

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 waydown - 22 Feb 2016 18:57

Shlomo,

Yes that is very manageable.

It does not ruin my life in any way. I am fine the next day. Its doesn't take long to do. It does not hurt anyone directly. (I know yes it hurts my wife but not nearly in the same way as for example the other extreme, having an extramaretial affair). I am still around when my wife and kids need me. I have even interrupted my masurbation to help with the kids. And even if I were to get caught while not pleasant, I don't think any rav would say get divorced because he simply masturbates.

Note this doesn't make it right and suggested to do. Of course its wrong. But does it make life unmanageable??

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Re: Solutions for Tonight

Posted by waydown - 22 Feb 2016 18:57

Masturbation during the day is almost fully under control BH. Its a very rare occurance.

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Re: Solutions for Tonight
Posted by markz - 22 Feb 2016 19:20

[waydown wrote:](#)

Masturbation during the day is almost fully under control BH. Its a very rare occurrence.

Apparently you are not addicted to M* on any day.

Why do you do at night time?

How come you don't have this "itch" during the day?

I guess I don't understand your struggle...

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Re: Solutions for Tonight
Posted by cordnoy - 22 Feb 2016 19:37

[markz wrote on 22 Feb 2016 12:57:](#)

I'm gonna ask **one** more little question, and then peace out

ummm....

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Re: Solutions for Tonight
Posted by markz - 22 Feb 2016 19:52

I did not give a timeline for peace

The last thing I wrote was a comment, I was not gonna be asking more...

Here's another comment

I think mr waydown does have some **willpower**

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Re: Solutions for Tonight
Posted by Workingguy - 22 Feb 2016 20:24

[waydown wrote on 22 Feb 2016 18:57:](#)

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Note this doesn't make it right and suggested to do. Of course its wrong. But does it make life unmanageable??

I think you have to ask yourself two questions.

One, why do you need this pacification? Is there something unmanageable in your life that makes you need your "hit"? Someone who took up a vice to help themselves cope with life often does it bc life on some level is unmanageable and they need their fix to Mae it through the day or night. If I remember correctly, unmanagability isn't the acting out, it's our lives that require the acting out.

Second, I don't really get it. You seem to want to quit, but you explain why a Rov wouldn't say to divorce. But what do you think? Do you think it's a good thing to be masturbating every night? Do you think you should stop- for any reason- your intimacy would be better, perhaps you feel sneaky now, perhaps the idea of it being a sin would really bother you if you allow it. If any of those ideas resonate with you, then how do you account for not stopping?

I guess what's puzzling is that if you don't want to stop or it's not so important or not worth losing sleep, then don't stop. But if you do want to stop and think that you shouldn't be doing it for one of who knows how many reasons, then admit that you're having a problem stopping and try to learn how.

I don't mean to be so forward, but right now you sound very ambivalent about wanting to stop at all.

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Re: Solutions for Tonight
Posted by Shlomo24 - 22 Feb 2016 20:32

[waydown wrote on 22 Feb 2016 18:57:](#)

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hurt anyone directly. (I know yes it hurts my wife but not nearly in the same way as for example the other extreme, having an extramarital affair). I am still around when my wife and kids need me. I have even interrupted my masturbation to help with the kids. And even if I were to get caught while not pleasant, I don't think any rav would say get divorced because he simply masturbates.

Note this doesn't make it right and suggested to do. Of course its wrong. But does it make life unmanageable??

I wasn't talking about hurting others. I would think that it's pretty nuts to wake up in the middle of the night and have an uncontrollable desire to masturbate. Kinda sounds like I am second to some other force. I wouldn't want to masturbate, I would want to roll over and go to sleep, that is how I would want to manage that situation. By being forced to masturbate that would show my life is unmanageable. You want to masturbate in the middle of night? You like having this deviant sexual behavior take control? A slave's life is unmanageable because he has to do what his master wants regardless of his true desires. I am a sex addict, I get these crazy urges that only a higher power can take me out of. I am completely subserviant to lust. My life use to be like yours, unmanageable. But as the saying goes: "I couldn't see what was coming at me, and then it hit me." I guess I got hit in the face already. Oh well.

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Re: Solutions for Tonight
Posted by cordnoy - 22 Feb 2016 23:30

He says his life is manageable.

Perhaps it is.

