

What's considered a fall

Posted by kayguardye - 02 Feb 2025 14:17

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Hi Chevre

im clean for over 15 days now, and this past shabbes was difficult. I had inappropriate thoughts in bed, and masturbated for a few minutes. Nothing actually happened from it, and neither did I look at anything inappropriate. Am I still on track ? I guess the question is what's the line between falling or just going through a difficult challenge

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Re: What's considered a fall

Posted by time2win - 02 Feb 2025 16:52

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It's up to you what's considered a fall and what isn't. Some people only consider a fall if they ejaculate. Others consider it a fall any time they touch themselves and give themselves an erection. At the end of the day, whatever you decide, recognize that keeping track of your streak is just a tool in your recovery. It's not the be all and end all.

For example, if someone look at scantily clad women in lingerie ads every day for a year, but don't look at P and M, they haven't fallen (at least not the way I keep track). That being said , are they doing well in recovery? Definitely not. In contrast, Somebody who watches full blown p once every other month, but is otherwise totally clean is in a better place than the guy looking at lingerie every day.

On that note, as far as our brain is concerned, there's nothing magic about P. In other words, lingerie adds, or playing with self but not reaching O, still strenghten the neuropathways of your addiction. Just the chemical dose is less than hardcore P.

Try to look at your recovery holistically. Wishing you much success! We got this!

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Re: What's considered a fall

Posted by yitzchokm - 02 Feb 2025 17:56

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In the rules, GYE writes that masturbation is only considered a fall with finish. I think there is a lot of wisdom in this because once someone starts, the Yetzer Hora pushes the person not to think about anything and just finish off. With this rule in place, it empowers a person who started to stop in the middle. Once there is a slip, a person has to see what the trigger was and put things into place so they don't slip the next time they have an urge.

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Re: What's considered a fall

Posted by kayguardye - 03 Feb 2025 15:19

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Thank you for these genuine, intelligent responses.

Hashem should bentch you

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