

Cold shower

Posted by StoppingForever - 28 Nov 2011 04:01

Ever heard the expression "take a cold shower..". I thought about it, and can appreciate why it would work. Did anyone ever try a cold shower? It's probably very uncomfortable, i want to find out if it works before I put myself through that.

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Re: Cold shower

Posted by Gevura Shebyesod - 28 Nov 2011 04:51

For some people it makes it worse.... :-[

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Re: Cold shower

Posted by obormottel - 28 Nov 2011 05:25

[Gevura ShebYesod wrote on 28 Nov 2011 04:51:](#)

For some people it makes it worse.... :-[

Even cold?!

In the Memoirs of the Lubavitcher Rebbe he relates that the father of Baal HaTanya (I believe) rolled himself in snow as a teenager in the middle of the night to control the urge.

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Re: Cold shower

Posted by kidushashem - 28 Nov 2011 14:47

[obormottel wrote on 28 Nov 2011 05:25:](#)

[Gevura ShebYesod wrote on 28 Nov 2011 04:51:](#)

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Even cold?!

In the Memoirs of the Lubavitcher Rebbe he relates that the father of Baal HaTanya (I believe) rolled himself in snow as a teenager in the middle of the night to control the urge.

Yeah, but taking a cold shower and then drying off with a nice fluffy towel and then putting on
) is not
exactly what the Baal Hatanya's father was doing...

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Re: Cold shower

Posted by Gevura Shebyesod - 28 Nov 2011 15:04

forget the fluffy towels....With me the cold water has the opposite effect of what "cold shower"
:-[. But then again, i'm not "most people" :o :

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Re: Cold shower

Posted by obormottel - 28 Nov 2011 17:33

[kidushashem wrote on 28 Nov 2011 14:47:](#)

[obormottel wrote on 28 Nov 2011 05:25:](#)

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Re: Cold shower

Posted by kidushashem - 29 Nov 2011 11:11

[obormottel wrote on 28 Nov 2011 17:33:](#)

[kidushashem wrote on 28 Nov 2011 14:47:](#)

cozy pajamas and getting into your down blanket (and don't forget the Ben n Jerries

[obormottel wrote on 28 Nov 2011 05:25:](#)

the father of Baal HaTanya (I believe) rolled himself in snow as a teenager in the middle of the night to control the urge.

Yeah, but taking a cold shower and then drying off with a nice fluffy towel and then putting on) is not exactly what the Baal Hatanya's father was doing...

that's why you need to make Aliyah, we've got it Chalav Yisrael in Israel!

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cozy pajamas and getting into your down blanket (and don't forget the Ben n Jerries

Re: Cold shower

Posted by kidushashem - 29 Nov 2011 11:24

BTW, getting back to the question at hand, I think that taking a cold shower can be helpful if you find lustful thoughts creeping in and you want to get rid of them. Boy, that cold water does it faster than anything. But if you're not thinking anything bad, why torture yourself?

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well, of course, Ben and Jerries is not cholov yisroel, but otherwise...

Re: Cold shower

Posted by alexeliezer - 30 Nov 2011 18:12

It seems to me that a cold shower is an act of desperation, too little, too late.

Better to intercept the taiva at the earliest alarm. As soon as a lustful thought starts hovering and looking for a landing strip in my brain, I start davening, asking Hashem to take my lust.

And committed shmiras eynayim also goes a long way to preventing the heat.

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Re: Cold shower

Posted by me - 07 Dec 2011 19:05

i want to find out if it works before I put myself through that.

Though much experience I can tell you that a cold shower works 100% !!!

But.....you must make sure never to come out!

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Re: Cold shower

Posted by mendel 770 - 20 Mar 2012 19:02

going back off the subject, it was'nt the baal hatanya's father, but another bochur who's story is described in detail in the rebbe's memoires, and ended up helping the besht with the spreading of chassidus. the reason for the mistake probably was that they both had the same name, boruch. or maybe it was just both of them. (which would strengthen the notion that it is a good idea, as it was tried and proven already 275 years ago.)

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Re: Cold shower

Posted by JustKeepGoing - 18 Apr 2012 21:30

In my opinion a cold shower does work but if i had an urge the last place i would go is the shower

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Re: Cold shower

Posted by Kevin Pond - 14 May 2012 13:47

a HOT Mesilas Yescharim session works MUCH better for me. five minutes. try it- you'll love it!

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Re: Cold shower

Posted by ontheedgeman - 14 May 2012 13:57

A cold shower works as well for addicts as swallowing a garlic clove works for keeping away vampires.

Both are figments of the imagination.

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Re: Cold shower

Posted by Dov - 14 May 2012 17:46

[Moshe"ME" wrote on 07 Dec 2011 19:05:](#)

i want to find out if it works before I put myself through that.

Though much experience I can tell you that a cold shower works 100% !!!

But.....you must make sure never to come out!

That was **beautiful**, Mo!

I stayed sober while I was in Yeshivah in EY. I have come to see that it was not "*leaving yeshivah*" that screwed me up so badly afterward...(though my guilt told me that a hundred times - which just led me to masturbate myself even more!)...

Rather, it was having to date *real* girls; get married to an *actual* human being; having to actually get a *real job* and deal with *real people*; having to face the fact that I was *not* going to be one of the people that klal yisroel will call one of "the gedolim" but just be another guy on the bus; and just having to *GROW UP*. Those things made me uncomfortable. Because I am an addict, they apparently made it necessary for me to rediscover my imagination and my penis and all the nifty things I can do with them.

The Dubner Maggid was 100% right when he 'gave it' to the GR"A, zy"a. It's easy to stay kosher in the head when you are in a cloistered bubble where everybody behaves perfectly and you do not have real life (marriage, family, job, shul politics, neighbors, mowing the lawn, and peoples' wills to deal with. Real people have real wills of their own. That's always trouble - especially for an addict. It's not an aveiro - it is a desperate and necessary escape. And it is so tragic *because it does not work*. Instead, it makes everything worse and worse. And *thank G-d* for that. For, the only reason I ever *had* to stop was **because** it did not work and made everything worse! Heaven knows I tried to stop in order to be a good Jew...even to be a *tzaddik* ...for the sforim I saw said I could be *greater* than others (you know, the encouraging sforim that say that those with this sexual netiyah have a *closer* chance to become tzaddikim davka, so the YH fights *them* stronger?)! Well, all that did to me was **poison** me. It made me more grandiose - and all the more guilty when I failed to live up to my great ma'amod.

"*Tov v'yoshor Hashem, **al kein yoreh*** ("slam down" as in *yaroh y'yareh*) ***chato'im baderech***" - He forces us to eventually get better, by the sheer misery that naturally occurs as a result of our best efforts to 'make it'! Tatty is sooo Good!

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