

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 gibbor120 - 19 Aug 2015 20:21

I think the whole back and forth about "to be selfish" or "not to be selfish" has gotten way out of hand. I think we should just let things be. Give the fellow a break. We are here to share ideas - not convince or coerce people to our way of thinking.

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Re: Solutions for Tonight

Posted by waydown - 19 Aug 2015 20:31

Gibor I am passed the selfish thing, next.

Does their have to be a root problem cause and effect for lust? Or is it simply hashem put the greatest nisyan ever on this world called lust. Men inhereently are attracted to women. Some take it too much and get addicted. A sad father went to his rebbe once and cryed exclaiming my son went mishiga. He eats chazorim and dances with shiktzas. The reba said oh he is not crazy. If he would dance with chazerim and eat shiktzas then he would be nuts. Now he is simply a bal tavo. So is it tavious or a root problem? From the white book it sounds like it comes from a rebelious twist and is not natrual. Must we see a therapsit to stop this?

Anyone have nice reading material on this subject the doesn't get too physcological on me.

Something like lust 101 for dummies? Something simple? (Nothing against anyone. Its a pure personal thing. I get lost when reading material with that lingo. Thats doesn't make it bad at all.)

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Re: Solutions for Tonight
Posted by Bigmoish - 19 Aug 2015 20:36

What if he would be busy eating chazir while his house was burning down?

Miss an important business meeting just to dance with shiktzas?

Would you still say he's a simple ba'al taiva....or perhaps that crosses the line into meshuga'as?

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Re: Solutions for Tonight
Posted by cordnoy - 19 Aug 2015 20:54

[Bigmoish wrote:](#)

What if he would be busy eating chazir while his house was burning down?

Miss an important business meeting just to dance with shiktzas?

Would you still say he's a simple ba'al taiva....or perhaps that crosses the line into meshuga'as?

or...if he would fabricate a meetin' just to dance with shiktzas (i hate that word)?

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Re: Solutions for Tonight
Posted by waydown - 19 Aug 2015 21:13

or shiktzas that are chazerim! LOL!!!

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Re: Solutions for Tonight
Posted by Bigmoish - 19 Aug 2015 21:24

Did you follow the point I'm making?

Of course every human male has to deal with lust, and we have started out that way as well.

But when we take it to extreme examples, like I'm sure many of us can personally attest to, it crosses the border of sanity and isn't just plain ol' "taiva" anymore.

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Re: Solutions for Tonight
Posted by waydown - 19 Aug 2015 22:32

Yes Moish we actually agree on something. My lust is way past taviyas. Its part & aprcel of my daily life. I can't sleep without it. Its an illness.

But I still wonder if its just a lust sickness. Or is there a root of rebelliousness or some other problem (in my case that maybe low self esteem) lying underneath it that must be solved in order to conquer lust. The white book seems to suggest that their are outside factors underneath the lust disease

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Re: Solutions for Tonight
Posted by rav etzlo - 19 Aug 2015 23:35

What I try to do before I go to sleep is check out what's new on these forums! It works wonders. See the recent Ted talk by Johann hari based on his book chasing the scream, where he claims the opposite of addiction is connection (not that I agree with everything else he says but definitely food for thought)

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Re: Solutions for Tonight

Posted by serenity - 20 Aug 2015 01:30

Waydown, you said "Well the only way to win this lust addiction is to declare war." In my personal experience I found the only way to achieve victory over lust was to admit and feel total defeat. It wasn't until I was completely defeated and could no longer fight that God removed the obsession with lust for a day and has continued to do so daily for 10 months. Maybe your experience will be different. Either way I wish you success, if for no other reason than your

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Re: Solutions for Tonight

Posted by serenity - 20 Aug 2015 02:47

Waydown, there is are two components to an addict. He has an allergy of the body and an obsession of the mind. The allergy is that once I take the first drink of lust it creates the phenomenon of craving. The allergy is only activated when you take that first drink of lust. The obsession is that I can take that first drink of lust and I won't have the allergic reaction. Once the allergic reaction kicks in, that's the powerlessness. It's the reaction that happens when I take the first drink of lust.

success gives me and other hope. Sorry if that sounds selfish

R. Shais Taub compares it to a go who takes a large dose of laxative. The laxative causes him to well you know. But guess who chose to take the laxative!

Does that help?

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Re: Solutions for Tonight

Posted by waydown - 20 Aug 2015 13:50

4 days Freeeeeeeeeeeeeeee!!!!!!!!!!!!!!

Going on day 5. Tonite will be a big test as well. I have to be around alot of girls today. My mind & girls are magnets. Its a big problem. But lets hope.

Also while I am padding myself on the back, I did get a bruise yesterday. I did look a t a few pics and FB. Overall I was good and much better than before so I won't call it a failure. And it defintley caused my battle last nite to be much more difficult. My urge and icth last nite was terrible. It was driving me nuts and I almost fell a few times

Help me out for tonite guys

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Re: Solutions for Tonight

Posted by waydown - 20 Aug 2015 14:09

Serenity,

Thanks, I think we are almost saying very similar things. Yes once we tasted that lust we are powerless and become addicted. So yes we must avoid the lust triggers. But I would add in my case and I speak only for myself, even avoiding lust triggers won't toally help. I am still powerless unless I am ready to declare war. I can go days without any porn or flirting (Of course I love those stuff) and still masterbate. Whats more, when I started this sin years ago I was not a porn addict. it was just a natraul inner sexual satsifaction. As I said many times it became part & parcel and I can't fall asleep easily without it. You will tell me of cours you can its all in the head. Yes you are correct. I can. But to get that soothing lust dose out of my head takes time and habit breaking. And its has taken over my daily mind as well. So my first drink of lust dose has long been taken. It would be dsinegnious to say oh I am only powerless to that first drink. Becuase I am powerless to stop myself from my lust drink today as well. In other words if I don't lay out a game plan about how to avoid my lust I am powerless over the first drink too.

Re admiting total defeat; Well yes I have said it very clearly, I am ill. And illness means a virus has taken over my body. So yes I have been defeated dismally. But its not a contradiction toward declaring war. why am I defeated? Because I was always a whimp never ready to realize that this will be a life time war and never courageous to stand up and fight. Yes I was self obsessed but I WAS NOT SELFISH. This is a tough battle.(sorry I had to throw that in)

I end off with R Chaim Shmuelvitz's vort that its easier to finsih shas then change one middah. This requires a middah, altitude and life altering change.

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Re: Solutions for Tonight
Posted by waydown - 21 Aug 2015 13:40

5 days free!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!1

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Re: Solutions for Tonight
Posted by serenity - 21 Aug 2015 14:33

Thanks. Keep working toward progress chaver. If you're going to fight this opponent just remember it only has the power we give it and is only as big as we make it. No matter how big we make it, it's small when we have a Power greater than ourselves with us.

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