

I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?

Posted by 5770 - 02 Sep 2010 02:54

i masturbate, i know it's wrong but i dont feel bad, i dont feel guilt

since i abandoned my winning streak of nearly 80 days or something I cannot get restarted

no guilt

nothing!

not a bit of it!

and YET.... my wife, she spends her life racked in guilt. How does she do it?!

Yep I know that's my fault too.... but I still dont feel bad or feel guilt for that either!!!!

Is there anybody out there who managed to change SOMETHING in their lives that made them feel this masturbation is really truly bad? or is it just me who thinks it's no biggie?

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Re: I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?

Posted by 14 - 06 Sep 2010 07:28

Jooboy, although guilt may be nothing in it's own right, it still prompts one to try and stop through for ex Gye.

Kutan, what about food? Isn't food in controll of us?

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Re: I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?

Posted by kutan - 06 Sep 2010 12:23

Kutan, what about food? Isn't food in controll of us?

Quite possibly it is!

You can test this by seeing if you can leave over the last bit of something that you are eating.

(broccoli does not count!)

This is considered, by some Rishonim, to be equal to a full fledged taanis, btw.

And of course there is OA to deal with this addiction.

Guard, do you have room for another section on the forum?

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Re: I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?

Posted by 14 - 06 Sep 2010 15:10

Lol!

What Im saying is that the fact that one may not be in controll of masterbation, is bareabal, just like the fact we can't go a day without eating!

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Re: I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?

Posted by Dov - 06 Sep 2010 20:42

[Not14 wrote on 06 Sep 2010 15:10:](#)

Lol!

What Im saying is that the fact that one may not be in controll of masturbation, is bearable, just like the fact we can't go a day without eating!

As I blabbed about above, that isn't really the issue. The issue is ***whether it makes my life unmanageable, or not...***and I believe that for most people, a little porn and masturbation does not make their lives unmanageable. It's the habitual cycle thing we are familiar with that makes life hell.

That is one place where the addicts part from the regular avaryanim out there, which is why I suggested going without it for a while, like 60 days. No big deal. See what really happens. I do not know what will happen, so I am not judging or criticizing. I am just suggesting.

Until you physically live it, try it, with no excuses and rationalizations, you will never know the nature of your dependence. Your assumptions may be sincere, yet still complete unmitigated bull____.

Hatzlocha!

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Re: I FEEL NO GUILT !! Am I THE LUCKIEST GUY IN THE WORLD OR WHAT?
Posted by MosheF - 08 Sep 2010 12:56

[Jooboy wrote on 02 Sep 2010 17:57:](#)

Why are you trying to feel guilt? I would be surprised if even one person here was able to stop doing these things because they felt guilty. I know I felt guilty for over 20 years and it didn't work.

Second that, guilt gets me nowhere, I have been feeling guilty for 15 years and only got worse and gave up. The opposite is true, I was able to plan a better day on those rare occasions where guilt wasn't there and I could think constructively about getting better without guilt and hopelessness feelings.

This always bothered me, if I didn't feel guilty and shame at all, wouldn't that mean I am content with masturbating, and if so, why would I ever stop or even want to stop. There must be a fine line between guilt that doesn't work and wanting to change without the guilt which lets you constructively get better.

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