

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 01 Mar 2009 13:18

Getting close to 15 weeks and the battle is so much easier. However, I'm a little disheartened as the wet dreams are becoming really frequent. Sometimes as much as 2-3 times a week. They seem to happen when I sleep in and not during the middle of the night. Any suggestions?

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Re: Ano Nymous Update thread

Posted by Binyomin5766 - 01 Mar 2009 17:29

One possibility may be that the answer to your question is contained in your question.

They seem to happen when I sleep in and not during the middle of the night.

Now I like to sleep in, too, and moreso as I've passed 40. Perhaps it is not a good idea for you at this juncture? If you need extra rest, is there another way you can get it apart from sleeping in? Do "cat naps" work for you?

Forgive me if I've tromped on your toes, but the answer just seemed to be sitting there staring at me.

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Re: Ano Nymous Update thread

Posted by be holy - 02 Mar 2009 04:56

ano- what do you do before you go to sleep? kriyash shma al hameita is a nucleur warhead for your kind of problem if the rest of your thouyghts are in order the rest of the day. hashem should send you your answer-right now! 9 days till purim fill it with torah!!

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Re: Ano Nymous Update thread

Posted by the.guard - 02 Mar 2009 11:13

Ano, it is true that most wet-dreams happen when sleeping in. This is because you don't need this sleep as much and therefore it is less deep and your subconscious is running stronger. So if you can sleep-in less often, that would help. But again, this is really nothing to worry about. Obviously, the higher level you reach in Shmiras Ainayim on the street, the more refined your thoughts will become, and ultimately you may see this happen much less often. But this can take years. For now, rejoice in your tremendous accomplishments and don't even think about this. You are from a unique group of true heroes in today's dark and crazy world!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 02 Mar 2009 15:05

Thanks for the encouragement gue. The last one was just really hard to deal with because I woke up at the end and actually used my hand to keep my sheets clean, so it felt almost like masturbating for real, even though it was completely against my will. I am going to try to stop sleeping in, but I guess this is something that might just take years to master. After all, this habit was almost 8 years old, which means it was almost half as old as I am.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 04 Mar 2009 11:57

Today is 15 weeks for me. I've marked May 20th as my 6 month mark. I'm so happy to see how much this forum is growing. I only wish I had more money to contribute to aid this growth.

Hopefully sometime in the future, I will...

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 05 Mar 2009 19:36

The only thing I regret about having come this far is that guard no longer feels the need to answer every post I make in this thread. Oh well... I guess It's time I start giving more chizuk than I take :D

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Re: Ano Nymous Update thread

Posted by the.guard - 05 Mar 2009 21:45

Hey Ano, give me some slack. I just made a bris :-)

Love you man!

May 20th is marked in my book as another reason to make a Lechayim!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 05 Mar 2009 22:41

Hehe guard you can have all the slack you want. And watch it with all the l'chaims! You may

P.S.

Use grape juice and herring.

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 07 Mar 2009 23:41

I had an incredible experience this Shabbos. I am still working on my davening, and Shabbos is one of the hardest for me. Anyway, I was sleeping in on Shabbos morning, and I was (as is common when I sleep in) having a wet dream. Somehow, I was able to stop myself from finishing (ejaculating) by waking myself up to prevent it. It felt like a conscious decision! I felt like a million bucks after that! It was probably the most empowered I have ever felt before in my entire life. Just thought I'd mention it... :D

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Re: Ano Nymous Update thread

Posted by the.guard - 08 Mar 2009 09:53

Now THAT shows that your abstinence is beginning to **truly** enter into your subconscious. That is a BIG step forward.

Kol Hakavod!

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 19 Mar 2009 20:00

Yesterday was 17 weeks. This week has been very difficult. The YH is invading my dreams and trying to get me down. But I'm still here and I'm still fighting. I don't WANT to go back to where I was before. I think that will be the biggest difference, and that is why I will continue to succeed.

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Re: Ano Nymous Update thread

Posted by Binyomin5766 - 19 Mar 2009 20:18

Wow! 17 weeks is quite the achievement. It is amazing to me, though, how sly the Y"H can be.

Just this morning, I dozed off while waiting and had a momentary dream, maybe a second long. I'm not sure where the image came from, but it was definitely the Y"H that brought it up. The subconscious has got to be one of the most challenging areas since we don't seem to have much control over it. Be strong and keep climbing! Hashem is doing beautiful things in you life and each day is accomplishing so much.

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Re: Ano Nymous Update thread

Posted by the.guard - 19 Mar 2009 23:53

It just shows how desperate the Yetzer Hara is. He can't get you in life, so he's trying your dreams where you have no control. He figures maybe he'll get you down that way, or pull you into thinking about the dreams. What a sly devil! But one thing is good news. If he has to resort to that, it means he's losing big time!!

17 weeks = TOV Weeks!

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