

wasting seed

Posted by uiel - 10 Nov 2016 04:35

I fall threw with wasting seed and sometimes watching shmutz sometimes 4 times a day sometimes 1 day after another for a few times and sometime clean for a few month just having wet dreams in between..from before yom kuppar till now I was clean just a few wet dreams.....what can I do to be clean completely??

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Re: wasting seed

Posted by Shlomo24 - 10 Nov 2016 05:48

Welcome. What have you tried to stop masturbating and watching porn?

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Re: wasting seed

Posted by yiraishamaim - 10 Nov 2016 11:32

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You need to improve in stopping to look where you should not, and not let your mind fantasize and go where it should not.

Big Goals - NO Porn NO Ma_____

With wet dreams - of course we don't want them but don't even actively work on them. You got bigger fish to fry and working on that too will be way too overwhelming - at this point, even detrimental

'cause-

"Tafasta meruba lo tafasta"

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Re: wasting seed

Posted by Markz - 10 Nov 2016 13:59

Welcome brother

[uiel wrote on 10 Nov 2016 04:35:](#)

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How's your daydreams?

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Re: wasting seed

Posted by gibbor120 - 10 Nov 2016 14:58

Welcome! Read the handbook. It's a good start. It should give you some ideas. Keep posting.

If you guard your eyes and are otherwise sober, the wet dreams will be very infrequent. It may take some time for that to happen though. Be patient and work on getting and staying sober.

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Re: wasting seed

Posted by cordnoy - 10 Nov 2016 21:57

Welcome

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Re: wasting seed

Posted by Moudmack - 16 Nov 2016 21:04

Welcome. Since you say you watch smutz i assume that you have direct access to it, therefore you should make sure to block access to sites that will lead you to watching or wanting to watch stuff that will make you waste seed. Social media/youtube/porn sites obviously should be blocked and then you can use the many steps in GYE book. I also advise to read about the subject of purity which can motivate you to have clean thoughts and make some changes.

Rav Shalom Arush Has a great book about this and theirs many such authors, also GYE sends some nice chizuk emails and have some amazing rabbi's giving lectures on this. The best thing is to act but it's also important to motivate yourself in order to act! Good luck

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