

There is NO buildup of taivah, rather... (theory)

Posted by Shteeble - 31 Jul 2023 12:23

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[Shteeble wrote on 22 Feb 2017 04:34:](#)

#76

[lhavenostrength wrote on 21 Feb 2017 20:11:](#)

Day 11: Ever felt like you needed to release the tension that has been building within you? The longer you've been holding out the more urgent it seems?

I used to think this was a build up of sexual tension (energy) and if you weren't going to release it through "acting out" you had to find another way to "let it out", if you wanted to stay sane.

I now think that's a mistake.

There's a build up of tension all right. It's a neutral tension though. It's created from your worries, your stresses and the bumps you hit in your everyday life.

There's nothing sexual about it.

"Acting out" just happens to be a really easy way to release it (and did I mention affordable? Ok don't shoot me, only joking).

Why does this matter?

Well firstly, I never so it did, so there!

I think it does matter a bit though.

For if you feel stressed, feel like you need a release and you recognize that the uncomfortability that you are experiencing has nothing to do with refraining from acting out, it takes away alot of excuses. It shoots just one more arrow into the "I need to" illusion.

Exercising or singing for the addict (I'm not using this word in the clinical sense, just using it for someone who finds it hard not to engage in PMO) are not like soymilk to a non-lactose person. It's not like animal blood for a vampire.(Vampires prefer human blood, they also don't exist).

Other stress releasers are just as "genuine" as acting out. They require a bit more effort but are more effective as well.

If you managed to read all that, then you are totally awesome.

Have a great day!

[Shteeble wrote on 22 Feb 2017 04:40:](#)

I think you're on to something big here.

I always thought it WAS a buildup of sexual tension...

But you make a strong point.

Can you please continue this train of thought?

Also, I got lost on the Exercising, singing, vampire thing. What was meant in that paragraph?

Thanks.

[lhavenostrength wrote on 22 Feb 2017 05:17:](#)

Sure. I think it's a point which we all know to be true but yet aren't fully cognizant of.

The basic idea is as follows: an alcoholic uses alcohol to deal with the stresses of day to day life. Alcohol is not necessarily the best way (a.k.a most effective method) to release stress. It's merely the method the alcoholic knows. He LEARNT it.

When he has an overwhelming urge to reach for the bottle it's not to release tension that built up as a result of not drinking.

The truth is that this argument is perhaps even stronger for a sex addict which a "behavioral" rather than a "substance" addiction.

By the alcoholic it can be argued that it's discomfort resulting from his dependency that he's feeling.

Although in truth I don't think any thinking person believes that dependency is the whole story. Surely, the primary reason the alcoholic drinks is to escape the (sometimes harsh) realities of life.

The exercise and vampire paragraph was just bringing this point home. Vampires prefer human blood. Animal blood is a bad alternative for them. It doesn't really quench their thirst.

I was saying that good habits and good stress releasers for the sex addict are not like the animal blood for the vampire.

They are equally legitimate. Good habits like exercising or building connections with people don't just "quiet the need" to lust.

There is no need to lust.

There IS a need not to feel like garbage or ridiculously and constantly stressed. The only way the sex addict knows to feel good or release stress is through lusting.

He LEARNED it. So now he needs to learn new methods.

I think this may be quite powerful for some. For if you see "acting out" as the natural way to fight stress, no wonder you'll feel triggered when things are going tough.

There doesn't have to be a connection between stress and lust. You just taught yourself that there is one.

Peace

Hope that was somewhat clear.

Thank you again, Ihavestrength, for this important message.

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by redfaced - 02 Aug 2023 18:16

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[chaimoigen wrote on 02 Aug 2023 17:33:](#)

[Hashem Help Me wrote on 15 Feb 2021 02:50:](#)

Eat your 17 cookies and enjoy them! If you are a mekubal have in mind the gematria "tov" - 17.

My favourite post of all time.

HHM's response to IMG's question of how he should feel about eating 17 cookies while resisting an urge...

There's a lot (crunching) of Emes (more crunching) here, food for thought (slurp). Ahh

I kinda thought they were the chewy cookies - only cuz I can relate to eating 17 of those .

The crunchy ones I usually get stuck at 3-4

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by chaimoigen - 03 Aug 2023 14:32

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[redfaced wrote on 02 Aug 2023 18:16:](#)

[chaimoigen wrote on 02 Aug 2023 17:33:](#)

[Hashem Help Me wrote on 15 Feb 2021 02:50:](#)

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My wife's chewy chocolate chip cookies.

Warm aromatic chocolate with a subtle oatmeal mouthfeel. Satisfying finish with hints of oak, lychee, and overtones of currants.

Enjoy with Widow Jane and maybe some Gallah...

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by redfaced - 03 Aug 2023 14:38

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[chaimoigen wrote on 03 Aug 2023 14:32:](#)

[redfaced wrote on 02 Aug 2023 18:16:](#)

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Lychee in a cookie?!

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by Shteeble - 03 Aug 2023 14:45

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back in the day, folks would refrain from hijacking gye threads.

oh well.

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by redfaced - 03 Aug 2023 14:47

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[Shteeble wrote on 03 Aug 2023 14:45:](#)

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the younger generation...



When the Mods away the posters play

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by chaimoigen - 03 Aug 2023 15:12

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[Shteeble wrote on 03 Aug 2023 14:45:](#)

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oh well.

the younger generation...

I was trying to learn from the older guys. Seems folks used to have fun here....

I actually thought the quote I cited from HHM was germane to the discussion.

We all have urges, it's part of life. (Insert deep philosophical/Kabbalistic concepts here). We who have unfortunately ended up here have made errors and developed patterns that have led us down dark and twisted pathways. But with Good choices, hard work and efforts, with real friends, the Program, etc all these can help us get back to **where that is just what they are and nothing more**. Stress is stress. Pain is pain. Tayva is Tayva. An urge is an urge is an urge.

I am a Yid, a man. I am not compelled nor defined by my urges. I can deal with them, with Siyata Dishmaya (Most of the time.) Even if sometimes they are truly challenging.

I sometimes eat too much. That's not who I am. Neither is a "buildup" of Tayva. That was the point I didn't explain.

I hope I'm making sense; these cookies are too good and messing up my focus.

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Re: There is NO buildup of taivah, rather... (theory)

Posted by redfaced - 09 Aug 2023 02:55

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[Shteeble wrote on 03 Aug 2023 14:45:](#)

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[cordnoy wrote on 22 May 2019 17:38:](#)

Nobody is in charge of any thread and there is no such a thin' as hijackin' a thread. This is a public forum.

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Re: There is NO buildup of taivah, rather... (theory)  
Posted by Shteeble - 09 Aug 2023 08:21

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[redfaced wrote on 09 Aug 2023 02:55:](#)

[Shteeble wrote on 03 Aug 2023 14:45:](#)

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[cordnoy wrote on 22 May 2019 17:38:](#)

Nobody is in charge of any thread and there is no such a thin' as hijackin' a thread. This is a public forum.

Bein' as Cordnoy has said thank you, and is probably watchin',

Cordnoy, were you speakin as Moderator, or as Cordnoy?

It ain't about ownership of the thread.

It's about the thread's purpose and functionality.

If someone clicks on this thread or lands here following a search, they want to read about the subject, so they can learn somethin'.

If the thread is full of distractions, it makes it less useful.

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