

scared in a dream

Posted by habits - 15 May 2011 06:46

Hi.

I'm pretty new to all this. I joined GYE just over two months ago. I've now gone more than 70 days without a fall.

I had a real scare last night. I was watching porn and masturbating when suddenly I realized, "Oh, no. This is a fall. What do I do now?" My whole body started to shake.

Then I became aware, "No, this is only a dream. Everything is still OK!"

With that thought I woke up enough to shake myself out of that dream, turn over, and fall back asleep. The next thing I was aware of was my alarm ringing.

Baruch HaShem, no falls for over seventy days! May it continue ...

Habits

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Re: scared in a dream

Posted by alexeliezer - 15 May 2011 13:34

Shteig on, brother! Sounds like your YH is breaking out the big guns, since with Hashem's help you're beating his game during your waking hours. May you extend your beginner's winning streak ad meah v'esrim! If it gives you chizuk, I'll tell you I've extended mine since discovering this site 2 years and 2 months ago. Keep on guard during the day-- 'tis the season out there, case you haven't noticed.

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Re: scared in a dream

Posted by 1daat - 22 May 2011 06:00

Thought I'm mention that you were able to control the YH EVEN WHEN YOU WERE ASLEEP, supposedly completely unconscious. Amazing!

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Re: scared in a dream

Posted by jewishguy - 20 Jun 2011 13:52

[habits wrote on 15 May 2011 06:46:](#)

Then I became aware, "No, this is only a dream. Everything is still OK!"

Habits

LOL Funny, Real Funny. Good for you! keep trucking and continues to inspire the newbies.

Jewish Guy

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Re: scared in a dream

Posted by mnman415 - 20 Jun 2011 16:28

ive had this experience before

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Re: scared in a dream

Posted by ZemirosShabbos - 20 Jun 2011 16:33

[jewishguy wrote on 20 Jun 2011 13:52:](#)

keep trucking and continues to inspire the newbies.

Jewish Guy

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Re: scared in a dream

Posted by ninetydays - 22 Jun 2011 15:01

Amazing feat!! What you wrote was initially depressing to me (I am now on 2 days) but such is the human condition!! Keep it up and please continue posting!!

ninety

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Re: scared in a dream

Posted by Mohammad - 22 Jun 2011 22:55

Don't worry man, having such dreams will be normal for a while until you are completely free from pr*n. Dreams are basically composed of the stuff that's made an impact on your mind (scary movie, deep fear, or even something benign like lots of homework). Talking from experience here. In fact, when I first broke free, such thoughts would try to force themselves into my mind even when I was awake - a bit like daydreaming/half-sobriety.

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