

Discussion about how to control ones urges

Posted by atzmosyosef - 05 Nov 2012 07:35

Hey all

I was wondering, that i know that one cant totally oblivate ones desires. But i was wondering , are there ways to control it ?

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Re: Discussion about how to control ones urges

Posted by jewish jew - 05 Nov 2012 09:44

Chaz"l say "???? ???? ???? ???? ???? ????? ??????" (the eyes see, the heart desires and the tools do the job) which means that there is no such a thing as desires without seeing it first. A kid can't like a sweet unless he has tasted it before or the colors are attractive.

So my best advice as not to desire is by taking great care of your eyes. What to do about the thoughts that keep coming to mind from things that have already been seen is a hard long life process and will only get better with the time. But for the mean time don't let any new stuff in because you will have to battle with them in your thoughts later down the road.

Wishing you much success Yitzchok

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Re: Discussion about how to control ones urges

Posted by Machshovo Tova - 05 Nov 2012 16:22

Welcome to GYE. That's what we're all here for - to learn how to control it. I suggest that you read the GYE handbook, which has much detail about this entire topic, with various approaches based on your level of 'addiction' or whatever you may be dealing with. Also, tell us more about yourself and your issues, so that you can find like-minded people who will offer you chizzuk and advice.

Bottom line, you're on the right track - help is on the way, be"H.

Hatzlacha

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Re: Discussion about how to control ones urges
Posted by Dov - 05 Nov 2012 17:46

Dear atzmosyosef,

Do you mean control it so you can enjoy the sweetness of looking at a pretty gorl without having to masturbate later? Or do you mean never enjoying erotic stuff ever again?

What do you really mean by "control" it?

- Dov

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Re: Discussion about how to control ones urges
Posted by jewish jew - 06 Nov 2012 18:48

WOW!! Dov you are already on attack to a newbie?
But what you wrote is true with pinpoint accuracy and you make me feel like what I wrote two posts before is stupid.

Yitzchok

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Re: Discussion about how to control ones urges
Posted by reallygettingthere - 06 Nov 2012 19:28

[jewish wrote on 06 Nov 2012 18:48:](#)

WOW!! Dov you are already on attack to a newbie?

But what you wrote is true with pinpoint accuracy and you make me feel like what I wrote two posts before is stupid.

Yitzchok

Dov isn't attacking, just looking to clarify.

Or perhaps letting the newbie know that we don't speak in any coded language here

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Re: Discussion about how to control ones urges

Posted by mr. emunah - 06 Nov 2012 20:27

dove does the hard medicine approach (hey that sounds like a apple product! App Roach!)

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Re: Discussion about how to control ones urges

Posted by reallygettingthere - 06 Nov 2012 20:54

A doctor once told me that when you give an injection stick the needle in quickly. The slower you insert the needle, the more painful it will be.

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Re: Discussion about how to control ones urges

Posted by Gevura Shebyesod - 06 Nov 2012 20:58

My kids' doctor tells them, "I'm going to stick the needle in now. If it hurts tell me and I'll take it

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right out"

Re: Discussion about how to control ones urges
Posted by reallygettingthere - 06 Nov 2012 22:43

[Gevura wrote on 06 Nov 2012 20:58:](#)

My kids' doctor tells them, "I'm going to stick the needle in now. If it hurts tell me and I'll take it

that made me smile

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Re: Discussion about how to control ones urges
Posted by Dov - 07 Nov 2012 01:18

I don't mean to attack, and if you think that was rough, you should see old-timer AA's tear apart newbies in southern state meetings! "Oh, the humanity!"

Anyhow, atzmosyosef (great fake name!) raises a very important question that is on all our minds at one time or another. For me, his question was on my mind practically from the very first time I discovered how powerful and sweet erotica feels. I was desperate to figure out: **are there ways to control it ?**

I was desperate to figure it out - **for fifteen years!** That's desperation? Yes, we all know it was.

So all I wanted to do for him was to offer an explanation for exactly why this big, desperate question bounced around in my mind for all those years unanswered! I wish someone put me out of my misery earlier, too. Nu - but where is the good fellow?

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