

"wet dreams"

Posted by Chazak Amenu - 02 Mar 2010 15:00

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i talked briefly about my "wet dreams" briefly on the Dream thread but i would love to hear peoples stories about how they deal with it if they had ever dealt with nocturnal omissions.

A wet dream is the uncontrolled ejaculation of semen from the p\*\*\*s during sleep. This is caused by sexual arousal and orgasm from dreams and/or physical stimulation like rubbing against blankets, the bed or a full bladder.

This is completely normal for males going through puberty. When boys enter puberty, a lot of hormonal changes occur. These changes can result in spontaneous erections during sleep, during the day and wet dreams. These are simply a part of normal sexual development.

Most boys experience wet dreams between the ages of 12 to 18. Generally males have fewer wet dreams once they start masturbating, reach the end of puberty or become sexually active.

I am 14 i do not know how to deal with it, but i think the less i fantasize during the day and especially before going to sleep it stops because i have not had one for a few weeks. they are very embarrassing and i want them to stop! :-[ if anyone has any ideas please tell me.

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Re: "wet dreams"

Posted by undertheNet - 02 Mar 2010 15:41

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It's really nothing to be embarrassed about: Chazal indicate that Yaakov Avinu was praiseworthy in never having had a wet dream - which means that, for us regular guys, it is to be expected.

Unless it was brought on by something that you thought about or saw (deliberately) during the day, there is also no sinful connotation.

The main thing is not to be depressed!

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Re: "wet dreams"

Posted by Chazak Amenu - 02 Mar 2010 16:15

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thank you, i did not realize Chazal praise Yaakov Avinu for never having a "wet dream" i did not even realize alot of prople had the dreams i just thought it happened to a few people. did you (underthenet) get my reply on you're post, Dreams?

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Re: "wet dreams"

Posted by Ineedhelp!! - 02 Mar 2010 17:18

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[Chazak Amenu wrote on 02 Mar 2010 15:00:](#)

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very embarrassing and i want them to stop! :-[ if anyone has any ideas please tell me.

The way I try to look at this situation is that the Yetzer Hara knows he cant get ne when I am conscious so he has to do it when I'm sleeping!! That makes me feel good! Its like a guy picks a fight with you but comes from behind when youre not looking and socks you on the head. You turn around and youre like "what the heck was that? are you serious?" and you start laughing because the guy just gave you a cheap shot.

On the other hand, having a wet dream also usually means that you had alot of bad thoughts that day and even though you may not have acted out, the thoughts lingered in your mind which is a bad thing. Keep the thoughts out and you'll keep this out.

Hatzlocha Rabba!

-Yiddle

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Re: "wet dreams"

Posted by Chazak Amenu - 02 Mar 2010 17:57

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Thank you for you're reply it makes me feel much better! i am tryin to guard my eyes during the day and i think it may be working but i most certainly am not going to let my guard down! thank you!

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Re: "wet dreams"

Posted by ark321 - 02 Mar 2010 18:27

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wet dreams are more common than you think buddy. I dont think there are many people that it does not affect.

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Re: "wet dreams"

Posted by Moshew - 02 Mar 2010 18:35

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I am sure you meant to say nocturnal emissions. In any case, it just happens to be normal and while not scientifically proven it has a lot to do with what you look and think about during the day. Try saying the first few chapters of Tehillim prior to going to sleep.

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Re: "wet dreams"

Posted by teenagehelp - 02 Mar 2010 22:35

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i'm also a teenager and one thing thats worked for me has been wearing tzitzis while i sleep.

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Re: "wet dreams"

Posted by undertheNet - 03 Mar 2010 09:19

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[Chazak Amenu wrote on 02 Mar 2010 16:15:](#)

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Yes, thank you very much.

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Re: "wet dreams"

Posted by the.guard - 03 Mar 2010 13:28

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[www.guardureyes.com/GUE/FAQ/FAQ5.asp](http://www.guardureyes.com/GUE/FAQ/FAQ5.asp)

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Re: "wet dreams"

Posted by shemirateinayim - 03 Mar 2010 14:21

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I hope you don't take offense from me saying this, but it sounds like you took your facts from a wikipedia article. The polls that they are referring to, are based on people who watch TV and MOVIES, and view it as 'healthy' to enjoy their prom night. And unless I have it all wrong, there can be more than 1 prom a year. But regardless of just how 'sheltered' my info may be, the fact remains that jews should have a different percentage, based on our regular exposure to 'the outside world'.

