

What is it about the nighttime?

Posted by joejew1234 - 13 Dec 2023 05:42

The day is over... the peace of night is available... and I end up going on the phone. It starts innocent enough... just checking on things, and then I notice, as if by itself, my hand is in my pocket... touch, rubbing. Feels good, I don't even notice it. But then I do. And in that moment I can choose - to do what's right and good and pure, to be a ben torah, an eved Hashem... or I choose to be a horny man who enjoys how it feels.

what am I looking for? why do I do this? is there something wrong with me? something wrong with all of us here??

I'm so tired of this, so ashamed

just go to sleep, you can stop now... but no

I go into the bathroom

all alone

with the screen and it's temptations

and I give in

I see you all here posting courageously and I just can't do it, I don't want to join the convo, I'm too tired. Leave me alone problem, just let me be

sometimes I've won this battle

sometimes!

for years this was under control

and now It's back

but now It comes with shame, disappointment, expectations, worry

I don't know what else to say

I'm here

I want to do better

but I'm so so tired

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Re: What is it about the nighttime?

Posted by chaimoigen - 14 Dec 2023 17:17

[joejew1234 wrote on 14 Dec 2023 04:50:](#)

[notezy wrote on 13 Dec 2023 21:51:](#)

They can be **over stimulating** which can be **distracting** and help you **disassociate** from reality but that won't help you **decompress** if you're stressed. although it might give the illusion of it.

What do you use for decompression at the end of the day?

Connection.

Personally, these days I lay next to my wife and we talk.

Or in the next bed when I must.

But calling a friend who cares also works.

Connecting to something positive that means something to me also helps.

Sometime having something that I learn especially at night.

The main thing is that I look to catch my breath by connecting to something that gives me back who I am.

After the day has sometimes taken it away from me.

The idea that moving out of your own head and life is needed at the end of the day is not a healthy one. Avoidance and disassociation is not a way to **deal** with issues and process them. To heal from The stresses of the day.

If avoidance is the solution one is looking for, lust does a great job of helping a man climb out of his head and his life, temporarily.

Until it all comes crashing back down.

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Re: What is it about the nighttime?
Posted by davidt - 14 Dec 2023 18:07

A thought on how to heal from stresses. Some problems can be fixed, and some problems can't. Some problems have solutions, and some don't. It's not the problem that's the problem. It's how I look at and deal with the problem. It's understanding that the difficulty is from Hashem, and it therefore has a purpose that's sometimes beyond my comprehension, but somehow there to make me grow.

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