

surprise

Posted by Smy - 03 Nov 2016 16:12

Hi,

I've only joined the program recently. Not read many posts yet but from some of the subjects, I can see that I'm not the only one who doesn't/didn't consider myself an addict. I've struggled for many years and it has come to a stage whereby masturbating helps me sleep and if I don't, I get tense legs and need to walk about the room before I can sleep. This has been my biggest problem in my 6 clean days so far. Has anyone else felt the same?

One thing that has struck me and surprised me is seeing people commenting who have been members for many years but still are only on a few days clean. I suppose I've been naïve to think that there is actually a 'cure' to this 'disease'.

I'm hoping and praying that I can really lift myself up and stay clean for good.

SMY

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Re: surprise

Posted by Markz - 03 Nov 2016 16:22

Welcome brother

I was also surprised when I joined GYE that others struggled as I do

But after that, I have had pleasant surprises on GYE. lyH by you!!

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Re: surprise

Posted by Shlomo24 - 03 Nov 2016 17:20

Welcome! One day at a time.

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Re: surprise

Posted by cordnoy - 03 Nov 2016 17:51

Welcome

B'hatzlachah

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Re: surprise

Posted by gibbor120 - 03 Nov 2016 20:24

Welcome! Is sleep the only problem? You are fine during the day?

There are many here who consider themselves addicts and have been clean for years. I'm not sure if there is a "cure", but there are certainly things that help make it manageable. Many people can live very normal lives, and live besimcha.

Read the handbook. Keep posting. There's lots to learn.

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Re: surprise

Posted by Smy - 03 Nov 2016 20:50

The problem is during the day too. What I meant was that it has got to the stage where I'm unsettled at night and find it hard to sleep unless I orgasm. I was wondering if anyone is or was the same.

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Re: surprise

Posted by gibbor120 - 03 Nov 2016 20:58

Guard your eyes during the day, and do other recovery activities. You can't expect to feast your eyes during the day, and have an easy time falling asleep at night. Your problem doesn't start at night. It starts during the day.

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Re: surprise

Posted by yiraishamaim - 03 Nov 2016 21:09

This unsettled feeling you having -is it only from lusting during the day or are you anxious over other issues as well and you use Mas____ as a sort of drug to calm yourself?

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Re: surprise

Posted by Markz - 03 Nov 2016 21:16

Gibbor, that's true

But if someone has gotten used to idea of only being able to fall asleep with masturbating as waydown says too, I think he may need a different response.

How about substituting with 100 pushups 100 sit-ups 250 chin-ups and let us know if you can't fall asleep within 10 minutes. I have some other forms of torture that work for others

For example

Warning: Spoiler!

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Re: surprise
Posted by Smy - 03 Nov 2016 23:44

It has nothing to do with 'feasting my eyes during the day'. I think my body has become so used to it that the only way to relax is through the action.

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Re: surprise
Posted by Smy - 03 Nov 2016 23:46

Ha ha:joy:. I actually do 50 push ups before I go to bed. However I think it has the opposite affect as it gets my adrenaline running .

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Re: surprise
Posted by Watson - 03 Nov 2016 23:54

[Smy wrote on 03 Nov 2016 23:46:](#)

Ha ha:joy:. I actually do 50 push ups before I go to bed. However I think it has the opposite affect as it gets my adrenaline running .

In that case have you considered doing the pushups in the morning instead?

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Re: surprise
Posted by gibbor120 - 04 Nov 2016 17:42

Well the sleep issue may require some suffering at first, but it has been done. Can you read a good book until you fall asleep or find some other relaxation technique? Try to keep busy until you are very tired. It will not happen right away, but with perseverance it will get easier. You need to replace it with something.

Are there things that make you anxious or tense during the day? How can you deal with stress better?

Just asking some questions to get you thinking.

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Re: surprise

Posted by shtikbord - 04 Nov 2016 20:27

gibbor 120 is making sense, (I have the same issue as smy). With regards to working out before bed, it may work for some people, but as for me personally it doesn't . One night I tried mark z's form of torture and I was up till four in the in the morning. However it does take your mind off of it for the time being. and by the way, I didn't do anything wrong that night, cuz I made the cheshbon that it doesn't make sense to act out because I already worked so hard to stop myself. (even though it didn't help me fall asleep)

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