

Wet Dreams

Posted by richtig - 12 Jul 2023 22:59

Hi Friends,

I am curious about how often people have dreams and if it seems related to porn use. I have had maybe a handful in the last fifteen years, but it seems for some people it is very common and perhaps related to watching porn. Do people find that when they quit porn and masturbation they have few wet dreams? Maybe there is a science behind how common it is, but I don't know it.

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Re: Wet Dreams

Posted by concernedjew21 - 12 Jul 2023 23:20

Less porn/masturbation = More wet dreams

Becuae its not coming out another way....unless you're married

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Re: Wet Dreams

Posted by doingtshuva - 12 Jul 2023 23:30

Sounds very normal, and part of recovering.

But anyways who cares about wet dreams ?

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Re: Wet Dreams

Posted by redfaced - 12 Jul 2023 23:31

[concernedjew21 wrote on 12 Jul 2023 23:20:](#)

Less porn/masturbation = More wet dreams

Bequase its not coming out another way....unless you're married

The further removed you are from porn and masturbation. the less wet dreams .

Its a very common issue when people are still in the beginning of their clean streak . As time goes on its a lot less common

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Re: Wet Dreams

Posted by concernedjew21 - 12 Jul 2023 23:35

"Sounds very normal, and part of recovering.

But anyways who cares about wet dreams ?"

THIS

The Chazon Ish writes that everything you see in seforim about wet dreams is referring to mature talmidei chachamin who are insulated from outside stimulus.

Younger people? In todays world? Forget about it. Don't make anything of it. Just move on.

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Re: Wet Dreams

Posted by Heeling - 13 Jul 2023 00:02

Never watched porn so cant talk about that. But since I started guiding my eyes and focusing on the real importance in life, wet dreams are happen less often. What we see during the day

effects our dreams. As mentioned it takes time for things to leave our brains so in the beginning i was still having wet dreams. BH I haven't had one in a while.

@doingtshuva - I don't care to have a wet dreams in terms of calling it a fall. However, when I have one its probably because I looked where I wasn't supposed too, therefore it gives me a bad taste.

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Re: Wet Dreams

Posted by richtig - 13 Jul 2023 14:05

The reason I brought up the subject is I see people keep talking about it in other threads, and seforim/ halacha talk about it, so I wonder how common it is and what people think it means. I do not have much experience with it.

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Re: Wet Dreams

Posted by DavidT - 13 Jul 2023 18:15

[redfaced wrote on 12 Jul 2023 23:31:](#)

[concernedjew21 wrote on 12 Jul 2023 23:20:](#)

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I agree with this as I see it as a common pattern.

Rabbi HHM once wrote the following:

"very often, guys who are staying clean do experience wet dreams "out of the blue". this is expected and normal, due to the subconscious mind's "thirst" for this pleasure that one has BH stopped providing it with. If one is not lusting during the day, and doing what it takes to stay clean, and even so has a wet dream, he should not worry one bit. In fact he can congratulate himself that his subconscious has "realized" that he stopped these bad behaviors. The good news is that eventually, the wet dreams subside."

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Re: Wet Dreams

Posted by aneinhashem - 13 Jul 2023 18:57

It can be from sexual stress,

like from not having it. Or dirty dreams,

it can be from regular stress too, that is muly experience.

too much fatty meat can cause it too

It's definitely a very paralyzing feeling for someone who is working on being clean. When he feels like he is working so hard and wakes up with dirty underwear.

personally it made me feel very out of control.

daven before you go to sleep!!

good luck

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