

making progress

Posted by bjo - 09 Jun 2020 14:25

Hello everyone. This is my first time posting. I am 23 years old. I have been struggling with a mild form of pornography addiction and masturbation for a couple of years. In the past, I was able to go a couple of weeks without looking at pornography or masturbating, and then I would get triggered and give in. Last month, I had one really bad week where I gave in to my urges more than usual. It was then that I knew I had to take action. That is what inspired me to come to GYE.

I am making progress. The first week since I came here, it was very easy not to get triggered because I knew I made a commitment that was still fresh in my memory. The second week was a little more difficult yet manageable. There were some close calls and I sometimes had thoughts that I wish I wouldn't have, but I completed week 2 without giving in.

After 12 days without pornography or masturbation, I had an involuntary nocturnal emission, which likely happened as a result of thoughts I had while I was sleeping. I don't believe I ever experienced this before, and I felt bad that this happened. I know that it is less bad than being "motzi zera levatala", but I was worried that this episode would impede the progress I have been making. Since then, I have managed to ignore temptations, but my thoughts have gotten a little more intense.

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Re: making progress

Posted by Meyer M. - 09 Jun 2020 18:09

Your thoughts getting more intense is the yetzer hara hard at work to bring you down, scientifically the nocturnal emission may be due to a sudden decrease in output during the day, in my eyes it should go away if you guard yourself however I am not a doctor nor a rav so feel free to consult an expert and dont let these events hold you back!

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Re: making progress

Posted by plz hashem - 09 Jun 2020 19:10

-Last night, I had a very difficult time ignoring my urges. It felt like I was exhibiting withdrawal symptoms. For a few hours, I was sweating, a little bit irritated, and couldn't sleep. At 3 AM I woke up and exercised and subsequently listened to a daf yomi shiur to keep busy with other things. It worked and I was able to go to sleep for a few hours.

-Later this morning, after coming back from davening, I went back into my pajamas and slept because I was so tired. I am not used to sleepless nights. Very soon, the urges returned stronger than ever, and since I felt like I failed already with being preoccupied with these thoughts for so long, I just gave in and masturbated.

I was devastated because it felt like such a setback, however, at the same time, I feel some sense of accomplishment in not having used pornography leading up to the fall, and for being able to hold out for as long as I did (around 10 hours of having really strong urges without giving in).

So I am now starting again. I have a sense that the third week could possibly be the most formidable challenge for someone just starting to try to break free like me, especially when these symptoms occur. Any suggestions for how to cope if I were to have these symptoms again?

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