction as I am addicted to smoking. Many smoker started smoking at age 17 because it was cool or their friends are smoking not because they were depressed or self centered. Why isn't lust the same? So I started at 17 because television and the secular society glorifies women and am simply addicted.

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Re: Solutions for Tonight

Posted by markz - 21 Dec 2015 21:26

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I'd say about myself, when I was lusting - ***I was addicted to being self centered***

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Re: Solutions for Tonight

Posted by waydown - 21 Dec 2015 23:52

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Thanks Markz however I don't know that its a rule regarding my lust and how it manifests itself. Certainly, if it means disregarding other people's feelings while satisfying ones own pleasure I don't see how it manifests in me. I suppose if it means indulging in one's own self **regardless** of whether it harms others than yes I am indulging in enjoying and satisfying myself. However, if you do mean the latter when your refer to self centered than I don't see myself different than say one who is addicted to smoking. In both instances we know that we don't need our pleasure. We know we won't die without it. Yet we pursue our pleasure because we are addicted. Every addiction is about satisfying ones self. The same is true for my coffee addiction. Am I self centered because I **need** my coffee. And then the term self centered is a very loose term that would apply to a large portion of society.

I do notice how the discussion has shifted from selfish to self centered. So I think even cords agrees that its not selfish rather self centered? But maybe I am misreading him.

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Re: Solutions for Tonight

Posted by eslaasos - 22 Dec 2015 00:36

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Maybe Cords gave up.

I thought you conceded that since we are all areivim zeh l'zeh every persons aveiros do harm everyone else? I believe you called it a Jewish argument.

As an extension of that, do you think it doesn't have an effect on you, and that it doesn't change you as a person? Everyone else seems to acknowledge that extended indulgence reinforces negative habits that bring you down spiritually, emotionally and physically. How can you say that bringing down your children's father and your wife's husband, you employers worker etc. is not selfish?

Secondly, you agreed a while back that your wife would not be happy if she knew you were indulging in lust, so I would think that would also constitute as selfish. Even if you think keeping it a secret is not self-serving at her expense, what are the odds of being caught eventually? I have no idea but it's not that uncommon. For argument's sake let's say it's 5%. Do you think taking a risk with a 5% chance of breaking your wife's heart just so you can enjoy yourself is not selfish?

Thirdly, I believe you recognize the issue of tolerance, as you have posted that you find yourself considering actions that you were not even aware of a few years ago. The typical trend of lust is to devolve to actions that are socially unacceptable, and physically dangerous. Not everyone gets there, but again, are you willing to take even a 5% chance that you are heading down a path that could end in STD's, unemployment, divorce etc? Now I know we addicts all take that chance because our urges overwhelm us, but that's pretty obviously selfish behavior.

Lastly, for a well-written post on why lusting after your wife is a bad idea,

[click here](#)

The basic idea is that intimacy can be an emotional and spiritual bonding experience. To deprive your wife of that in exchange for a physical thrill is not selfish? To deprive your children of the experience of growing up in a home where the parents have that connection is not selfish? The thoughts you have when your children are being conceived affects what they will be. To shortchange your unborn children like that is not selfish?

Don't get me wrong, I recognize that your original argument was that you are using your wife as a lust quencher, and diverting your lust to her as a short term measure, understanding that a long term solution needs to be found, but you do yourself (and the other readers of this forum) a disservice by claiming you are not acting selfishly.

And what's the point of this whole shakla vetarya? Since you agree it's not your long term goal, it's obviously a bdieved. Does it matter how much of a bdieved it is? Does it hurt so much to acknowledge that your behavior is selfish?

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Re: Solutions for Tonight

Posted by eslaasos - 22 Dec 2015 14:07

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Hi Waydown,

You presumably received the email of my post last night. I thought it over this morning and deleted the post. While IMHO the content was true, the delivery was entirely wrong.

I apologize and I hope there are no ill feelings.

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Re: Solutions for Tonight

Posted by Bigmoish - 22 Dec 2015 14:33

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[waydown wrote:](#)

I do notice how the discussion has shifted from selfish to self centered. So I think even cords agrees that its not selfish rather self centered? But maybe I am misreading him.

From google:

self-ish

adjective

(of a person, action, or motive) lacking consideration for others; concerned chiefly with one's own personal profit or pleasure.

"I joined them for selfish reasons"

synonyms: egocentric, egotistic, egotistical, egomaniacal, **self-centered**, self-absorbed, self-obsessed, self-seeking, self-serving, wrapped up in oneself

Let's not get all wrapped up in semantics.

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Re: Solutions for Tonight

Posted by gibbor120 - 22 Dec 2015 16:34

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I never said anything about "root cause" (i don't think).

Many of us were escaping some pain, and retreated into self-absorbed, self-centered, selfish, self-gratifying, self-destructive behaviors. (I think you may have mentioned something about your childhood in a previous post)

I have met a few people here that claim they just got hooked and couldn't stop. No issues growing up.

Either way, trying to be more outward focused has helped me and others, and even if it doesn't, at least you are doing a chessed.

I can't tell you what your root cause is. You have to figure that out. It could be a combination.

I have never done a study comparing smoking to sex addiction. I can only tell you what I have experienced, and what I have seen others post.

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Re: Solutions for Tonight

Posted by waydown - 22 Dec 2015 17:11

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Moish,

On the one hand we say part of the 12 steps are that we realize that we were selfish

Then on the other hand we say lets not get caught up in semantics.

This is where my question lies. I don't think I am selfish or self centered. That's the point. And so if part of recovering is to realize we were selfish I don't see that applicable to me. Thus how would I still work my 12 steps when it doesn't apply to me?

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Re: Solutions for Tonight  
Posted by waydown - 22 Dec 2015 17:14

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Elassos I never saw that message but you did get me curious. Please feel free to PM me

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Re: Solutions for Tonight  
Posted by eslaasos - 22 Dec 2015 17:18

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Are you sure? I took it down for a reason. Do you want the original or a cleaned up version?

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

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[waydown wrote:](#)

Moish,

On the one hand we say part of the 12 steps are that we realize that we were selfish

Then on the other hand we say lets not get caught up in semantics.

This is where my question lies. I don't think I am selfish or self centered. That's the point. And so if part of recovering is to realize we were selfish I don't see that applicable to me. Thus how would I still work my 12 steps when it doesn't apply to me?

waydownup, have you actively worked on the 12 steps? selfish a'hin/ serlfish a'here, it sounds like you are dismissing a well known method without even really trying it.

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