

Dreams

Posted by underthenet - 02 Mar 2010 08:21

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Last night I had (through no fault of my own, as far as I can tell) a pretty pornographic dream. Since I didn't bring it on, and nothing came out of it, that itself doesn't really bother me. What is amazing, however, is that **in the dream** I was trying to keep my eyes clean! My dream persona was seeing all of these filthy things, and he was trying not to look too much. I think this means that the 90-day journey is having an effect, and is starting to get into my subconscious as well.

Everyone keep up the good work!

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Re: Dreams

Posted by shemirateinayim - 02 Mar 2010 11:10

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Been there done that. it is truly an awesome feeling to wake up from a dream screaming "Vlo SAsuru...Acharei..." I have even woken myself up from the effort it took to not look. And on the flipside, I have seen myself slacking off in my dreams, when I was losing my touch in real life. Apparently this is such an important issue, that you are spending your entire day fighting it. This is your focus and 'cause'. You are truly amazing, and you put me to shame. I just fell, and can use the chizuk. Thank you

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Re: Dreams

Posted by the.guard - 02 Mar 2010 12:54

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[undertheNet wrote on 02 Mar 2010 08:21:](#)

I think this means that the 90-day journey is having an effect, and is starting to get into my subconscious as well.

**Exactly!!**

SE, The fall you experienced right after Purim, is a common phenomenon. Particularly after a "high" of joy, spirituality and "fitting in", we feel a sudden drop the next day to "ordinary life" again, and this leaves us with a void which an addict knows only one way to fill.

Remember, Hashem asks from us only progress, not perfection. And I can see you are making great progress overall. So keep your head up high!

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Re: Dreams

Posted by Chazak Amenu - 02 Mar 2010 14:51

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I have had dreams called "wet dreams" where during the night you have a pornographic dream and ejaculate while asleep, subconsciously and not physically. I normally have them when I have not masturbated for a while and can have them multiple times in a week. But Baruch Hashem have not had one for a while and know that it's because of Hashem's help and guarding my eyes during the day. Also if I fantasize before going to sleep but don't "finish" it happens but I really hope that if I ever am in a situation like it again hopefully I can subconsciously stop like you did! You're an inspiration to me, thank you for posting!

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Re: Dreams

Posted by shemirateinayim - 03 Mar 2010 15:32

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[guardureyes wrote on 02 Mar 2010 12:54:](#)

**Exactly!!**

SE, The fall you experienced right after Purim, is a common phenomenon. Particularly after a "high" of joy, spirituality and "fitting in", we feel a sudden drop the next day to "ordinary life" again, and this leaves us with a void which an addict knows only one way to fill.

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WoW, chizuk from GUARD himself, and he is pretty busy nowadays, coooool 8)

Well sorry for hijacking the thread, so back to what we were talking about. Oh, yes, dreaming. You're right, I really thing I could use a nap! I don't get much sleep nowadays, and really could use an extra 6 hours.

Ah the geshmak of a 12 hour shluf ~~~snoring~~~

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