

I am abt to start fighting

Posted by hihello123 - 11 Jul 2023 20:50

Hey all, this is my 1st post, i first want to thank all of u for keeping this platform going, reading a lot of the stuff is inspiring to see how ppl are just trying to help others and also that ppl are going thru the same things as me. I am not such gr8 writer so plz stay w me. I am 21 and in yeshiva.

In addition to unhealthy sexual attractions (more to come later) i have the unhealthy habit of masturbating. My main motivation to stop is that i want to b able to get married soon and having this habit has potential to lead to an unhealth marriage.

I have just completed the flight program and im getting ready to fight. Tbh i have never gone any long period w.o. masturbating. I usually dont even masturbate to porn (as i dont have access and usually dont even have access to this website) but rather to my imagination (which i think is pretty good lol). But im ready to fight and cld use all the support and tips i can get.. u can call me tzvi....thank you all

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Re: I am abt to start fighting

Posted by yitz23 - 13 Jul 2023 23:04

[chaimoigen wrote on 13 Jul 2023 21:26:](#)

I just will make two points here. Neither involves Ruchniyos [purposefully and uncharacteristically].

Yayyyy!!!!

(Kidding.)

Great post!

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Re: I am abt to start fighting

Posted by chaimoigen - 14 Jul 2023 01:19

[cordnoy wrote on 13 Jul 2023 22:11:](#)

[chaimoigen wrote on 13 Jul 2023 21:26:](#)

I am ambivalent about sharing personal thoughts on the topic of why a person shouldn't want to act out. A lecture from me isn't likely to help change someone's desire. An explanation about **why** you **ought to want** to stop will only be that, an explanation, not a **want**. You have to desire it **yourself**, truly.

And a person needs to be brutally honest with himself to know in his own heart of hearts what is the **problem** and what is the **solution**. If a person is using P and M and a solution to deal with pain and anxiety, or other issues, a Droscho won't help, because the behavior serves a purpose that he wants, at least in certain situations....

I just will make two points here. Neither involves Ruchniyos [purposefully and uncharacteristically].

1. Masturbation almost never happens without fantasizing. Perhaps this point isn't always focused upon.

?A person maybe could think about it this way: What are the effects of me pouring my spirit and investing my mind, wasting my heartrate, energy, my deep feelings, imagination and daydreams, hormones etc etc into a fantasy universe? How does that affect my living space, my persona, my mind and spirit? How does it numb the higher, more subtle elevated parts of who I am....

2. I want to share a post from the Great [Mostly Missing In Action] Ish MiGrodna, one of my heroes. Food for thought.

For some weird reason, I've been "living with this vort" over the past few days. It has been posted in several places (and it reminds me to embrace the pain like a champion - rather than feel sorry for myself :)

Here it goes....

From former world heavyweight champion boxer David Haye on the topic of sperm retention:

Find a lion that hasn't had some food for a while, and you've got one dangerous cat. I don't ejaculate for 6 weeks before a fight. No sex, no masturbation, no nothing. It releases too much tension. It releases a lot of minerals and nutrients that your body needs, and it releases them cheaply. Releasing weakens the knees and your legs. Find a lion that hasn't had some food for a while, and you've got a dangerous cat. So there won't be a drip from me. Even in my sleep — if there are girls all over me in my dream, I say to them, 'I've got a fight next week, I can't do anything. I can't do it.' That's control. I've been doing that since I was fifteen and it's part and parcel of my preparation now. That's why I am who I am today — it's down to all those little sacrifices. Find me another boxer who makes that sacrifice, and you'll find another champion.

Gadlus baby!!

Chachma bagoyim in Grodno ~ IMG

Regardin' one sentence in your first point: "How does it numb the higher, more subtle elevated parts of who I am." - That's precisely what fantasy is all about.

Regardin' your second point, look

here: guardyoureyes.com/forum/17-Balei-Battims-Forum/376777-What-time-is-the-Zman-to-fast-out#378982

There are many arguments against masturbation; let's pick those that hold up in a court of law please.

I'll be honest. I regretted adding the second point after I submitted it, because it's unprovable, as you say, and for other reasons.

I was looking for an illustration to expand the first idea in a tangible and thought-provoking way, and it's an arresting quote.

What I am trying to say, can be better said thus:

Taking the fact that it's all about living in fantasy further. Looking past the aspect of terrible spiritual destructiveness of masturbation (which is tangible in some way to almost everyone), there's a basic human point.

Wasting all that is energetic and creative, hopeful and imaginative, and a lot of what's passionately powerful about you in a way that merely flushes it down the toilet with vanishing, empty disillusionment- this diminishes you. It weakens you as a person, in the here and now - in so many basic ways. Is that a guy you would want to share a secret with or ask his opinion about a real life decision???

