

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by cordnoy - 03 Jan 2017 04:57

We prepare for intimacy with the wife.

We flex our muscles.

We tell them how much we love them.

We even give a gift.

Besides the past two days of baths, garbage cleanin', floor sweepin', etc.

Lights are dimmed.

The stage is set.

She devours us. Ouch! No second chance. We cannot tell the tale.

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Re: On the shoulders of those before me
Posted by Markz - 03 Jan 2017 05:18

[cordnoy wrote:](#)

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I was gonna write the same - but you're more eloquent (hey I didn't say you're Spiderman) and add that that is why some of us look for escape hatch's / outlets

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Re: On the shoulders of those before me
Posted by Shlomo24 - 03 Jan 2017 05:31

[LifneiHashem wrote on 03 Jan 2017 04:33:](#)

[cordnoy wrote:](#)

[Shlomo24 wrote:](#)

I don't get it.

I'll let the mechaber explain first.

As is with all meshalim, it's open to multiple interpretations, but I will offer what I saw in it and then leave the floor to R' cordnoy:

1) like the spider, we can become so focused on the object of our lust that all rationality goes out the window. We can and have done strange and bizarre actions to satisfy our lust with little or no concern for how foolish we are and look. Ultimately our actions lead to our downfall, and the instrument for our demise is non other than the lust itself.

2) I had a little too much time on my hands today. BH the only sex I viewed was among spiders.

Lol. Literally Lol. Not figuratively, literally.

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Re: On the shoulders of those before me
Posted by Singularity - 03 Jan 2017 08:46

Things gettin' silly around here.

But silly's good. It's almost Adar!

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Re: On the shoulders of those before me
Posted by cordnoy - 03 Jan 2017 13:56

[Singularity wrote on 03 Jan 2017 08:46:](#)

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But silly's good. It's almost Adar!

My post (at least, this last one) was far from silly.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 03 Jan 2017 14:11

[cordnoy wrote:](#)

[Singularity wrote:](#)

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But silly's good. It's almost Adar!

My post (at least, this last one) was far from silly.

Ditto

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Re: On the shoulders of those before me
Posted by will Succeed Beh - 03 Jan 2017 18:50

Wow Cord! That was an explanation, that dosent need any more explanations.....

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Re: On the shoulders of those before me
Posted by Singularity - 04 Jan 2017 07:50

Sorry, I haven't tapped into the *amkus* yet.

Even an interpretation of something cryptic is open to interpretation.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 08 Jan 2017 11:39

126

third sex dream in as many weeks last night. The 1st 2 were clearly related to persons I saw during the day & I awoke before MZ. I've been trying to be extra vigilant during waking hours to guard my eyes from any triggers that would cause these dreams. Last night dream was nonsensical with people I didn't recognize (probably from a movie months or years ago.) last night ended in wet dream.

I don't know what this means and how to correct it, or if it should just be considered a normal part of life. Feeling a bit disturbed so I'm posting.

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Re: On the shoulders of those before me
Posted by MayanHamisgaber - 08 Jan 2017 13:01

at the risk of getting pounced at by those more experienced than me

i don't know a way to **correct** it but keep trying **today** to guard your' eyes also personally i find the more i learn during the day the cleaner my dreams are

KUTGW

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Re: On the shoulders of those before me
Posted by Shlomo24 - 08 Jan 2017 17:11

[LifneiHashem wrote on 08 Jan 2017 11:39:](#)

126

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I never really paid much attention to them. It's not in my control. If I recall correctly, learning something or doing something that occupied my mind right before bed helped. I usually have wet dreams if I lust during the day or if I lust right before I go to sleep. But sometimes it just happens.

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Re: On the shoulders of those before me
Posted by Singularity - 09 Jan 2017 09:00

[Shlomo24 wrote on 08 Jan 2017 17:11:](#)

[LifneiHashem wrote on 08 Jan 2017 11:39:](#)

126

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I let wet dreams destroy my life at one point. Focusing so much on them. *Hashem! How could you do this to me!!?*

Wait, what? How about the sixty thousand porn movies I watched *before* I decided to fix my act up? Do they just disappear?

Work on today, like Mayan said. These dreams are just tests now.

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Re: On the shoulders of those before me
Posted by will Succeed Beh - 09 Jan 2017 14:00

I Think the less you think of sex related thoughts before going to sleep should make it easier,
But as Singularity wrote it sure is part of the test we need to overcome (lots of it emotionally).

LOH

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Re: On the shoulders of those before me
Posted by LifneiHashem - 10 Jan 2017 04:17

Thank you to those who subtly and not so subtly pushed the concept of opening up to a real,

non anonymous person. Thanks also to those who have discussed their own experiences with this on the forum. I never thought I would, but finally did it today. I hope to elaborate more when I have more time. I feel happy.

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