

my bed

Posted by yct - 21 Dec 2017 03:55

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I have been struggling with masturbation for years. I am now BH doing much better but i am still falling way too often. my main challenge is laying down to go to sleep this is when i find myself constantly falling. Anyone has any advice how to deal with this?

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Re: my bed

Posted by Markz - 21 Dec 2017 04:01

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[yct wrote on 21 Dec 2017 03:55:](#)

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Why do Jews always answer with a question???

In any case, WhenZeidyWasYounger he asked you a question [Here](#)

Did you answer him?

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Re: my bed

Posted by ieeyc - 24 Dec 2017 21:06

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[yct wrote on 21 Dec 2017 03:55:](#)

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hi yct thanks for posting , thanks to markzs link i see youve been here b4, wow youve grown from plain mast\*\*\*\*\* during the day ,to just falling in bed, if thats not improving ,i dont know what improving is! keep on going ,and youll be writing on the forum,how BH youre doing better you just have an issue with bad thoughts , and then youll be sent to a moishka who had an inn and wanted to change his business.... as far as falling at night ,im sure you thought of this yourself but a good torah tape/mp3 or even music helped me out of my habit .stay with gye ,keep posting , and im sure that youll come out of this problem.dont give up! p.s. nothing to do with you,i just dont understand something ,if i ask s/o to help because im sinning ,i dont find it a help if the person asks me WHY are you sinning? its like, help im drowning!!WHY are you drowning?im sure im going to hear an answer ,i hope its not WHY dont you understand?

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Re: my bed

Posted by tzomah - 25 Dec 2017 11:13

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but if you saw someone about to jump in the ocean you would ask them why are you drowning yourself and you would think the guy is crazy

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Re: my bed

Posted by ieeyc - 25 Dec 2017 14:10

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[tzomah wrote on 25 Dec 2017 11:13:](#)

but if you saw someone about to jump in the ocean you would ask them why are you drowning yourself and you would think the guy is crazy

good point, i have a suggestion ,gye should put in their program an automatic response for anyone who posts a problem

**Warning: Spoiler!**

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Re: my bed

Posted by shomer bro - 25 Dec 2017 18:23

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I have the same struggle. When I go to bed, I'm more relaxed and my mind feels more free to roam which can lead to fantasizing and mb. No easy solution. Maybe plan ahead and have things to think about when you're trying to fall asleep. Maybe a book you're reading, or a hobby you enjoy, or think Torah thoughts. It's a challenge, no doubt, and you're definitely not alone!!

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Re: my bed

Posted by gibbor120 - 26 Dec 2017 14:26

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Welcome! Check out the handbook. Keep posting.

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Re: my bed

Posted by ieeyc - 08 Jan 2018 16:54

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hi yct id like to give a suggestion on a ruchniyus level , i just saw this in a ebook by gye , " Now that there are no sacrifices, the spirits try to nourish themselves from the semen emitted in vain by men (KERI). So these spirits come and arouse men in their beds until they experience a night time emission (called KERI). And therefore the prayer of Arvit was instituted to fight these damagers. The name Arvit alludes to the Erev Rav, to whom these damagers belong, and with this tefillah we are able to break the strength of those hosts." if you can work on your maariv with a chizuk , it seems that saves a person from bad thoughts on his bed ,in addition to torah shiurim ,music .it gave me a chizuk , i hope you digest this in the right way , meaning dont get freaked out from words like spirits , just know that your normal ,and chizuk before going to sleep helps ,chazak!

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