

Question very short

Posted by ibeni777 - 07 Jul 2017 19:10

Shalom

Hi friends !! Im trying to be clean, my little question is:

what you guys think about night ejaculation during sleep ?

it is a fall or a slip?

Thanks a lot

Baruj HaShem

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Re: Question very short

Posted by Markz - 07 Jul 2017 19:15

[ibeni777 wrote on 07 Jul 2017 19:10:](#)

Shalom

Hi friends !! Im trying to be clean, my little question is:

what you guys think about night ejaculation during sleep ?

it is a fall or a slip?

Thanks a lot

Baruj HaShem

Welcome Brother

People will tell you it's not something to get bothered about

Its not necessarily true in all cases

So the first question is - what do YOU think about it?

And how's lust treating you in your waking hours?

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Re: Question very short

Posted by ibeni777 - 07 Jul 2017 19:27

The day before this happen, i had a battle and i think that I win this battle. I didnt saw pornografy and i didnt masturbate, but at night i ejaculate sleeping and i dont know what to do, if start again the 90 day chart, or keep moving forward in the sameone

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Re: Question very short

Posted by Markz - 07 Jul 2017 19:31

Ok so you're doing great

Gye has 90 day rules

I think you're in compliance

Keep on smiling ;-)

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Re: Question very short

Posted by gibbor120 - 07 Jul 2017 20:37

Don't worry about it. Worry about your sobriety, and it will take care of itself (mostly). Worrying about this will only divert you from the real work IMHO.

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Re: Question very short

Posted by botty - 08 Jul 2017 18:29

i wanted to open a new post asking a similar question but i see this 1 so ill ask here:

for example when we get to 8 days in 90days chart, it send us email like this:"A physician specializing in neuroscience wrote me once that there is a lot of scientific evidence that doing a behavior at least eight (8) times changes things in the brain"

so i wanted to ask

if this is true also when we get a Keri at night? i mean, eventually we did get an enjoyment... (although its pretty disgusting...)

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Re: Question very short

Posted by Hashem Help Me - 10 Jul 2017 02:45

Seeing keri at night is not a fall. Most rabbonim, therapists etc, will tell you to completely ignore it. Saying krias shma al ha-mita with kavona and maybe a kapitel tehillim in the morning asking Hashem to help you stay clean is sufficient. If saying shma at night with extra kavona actually triggers you because it makes you focus on the inyan, then just say shma however you did it up until now. Hatzlocha.

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Re: Question very short

Posted by ColinColin - 12 Jul 2017 16:07

I often find that if I have strong sexual urges which I resist and do not act out from, I then have an ejaculation in my sleep some point later that night or that week.

I do not consider it a fall.

But at the same time, I know it should be a spring board for being aware that in my case I am stressed, and that mainly these urges are from the need to relieve stress.

I have used sexual pornography and acting out as a stress reliever, that is why I am on this Forum.

So I must then be aware of the stress and use healthy means to relieve it.

But at the same time, remember that a sex drive is normal.

Issues in the subconscious mind usually creep into dreams.

Try to think of things of Kedusha before you sleep, so that these good things will be on your mind as your drift off to sleep.

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