

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

=====
=====

Re: Solutions for Tonight

Posted by Bigmoish - 23 Dec 2015 19:08

It's interesting that you seem to be making the assumption that everybody who views porn and masturbation as selfish acts is a "stepper."

=====
=====

Re: Solutions for Tonight

Posted by waydown - 23 Dec 2015 19:45

Moish,

My grammer is not that great so forgive me. I had to google the word "steeper"

Anyhow my greater point, I am not a physicologist nor a social worker and I don't contend that I know why "everyone" does something. I just know myself and question if conventional wisdom is one size fits all?

=====
=====

Re: Solutions for Tonight

Posted by Bigmoish - 23 Dec 2015 19:54

I apologize. It's probably a chisaron on my part, but I don't understand what you mean.

What I meant by "stepper" is "someone who takes the actions of the 12 steps."

Again, you seemed to imply that anyone who thinks of porn and masturbation as selfish, is someone who is a member of the 12 step program. Am I mistaken in my understanding?

(Also, if anyone is interested in joining my informal study, they can share their opinion here: guardyoureyes.com/forum/19-Introduce-Yourself/272099-Is-pornography-and-masturbation-selfish)

=====
=====

Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 24 Dec 2015 01:17

I have been following this conversation in a cursory way and haven't chimed in with my 2 cents because I don't really see the point. Selfish shmelfish! A nafka mina? So then what's wrong with masturbating? A gevaldige kashe! If you need someone else to tell you to stop and to explain why it's wrong then the chances of you being serious enough to do what it takes to change your ways are slim, my son. If you want to be a good Jew and stop just because The Torah says so, then what's there to question? If this is just a lomdishe study to be doresh taamei dekra, then you might do better asking in a bais midrash or asking the humble scholar who sits in the back and has all the answers to the toughest hashkofo shailos. But if you want to stop simply because masturbating makes you feel like a lowly slob then who cares to understand it, just stop and start feeling like a respectable mentch.

=====
=====

Re: Solutions for Tonight

Posted by take it easy - 24 Dec 2015 01:27

I hear where u are coming from but I think that is dependent on the person for some understanding what's the nature of the addiction helps them work on it better.

=====
=====

Re: Solutions for Tonight
Posted by markz - 24 Dec 2015 01:33

[take it easy wrote:](#)

I hear where u are coming from but I think that is dependent on the person for some understanding what's the nature of the addiction helps them work on it better.
Hi Mr TIE, welcome to the hearty forum, if you'd like to introduce yourself where you are coming from we'd love to share our journey together

I just have a hard time get in my head around what **looks to me** like guys join this website and I promise you TOTAL recovery is possible, and we squander it

=====
=====

Re: Solutions for Tonight
Posted by take it easy - 24 Dec 2015 05:41

Hi and thank you. Very much for the warm and welcoming invitation to this forum. I really get. A lot of chizuk from all the people who post on this forum so thank you. I am here to stop a masturbation problom that started in my early teen years.

=====
=====

Re: Solutions for Tonight
Posted by cordnoy - 24 Dec 2015 13:49

After researching this and after speaking to other people about this (which can be a good idea for people to do as well), I'd like to concede a point.

To be human is to be selfish or self centered.

That is the struggle of our life.

Reb shimon shkop said that the Torah writes to love your friend as yourself, for inherent in every human is to love himself and one wants to do good to please himself. The kuntz is to expand oneself, to expand the horizon of the 'ani' and include others. In a sense, by making others into us, we wanna do good for them because they are us. We can do a selfless act out of selfishness, and that is a positive thing. The balance is crucial.

Now, getting to chocolate, Lamborghini's and masturbation. One can crave these items, for they provide pleasure to himself, and that in a sense is fine. When it crosses the line, or as rabbi bechofer says, depending on its inherent magnitude, that is when it ceases to be completely selfless, and transcends into selfishness.

In a vacuum, one can obtain these things without adversely effecting others, but once someone is married, works, has friends, part of a family or community, every act needs to be analyzed from a cba (thanks nederman) cost and benefit analysis. What is it costing me or others? Is it time, money, friendship, pleasure, health, etc. and specifically regarding one who is married and he acts out? Yes, he is eating Rosemarie pie, but at what cost? Did this take away time that he should have used for family or work? Will he be less attentive to the needs of his family? Will this, and especially on a consistent basis, affect his relationship with his wife? Will it detract at all from his desire to be intimate with his wife? Will it decrease his pleasure? Her enjoyment? What happens if he is caught? Is he including others in his decision? Does he have full regard for them?

Or, is he committing this act without regard of others?