Many more cogent arguments against masturbation have been written and are available on this site. I wanted to share this single perspective because it means a lot to me,

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Re: I am abt to start fighting

Posted by cordnoy - 14 Jul 2023 01:54

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Re: I am abt to start fighting

Posted by richtig - 14 Jul 2023 02:13

[chaimoigen wrote on 14 Jul 2023 01:19:](#)

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Many more cogent arguments against masturbation have been written and are available on this site. I wanted to share this single perspective because it means a lot to me,

I've often thought about this in terms of the wrestler said. Perhaps a bit different, but a caged lion has so much energy to let out, and someone in the throws of tayva has a similar kind of energy. We would easily understand that if he went to the gym he could do a longer, more intense workout, or if he would go the beis medrash he could devour blatt after blatt. We do not have to limit ourselves to arguments against masturbation that would hold up in a court of law; we can advance arguments that would hold up in the court of an individual person, and launch them to the heights of humanity.

Thank you for sharing!

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Re: I am abt to start fighting
Posted by chaimoigen - 14 Jul 2023 11:55

[cordnoy wrote on 14 Jul 2023 01:54:](#)

Chaim, can you explain the point please in different words? I didn't understand it from your last post. Thank you

I started responding and before I knew it, it grew into a whole lecture. So i will spare the folks here and send it to you via PM. (Anyone else who wants to see it should PM me).

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Re: I am abt to start fighting
Posted by hihello123 - 16 Jul 2023 08:09

Hey, thx every1 for the chizuk, support tips- keep em coming! Thx to u guys im almost 3 days clean which is the longest ive gone in a while....kol tuv

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Re: I am abt to start fighting
Posted by yitz23 - 16 Jul 2023 16:27

Three days that's awesome!!!

Let's do this!

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Re: I am abt to start fighting
Posted by hihello123 - 20 Jul 2023 17:40

Hey all, bh i am currently 7 days clean!!! This is the longest ive ever gone since i started masturbation. Thanks to all u guys and gye!

Interestingly, ive noticed the hardest struggle is not when i see something that turns me on and i have a desire to masturbate. To those urges its easier to distract and move on. The real struggle has been stress. In hindsight it seems that masturbation used to b my stress reliever. Does any1 have any etzuh for a good stress reliever?

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Re: I am abt to start fighting

Posted by chaimoigen - 21 Jul 2023 11:59

[hihello123 wrote on 20 Jul 2023 17:40:](#)

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For me: Exercise. or taking a walk, especially with a friend, works for me. Depending on the walk, it may also be exercise.

This realization is a tremendous key to success, my friend. There are patterns. elements in our that cause us to go looking for trouble as a **solution** that we have unfortunately learned... Realizing why I sometimes want what I shouldn't is a huge step to figuring out how to make change.

You're awesome! Stick around, stay on this path.

Walking with you is making my day a lot better.

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Re: I am abt to start fighting

Posted by yitzchokm - 21 Jul 2023 16:20

"The real struggle has been stress. In hindsight it seems that masturbation used to be my stress reliever. Does any1 have any etzuh for a good stress reliever?"

I don't know how to copy and quote so I did it this way.

I have found STOP to work for minor stress related urges, and urge surfing and SOBER to work for powerful ones. They can all be found in the GYE toolbox.

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Re: I am abt to start fighting
Posted by yitzchokm - 21 Jul 2023 18:07

Physical exercise and connecting with other people are good.

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Re: I am abt to start fighting
Posted by yitzchokm - 21 Jul 2023 18:24

Depending on the circumstances sometimes dealing with the stressors themselves when there is no urge may also be useful.

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Re: I am abt to start fighting
Posted by bright - 25 Jul 2023 01:47

[hihello123 wrote on 20 Jul 2023 17:40:](#)

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Try exercise.

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Re: I am abt to start fighting

Posted by yitzchokm - 26 Jul 2023 22:57

RAIN is a great mindfulness technique for stress. It isn't designed for an urge and it won't work for that. It is used as a general relaxation technique for negative thoughts unrelated to urges like anger, stress and the like. It takes time to learn mindfulness and it becomes more powerful with continued practice.

You can do RAIN by sitting in a quiet place or by going for a slow walk.

It stands for Recognize, Allow, Investigate, Nurture.

Recognize: acknowledge your thoughts, feelings and emotions and label them.

Allow: allow those feelings to be the way they are, as is.

Investigate: investigate your thoughts and feelings with curiosity and kindness in a non-judgmental way. Allow your thoughts to flow without challenging them.

Nurture: nurture yourself with compassion and kindness, or do exercise and the like.

For me it usually takes between 10 minutes and half an hour.

(In the GYE toolbox urge surfing, SOBER and many others are mindfulness techniques designed for urges. I have found STOP to work for minor stress related urges, and urge surfing and SOBER to work for powerful ones).

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