

27 and Counting but Weak from Dreams

Posted by Kedusha252 - 18 Oct 2010 04:07

Hello to all,

Baruch H' I have reached 27 days. In the past this has been a tough spot for me because my streak usually ends before 30 days comes. But I want to be better than ever now!

The truth is although I am at day 27, I am not feeling the length of the streak because I have unfortunately had several wet dreams during the streak. Meaning, usually during a streak of this length I would feel more solid and more removed from taiva, but wet dreams have brought that feeling down a little. The main thing is that I have not *astur*ated since right before Succos which to me is great and I hope it continues.

As for the wet dreams, I always sleep on my side. But these wet dreams are most definitely related to taiva I have thought about or seen during the day. I guess dating makes it hard also because if the girl I am dating is attractive it sparks degrees of taiva that could lead to wet dreams.

I have recently began a partneship over the phone. This helped me today because I left a message on my partner's phone which gave me chizuk.

Anyway, hopefully I can keepreaching greater heights and limoit wet dreams.

Hae a good night!

Kedusha 252

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Re: 27 and Counting but Weak from Dreams

Posted by Kedusha - 18 Oct 2010 16:10

Nocturnal emissions are not something you need to feel guilty about. If they happened without any Histaklus or Hirhurim by day, there is no Aveira involved whatsoever. If, however, a person was Nichshal in Histaklus/Hirhurim by day and this led to an emission by night, then the Aveira was the Histaklus/Hirhurim by day, not the emission by night (which was an onus).

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Re: 27 and Counting but Weak from Dreams
Posted by mnman415 - 19 Oct 2010 01:58

i had this same problem when i was starting. in my 1st streak of days (37) days i made a post about this same problem and i am going to copy and paste the responses that i got.

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Re: 27 and Counting but Weak from Dreams
Posted by mnman415 - 19 Oct 2010 01:59

Quote from: HashemsSoldier on August 23, 2010, 07:22:19 PM

i have a q. i feel like ive been having a lot of wet dreams since this last time ive started my battle for 90 days. i think the only night i didnt have a wet dream in the past couple days was on shabbas. is that normal? is it possible that now that im putting a lot of effort into controlling my eyes and fantasies that when i do see something or think something, it stays in my mind and i have a wet dream? i would love to hear any comments on this.....thanks

I believe that it is normal. I think it is just another tool of the Y"H to try to bring you down, as if to say look you're really not that good. My own eitzah is to take some preventive measures such as Kriyas Shema al Hamittah and saying the first four perekim in tehillim before going to sleep which is a shemirah against wet dreams. And, if it does happen to just move on and not get sidetracked. You can also say Tikkun Klali. The main point is not to let it distract you from the proper path that you are on. Reading your posts you appear to be headed in the right direction. Hatlzacha for continued success.

Ano Nymous

Yes, it's completely normal, and it happens. I found that when I started out, coming from a state of far too frequent fantasizing, when I stopped doing it myself it just happened at night by itself. Don't worry about it too much. If you keep abstaining they will get less and less frequent.

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Re: 27 and Counting but Weak from Dreams

Posted by jewinpain - 25 Oct 2010 01:32

TR, & HS, the rule here on GYE is the wet dreams don't count as a fall, but if it happens too often, than its worth looking in the user manual once again & see which cord or setting is not right, its not that much of a problem the wet dream itself , just the depression this can get u into make me much more worried

TR, regarding ur dating I'm not the 1 to speak, but its defiantly worth speaking to ur rabbi, rosh yeshiva, I wouldn't feel comfortable sitting down with a girl, when I don't have under my belt a decent streak of sobriety

Hatzlucha with whatever u decide

Keep trucking

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