I will conclude with one other thing. Those of us who have opened up to others and our identity is known to others, when we write something here, we are inherently being more open and honest than the pajama basement hacker. It, thank the good Lord, helps us evaluate our life with even more honesty. I am not insinuating that the pjh is bdavka saying untrue things, but he doesn't have that fast checker and might not have that extra dig deep mentality that some of us have. That is why I continue opening myself to others. I thank all those who know me and help me with recovery, for I know I couldn't do it without them. I have a tremendous ego. I am full of self pride and self centeredness. Many of my actions are determined by that. I need others so I can work on making my life closer to selfless than selfish. Thank you.

B'hatzlachah to all

=====

====

Re: Solutions for Tonight

Posted by gibbor120 - 24 Dec 2015 14:06

[take it easy wrote:](#)

I hear where u are coming from but I think that is dependent on the person for some understanding what's the nature of the addiction helps them work on it better. Welcome! I used to think that I needed to understand "the nature of my addiction", but I found out here that trying to understand was just my way of trying to be in control. I had to trust others, which by definition is giving up control. Naaseh V'nishma.

Also, understanding is not a great motivator. Ask anyone who has tried to stop smoking. They "know" it's bad, but it doesn't help much. Once they start coughing or have a scare with cancer, THAT is motivation. I had to give up on trying to understand and start trusting those who are in recovery. DO what they DO.

Dov has a great line (quoted from his sponsor maybe?) "you can't think yourself into right living, you can only live yourself into right thinking" (something like that).

Some things don't make sense until you DO them.

Hatzlacha! Keep posting!

=====
====

Re: Solutions for Tonight

Posted by eslaasos - 24 Dec 2015 16:51

[gibbor120 wrote:](#)

[take it easy wrote:](#)

I hear where u are coming from but I think that is dependent on the person for some understanding what's the nature of the addiction helps them work on it better. Welcome! I used to think that I needed to understand "the nature of my addiction", but I found out here that trying to understand was just my way of trying to be in control. I had to trust others, which by definition is giving up control. Naaseh V'nishma.

Also, understanding is not a great motivator. Ask anyone who has tried to stop smoking. They "know" it's bad, but it doesn't help much. Once they start coughing or have a scare with cancer, THAT is motivation. I had to give up on trying to understand and start trusting those who are in recovery. DO what they DO.

Dov has a great line (quoted from his sponsor maybe?) "you can't think yourself into right living, you can only live yourself into right thinking" (something like that).

Some things don't make sense until you DO them.

Hatzlacha! Keep posting!

Gibbor, I am seeing the truth of your point more as time goes by, but I would ask you to clarify it with where to draw the line. It seems poshut that the root causes of escapism can be helped somewhat with therapy, perhaps CBT, perhaps a good step 4. These all require thinking, and like most things in life a little common sense doesn't go amiss. Can you please elaborate on how you define the balance? TIA

=====
=====

Re: Solutions for Tonight
Posted by gibbor120 - 24 Dec 2015 17:29

Don't have time this minute, but Bli Neder I will. If I forget, please remind me.

====

Re: Solutions for Tonight
Posted by waydown - 24 Dec 2015 17:41

Hashivalisesonyishecho,

Whats the nafka mina?

Well a large portion of the 12 steps is dependent on realizing one is selfish and working on it. If I am not selfish it would appear that the 12 steps or perhaps a large segment of it may not be relevant to me.

=====
====

Re: Solutions for Tonight
Posted by markz - 24 Dec 2015 17:50

i don't know if that comment was auto generated by your computer

=====
====

Re: Solutions for Tonight
Posted by waydown - 24 Dec 2015 17:52

Wow Cords,

Thanks firstly that is longest response I ever saw your write but very clear:)

So my question is regarding my struggle. I have realized that certain aspects of my lust manifest itself into selfishness. So where it has turned into making me selfish I have stopped. But where it has no inherent selfish aspect to it, is where I have the hardest time stopping. To me that

seems to mean that its not my selfishness that's connected to my lust rather its simply an addiction.

Re "In a vacuum, one can obtain these things without adversely effecting others, but once someone is married"

This is kind of my point. Since (again in my case) lust started way before it affected others its not my selfishness that brought me to lust. I lusted before I hurt others. The fact that after marriage lust hurt others was only an outcome of my prior addiction. Once I am addicted I have less control.

(Yes I guess you can debate if one has limited control over lust is he being selfish. Does selfish apply to one who acts without control of his actions? Yes of course we all can stop so we have some control but unless tremendous effort is put in its not easily stoppable.)

Its also kind of like the yeshivisha kler of siman or siba? I am trying to say that selfish is not siba for why we lust.

=====
=====