I have found that the sole stimuli my YH could find, was rolling onto my back in the middle of the night. So if you have also fallen victim to this trick, try doing this: Roll-up a heavy blanket until you have a thick roll stretching the length of your entire back. Now place it snugly behind you before you go to sleep. And vwalah!!

The only problem with this is that I think the halacha says one should be turning over during the night. But I am pretty sure that this is 'al pi kabbalah', and therefore anyone who doesn't expressly have a minhag to follow every hanhaga 'al pi kabbalah' is not required to do so. C"V to not fulfill such inyanim when you can (like pointing your hand upwards when making an 'al nitilas yadayim', both in the morning and before eating bread). Just that R Yaakov Hillel parkens like this, and I heard this from an ashkenazi posek 'bishmo' (R Kaganof shlita)

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Re: "wet dreams"

Posted by Chazak Amenu - 03 Mar 2010 14:29

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I did copy it from a website, so i do not take offense to you saying so. i wanted to get my facts right even though apparently according to Judaism it is still wrong! Maybe i will try you're idea anything that will help i am up for thank you for replying!

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Re: "wet dreams"

Posted by briut - 03 Mar 2010 16:40

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I feel a need to jump in with a different perspective.

It is entirely normal, and entirely in keeping with how Hashem made man, for men to experience unintended arousals, wet dreams, etc. To experience guilt over these events (mark that word: the events themselves) is simply inappropriate because man has no responsibility and no ability to exert conscious control over the unconscious event.

I'd say this applies millions of times more for a teenage (under-age) kid. (The "sins of our youth" include these actions and are completely forgiven by Hashem on our 20th birthday, as I understand the halacha.) I would suggest you consult your Local Orthodox Rabbi on questions like tumah-&-keri, mikveh, etc -- these may be embarrassing questions at first but if you can somehow forge a personal relationship with a Rav/Rebbe for these questions I expect you'll have an easier time dealing with issues like p\*\*n etc.

But this is NOT a halachic matter here: it's a biological one.

I think many of the post-ers might be forgetting that you are a young teenager going through intense concentrations of hormones, exposures to new thoughts and images, and many other considerations that do not apply so heavily to a man with more years under his belt (ahem) to guide him. You've got a hard enough (ahem) time dealing with your body, the images that surround us in Golus, the thoughts that creep into your head from who knows where, etc. Please don't add guilt onto every wet dream. You're doing fine.

Now, as to the issue that you might be promoting these EVENTS with your THOUGHTS or

actions during the day -- well, that may be possible. I don't know. If the dreams are proportional to improper thoughts during the day, it may be a siman to work on the thoughts. But I feel as if you've already posted that your machine is filtered, you want to stay away, you ARE staying away, well... I'm just not convinced that your daytime actions make you chayav for your nighttime events.

As to the other forms of embarrassment you allude to (I assume you mean the details of cleaning up, whatever), these surely have pragmatic answers. Feel free to PM for ideas but you probably don't need them.

And as to anyone suggesting in any post that a wet dream makes you a sinner, an addict, a lewd person, etc - shame on them.

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Re: "wet dreams"

Posted by shemirateinayim - 03 Mar 2010 16:59

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[Briut wrote on 03 Mar 2010 16:40:](#)

(The "sins of our youth" include these actions and are completely forgiven by Hashem on our 20th birthday, as I understand the halacha.) I would suggest you consult your Local Orthodox Rabbi on questions like tumah-&-keri, mikveh, etc --

But this is NOT a halachic matter here: it's a biological one.

ABout that.... not exactly. There is no miracle cure to ones spiritual destruction, nor is a person's

wedding day going to be a kaparah...if he doesn't do any teshuva.

ask your rabbi this one too

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Re: "wet dreams"

Posted by Yosef Hatzadik - 03 Mar 2010 17:42

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If I recall correctly, My Mashgiach showed me in *Krayne De'Igrasa*, the compiled letters written by the Steipler Goan, in a letter written to an unmarried bochur, that waking up wet without having any dream whatsoever has NO connection to aveiro and there is NO teshuva needed for that AT ALL! (He does say though, that there will still be Tumasl Keri and he should immerse in a mikve ASAP.) It is a biological result of not releasing what the body is creating and storing...

Only when the leak came along with a dream is there room for self-improvement. A person will [generally] only dream about what he was thinking about during the day. During his waking hours he was able to control himself from reaching the bitter end, but while he is sleeping and he is physically not in complete control, his body finishes up the previous day's work.

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