

Am i accountable

Posted by yosef10 - 11 Dec 2017 03:02

B"h I'm heading my 90 days. It took a lot of effort, probably the most I've ever put in, yet there were some technicalities. I have fell in my sleep maybe 3 or 4 times over the course of the 90 days. Although they felt real and realistic, i know for sure that i was sleeping. Consequently i would wake up really upset with myself. Towards the beginning of my fight to 90 days i really had to push through a lot of temptation. It could be that at the beginning of my 90 days, when i was fighting constantly throughout the day (literally non-stop), i allowed for some thoughts to come in, and i maybe even hoped that i could have a lust dream so i could still get "that "wonderful" feeling", but that was my addicted self and B"h my neshama won over and i didn't act on it, i cried because i really inside didn't want them. Also, probably since around day 30 or 40, i set my goal and really fought my thoughts through and through. I took a lot of proclivities to not even put myself in a position to think like that. And i literally punch the wall (hard), if something comes up that i don't like. Yet, even after this mindset, i probably fell in my sleep and had a lust dream once or twice (to my despair), i was really upset.

Being on day 82, i wondered if my real streak was tainted. I read somewhere that falling in your sleep can be attributed to lustful thoughts during the day, as well as eating meat. The falling in my sleep was against my will, And if i could have always been awake, i probably would not have fell.

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Re: Am i accountable

Posted by Gevura Shebyesod - 11 Dec 2017 03:30

What happens while you're asleep is not a fall. Although it's true that your thoughts during the day can affect your dreams, you still have no control over what happens at that moment.

So it's good that you realize that it's still an area to improve, but don't go beating yourself up over it. If anything, it's a sign that you're doing so much better during the day that the only time the list can get you is while you're sleeping.

Dont be upset, be proud of your progress and keep working at it.

Hatzlacha!

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Re: Am i accountable

Posted by serenity - 11 Dec 2017 21:55

It is very common to experience nocturnal emissions when you stop masturbating. What has been suggested to me is to pay no attention to them.

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Re: Am i accountable

Posted by Hashem Help Me - 12 Dec 2017 01:37

In the beginning of breaking free, our bodies and subconscious have not yet realized that we have changed. They still know the release of ejaculation that they were trained with, and will try to cause that to happen. Similarly you will probably find yourself waking up with erections and even having erections while spacing out during the day. **IGNORE THIS COMPLETELY.** Iyh as time progresses, you will retrain your body and mind that you have found other ways to release the day's tensions... It is advisable to exercise often during this retraining period of time. Wishing you hatzlocha.

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Re: Am i accountable

Posted by yosef10 - 13 Dec 2017 01:31

Thanks so much to all. You guys really help and i feel a little better. May we ALL have Hatzlacha!! ...Happy Chanuka

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