It is not anybody's job to convince him otherwise.

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Re: Solutions for Tonight
Posted by waydown - 22 Feb 2016 23:43

Wow sholomo I will try to address some of your issues

Again re waking up in middle of the night, unfortantley I enjoy it and find it fun. Its sad and its

wrong but its totally not unmanagable for me. Maybe that's why i lack will power. It may sound weird and sick but for me its like totally manageable. Yes its wierd but i kind of "want" to masturbate and I "like" this deviant behavior. I guess I am a happy slave and see my master as treating me well.

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Re: Solutions for Tonight
Posted by waydown - 22 Feb 2016 23:50

Working Guy,

Re my life, well Boruch Hashem its not unmanageable. I have tried in all honesty to anyalize if there are any underlying issues that make my life unmanageable thereby causing me to act out. I have not found anything much. Do I struggle for parnasa? Yes. But BH my lot is alot better than many others. BH I have a nice family, great healthy sweet, cute kids. and a very bacheinta wife. Yes it will be a taina on me in shomaim how hashem gave me such a beautiful life and I messed up so badly. But there are no underlying issues. I suppose I can bang my head in the wall and say look now you see I have an underlying issues, my head hurts. But in my case there are none. So why do i do it. Because I have been doing it for 20 years and I am used to it. and enjoy it. Its like smoking.

Secondly, Yes I want to quit for two basic reasons. 1) Because its a sin 2) It could lead to greater more devastating sins and effects moving forward as the buck usually won't stop by simply masturbation. But those reasons don't seem to push me over the top to say quit right now. The enjoyment and soothingness of masturbation overrides that. But this is why I am here. Because I believe firmly in those two reasons specifically reason 2.

In a nutshell I"want to want to" stop but I don't want to stop.

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Re: Solutions for Tonight

Posted by realsimcha - 23 Feb 2016 00:09

Just a thought: Its possible, if you cant find any underlying issues, that some of this is the force of habit. What would happen if you would figure out some way to end the habit. For example:

1. Maybe you should take a non-addictive sleeping pill for a few weeks so that you wont wake up in the middle of the night. That way you will not have this issue for enough time to develop a new habit.
2. Maybe you can train yourself to get out of bed when you wake up and eat or drink something that you enjoy. Exchange this enjoyable activity for another.
3. Maybe you can have some music or something else on headphones that you put on and listen to when you wake up

etc etc etc you get my drift ...

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Re: Solutions for Tonight

Posted by Workingguy - 23 Feb 2016 00:19

[waydown wrote on 22 Feb 2016 23:50:](#)

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Way down,

First, kudos on the honest answer. I hear you- I remember telling my therapist that I don't feel particularly bad about whichever aspect of acting it I was doing then and that I enjoyed it. I knew it was wrong but I didn't want to stop, but like you I wanted to want to.

But in my case it wasn't true, bc when I made some positive changes in my life and saw that stopping was possible, I jumped right in.

Wanting to want is a tough place to stop from, bc its wanting to want vs directly wanting to act out.

I hope you find the inspiration here that you're looking for.

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Re: Solutions for Tonight
Posted by Workingguy - 23 Feb 2016 00:21

[cordnoy wrote on 22 Feb 2016 23:30:](#)

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Perhaps it isn't anyone's job to convince him that his life is unmanageable, but right now in this back-and-forth conversation there is something that's getting lost in translation and that might be an understanding of the terms that everyone's using to each other. I think that needs clarification, and unmanageability is one of those terms.

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Re: Solutions for Tonight
Posted by cordnoy - 23 Feb 2016 00:40

[Workingguy wrote on 23 Feb 2016 00:21:](#)

[cordnoy wrote on 22 Feb 2016 23:30:](#)

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Many of us, myself included in a big way, possess a fault of tryin' to control others or a situation. This does not lead to productive results. Perhaps there is nothin' gettin' lost in translation, and

simply, you (and others) think that his life is unmanageable and he thinks it is. What is wrong with leavin' it at that? Read thru this thread, and perhaps you have. He thinks he has an itch and others thought it was somethin' else. People claim that actin' out may be due to self-centeredness, and Waydown disagreed. Let it be. To repeat, I am guilty of the same, but thank God, I am workin' a program that is teachin' me how to live properly.

B'hatzlachah

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