

"wet dreams"

Posted by Chazak Amenu - 02 Mar 2010 15:00

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 UTS - 25 May 2010 19:28

[Briut wrote on 25 May 2010 02:55:](#)

Chazak: I'm really glad you spoke up. I know that Ykv Schwartz must be a genius person, and that many others incl Yosef haTz respect his viewpoints. On this one, though, I probably couldn't be further away from the quotes that Yosef haTz shared.

If any one of us here, but particularly those early in their journey, or particularly those tender of years (and rich in teenaged hormones etc) started to think about a wet dream as sign for alarmist action, self-condemnation, or proof of a sinning personality, well I think the world would have many fewer Jews in future generations. We just couldn't withstand such heat!

There's enough shmutz in our generation that almost anything could be considered onus, in my opinion. Certainly, if someone is trying to keep clean eyes by daytime, then an inadvertant nighttime emission shouldn't be anything to get too concerned about. It's an act of biology, not of character. All this "stop your erections immediately" and "a sign the Y'H is winning" and all that (I'm not intending to quote this directly) just seems a little, er, um, extreme.

OKAY, my flame-mail is over. Feel free to flame back.

Nothing wrong with being passionate!

:D

But seriously, what I wrote, and I tried to word it carefully, was a little different than what you are saying.

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Re: "wet dreams"

Posted by strugglingandstrivngBT - 30 Aug 2010 19:13

I havent read through the whole post, so I'm not sure if this has been covered already but the shulcan aruch prescribes the following for this issue:

dont eat foods that cause the body to heat up before bed (ie fat, meat, etc)

guard you eyes and mind during the day

sleep on your side, def not on your back or stomach

recite first 4 tehillim prior to bed.

I find that even when my yetzer hara conciously "wants" to have a WD, just to release the biological desire etc., if I do these things I still dont. There have been nights that I felt I was "at risk" and before falling asleep my mind wandered places it REALLY didnt belong, and I took these protective measures and did not have a WD (many occasions).

Try it. Also know that if you do you best during the day, Hashem will forgive you (He does).

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Re: "wet dreams"

Posted by Blind Beggar - 30 Aug 2010 19:26

Hi Tzaddick! The tehillim that Moshew referred to are 1,2,3 and 4.

Rebbe Nachman of Breslov said not to worry about wet dreams at all, just to tovel in the mikva the next morning and say the 10 chapters of Tikkun Klali and that will take care of the matter after all know how His creation's bodies work 100%.

I wish I had known about GYE when I was 14 or even 24 or even 34. You are in the right place.

Hatzlocho. Blind Beggar.

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Re: "wet dreams"

Posted by teshuvanow99 - 02 Sep 2010 09:53

Could someone help me please?

I fell in to the trap of crap for a few yrs, and now B"H Im on my way up, and B"H pretty much out. I stoppped just looking at everything that there is to see. I try to control my thoughts as much as i could. I started following what the shulchan aruch says in regard to preventing wet dreams. I do have meat at supper time and try to have as much as possible before bed. I dont even remember having any dreams about anything, And still wake up way to often wet. It pisses the hell out of me. it ruins my sleep, as often i wake up in middle of the night. it gets me upset as i am try ing so hard not to think about anything. I feel that i have no control over my body. Im scared to go to sleep from now on. I dread waking up wet. It makes me feel like crap. Plase help me. What do i do? Any ideas? any body going thr he same thing. Its been 42 days already.

How long have i gotto wait? Is this some sort of punishment? I regret everything i did with all my heart, and the proof is I havnt looked at anything for 42 days, from the day i made the real decision not to.

HELP ME... SOMEONE..

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Re: "wet dreams"

Posted by strugglingandstrivngBT - 02 Sep 2010 13:36

relax! youre doing great, but you psych and body are used to an action that is beyond your control. Daven to have it not happen and then stop thinking about it. go to sleep with something good on your mind, something Torah. read the 4 tehillim and if it happens take a shower and go back to bed.

I went through the same thing and I found that only when I let it go did it get better. The Y"H is trying to bring you down, because when youre down you have the likelihood of going further. dont let it!!!!

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Re: "wet dreams"

Posted by teshuvanow99 - 12 Sep 2010 06:00

[strugglingandstrivngBT wrote on 02 Sep 2010 13:36:](#)

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What do u mean that i shouldnt think about it?

Part of davening is that "X" shouldnt happen again. no? and thinkning how terrible"x" is and i hope it doesnt happen again tonite...

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Re: "wet dreams"

Posted by Blind Beggar - 12 Sep 2010 13:51

I just saw in the Steipler's sefer Kreina Deigrasa book 1 letter 165 that a person can have a wet dream **a few weeks** after having an impure thought.

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Re: "wet dreams"

Posted by strugglingandstrivngBT - 12 Sep 2010 14:30

daven, then let it go. if you think about it youre more likely to wander where you dont belong

[teshuvanow99 wrote on 12 Sep 2010 06:00:](#)

[strugglingandstrivngBT wrote on 02 Sep 2010 13:36:](#)

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Re: "wet dreams"

Posted by Yosef Hatzadik - 28 Jun 2011 17:39

[Blind Beggar wrote on 12 Sep 2010 13:51:](#)

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wow!

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