

Help with Shidduchim and arousal.
Posted by N11 - 17 Nov 2021 04:51

Hello Guys, I know this is not the typical question to appear here (and if it doesn't belong here please tell me where should I post it): I'm BT, and before I was able to stop with this issue very early during my teshuvah path, my problem is a different one: because I'm so sensitive (since the last time I watched porn was 7 years ago before), it's very easy for me to get an erection, without wanting to, when the situation is arousing. I've been in shidduchim for a few months now, and I have started dating this girl (shomer of course) a few weeks ago. I really enjoy being with her, we've never spoken anything inappropriate, but I still get erections (which I hide) when I'm with her. The problem is that after the dates, I feel discomfort in that area, and a few internet searches told me this is called "epididymal hypertension", which is usually relieved by "doing it" (which is definitely out of the table). I'm guessing I'm not the only one who's been through this, can anyone share tips for relieving this pain?

Thanks!

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Re: Help with Shidduchim and arousal.
Posted by Yoina mutzhoo - 17 Dec 2021 16:12

[farmer k. wrote on 17 Dec 2021 04:11:](#)

[Yoina mutzhoo wrote on 18 Nov 2021 14:29:](#)

Hi

There is another term called "**Hypersexual**" and/or "**Nymphomania**".

Becoming aroused often, and having a lack of control over the arousal.

Mindfulness based exercises can help with hypersexuality. which teach the body to not overreact to erotic clues and sexual stimuli.

I saw that Valsalva maneuver can help to relieve the epididymis pain. i wonder if it works.

From wikipedia: The **Valsalva maneuver** is performed by moderately forceful attempted exhalation against a closed airway, usually done by closing one's mouth and pinching one's nose shut while expelling air out as if blowing up a balloon.

Basically it is: inhaling, closing the air pathway, forcing some pressure like blowing out for around 20-30 seconds. this temporary restrict the blood flow and reduce the tension on the tetricales, epididymis, prostate gland, and the Corpus cavernosum.

I wonder if that exercise can worked for anyone.

Enjoy!

Yoinala

I have used this method in the past with out knowing its a real medical "zach" it has moderate effectiveness on me

Thanks for sharing!

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Re: Help with Shidduchim and arousal.
Posted by AStrugglingJew - 20 Dec 2021 01:27

Thank you for making a thread about this!

This is something I am currently going through myself (and have talked about a bit on my thread if you are interested) and also find to be super challenging.

The whole process is so difficult for staying clean and with clean thoughts. By nature so much tayva gets aroused, which is natural, but definitely so difficult when not so clear how to channel all that tayva. With my experience I wish I had tons of amazing tips and remedies, but I don't have too much. But I hope that knowing that you are not alone helps and knowing that someone is struggling through the same thing is comforting in some way.

I will share that the way I approach it, and it's not really a tactic, rather more of a mindset. Disclaimer this may not be correct, and I have not been perfect myself, but I think this mindset has helped at times.

I try to use the fact I may be at the start of the relationship with my future wife as motivation to push through and stay clean. How wonderful would it be if the relationship with our wife's could be ones of tahara from the beginning. In this parsha we are looking to build relationships filled with kedusha, so I think for me that motivates me for that extra push to be as kodesh as possible. And especially if I am spiritually inspired by the girl, I remind myself that I would never want to disappoint her.

Just my thoughts. May be a little different that what you were looking for but I hope it helps in some way.

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Re: Help with Shidduchim and arousal.
Posted by farmer k. - 24 Dec 2021 03:29

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Re: Help with Shidduchim and arousal.
Posted by Hashem Help Me - 24 Dec 2021 12:00

Ignore it. The subconscious does not appreciate our getting clean and depriving these "pleasures" from our bodies. Therefore when it is in charge - when our conscious mind is

asleep, it attempts to arouse us. This is what causes many guys who are in the process of breaking free, and despite truly watching their eyes during the day online and on the street, to have graphic wet dreams. Eventually the subconscious gives in and these episodes happen less and less. Hatzlocha.

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Re: Help with Shidduchim and arousal.
Posted by sleepy - 26 Dec 2021 23:39

[farmer k. wrote on 24 Dec 2021 03:29:](#)

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Re: Help with Shidduchim and arousal.
Posted by sleepy - 26 Dec 2021 23:49

- "sleepy" post=375284 date=1640562071 catid=19

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any suggestions from the chevra what to tell a child in such a case?

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Re: Help with Shidduchim and arousal.

Posted by Hashem Help Me - 27 Dec 2021 00:31

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The truth. When told to children at a young age in clinical terms you are doing them a massive favor - sparing them years of confused agony. It is also an opportunity to open healthy lines of communication about sexuality, sparing them the imagined need for secrecy when nisyonos appear.....

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Re: Help with Shidduchim and arousal.
Posted by sleepy - 27 Dec 2021 06:47

[Markz wrote on 20 Nov 2021 23:02:](#)

[lodaas wrote on 20 Nov 2021 18:31:](#)

Reb Ahron Kotler zichrono livrocha held that one must wear loose underwear to avoid kishuy. After having this problem for a long time I changed to boxer shorts and it helped loads. though in the beginning it takes time to get used to them. good luck

It's one of Gye's tools.

Get in the ring and fight the good fight bro!

please dont belittle Reb Aharon ZL,ty

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