

curious

Posted by shalomyid - 07 Oct 2014 14:32

Whats doing everybody? This is my first time posting something and im very excited. Here goes. Does masturbation effect the body mentally or physically? By mentally I mean anxiety, depression...? By physically I mean baldness...? Is there any torah or science on this?

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Re: curious

Posted by gibbor120 - 29 Dec 2014 20:02

There's a line in the white book (or big book) that says "half measures availed us nothing". It's tempting to try to do it piecemeal, but it doesn't work that way. I tried for years to stop acting out. Little by little, I realized that allowing x but not y, did not help at all.

I made red lines, I will not let zera come out. Then, I will not touch myself. I will not look at pictures... at women in the street. I will not fantasize. The bottom line is, that as long as I held on to any form of lust, it just led to all the rest anyway.

There is a great Or Hachayim that says if we don't guard our eyes from looking and our mind from fantasizing, we cannot expect to overcome the yetzer hora.

We really need a zero tolerance policy.

That DOES NOT MEAN that you should feel bad if you fail at any point.

The yetzer hora tells us x is not so bad. Then once we do it, he tell us. How could you do x. You are such a rasha. You might as well do y too.

We need the opposite approach. When a temptation comes, we need to say, "THIS WILL KILL ME. I CAN'T AFFORD IT". If we fall, we need to forgive ourselves and move on. Guilt does not

help in this area. It just makes things worse.

I hope this helps.

WELCOME! You have come to the right place. Check out some of the links in my signature. I've got some good stuff! Keep posting!

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Re: curious
Posted by skeptical - 29 Dec 2014 20:06

shalomyid

I had a fall today with mz"l but thank God it wasn't by means of watching p***, does mz"l without p*** have the same bad effect mentally by strengthening the bad neuro pathways or does it have a lesser effect? What I'm really asking is, not to make it "muttar" so to speak, but to know if this could be used as a "stepping stone" to break free?

Lust is lust.

Masturbation, porn, fantasy thoughts, literature, even looking at tznius-dressed women with improper thoughts - it's all the same poison. One is not better than the other; they all feed the desires and gives them life.

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