

When I am half asleep is when my problem becomes more than just a problem

Posted by gothika - 15 Aug 2011 18:43

Hi everyone

I have written an introduction to myself at the following board:

<http://www.guardyoureyes.org/forum/index.php?topic=4308.0>

This is the first time that I am seeking help for the issue of Shmiras Habris (SB for short) from actual people instead of sforim etc. Even when my friends start talking about the issue of SB I don't usually add to the discussion, instead I sort of fade into the background so that no-one "finds out" that I too have this problem. But I realised that I am only doing myself a disservice in not seeking help.

My current issue is not with pornography as I have sort of stayed clear of that stuff for the last 2 years or so.

My current issue that I am desperately seeking help for isn't even that I can't control my desire; as I am trying, and extremely unsuccessfully at that, to fall asleep at night, since I can always determine that that the cause of this problem, I'll write what the cause is for me (it probably will be different for others since I am aware that other members of the olam also have this issue and maybe it could help them

1) I was looking at very inappropriate things, in real life or otherwise on that day, or maybe yesterday.

2) I didn't do enough physical exercise that day so although my mind is very weary, my body certainly isn't, so since I am lying here basically doing nothing (which is how to fall asleep after all) and not falling asleep, so again just doing nothing. Due to the nature of the extremely complex thing that the human mind is, it will refuse to do absolutely nothing, so it puts on a screensaver of sorts and that screen saver starts to activate other parts of yourself.

3) I drank/ate some sort of thing that stimulates the nervous system and is actively being pumped around my blood stream and preventing me from falling asleep.

Basically anything that causes me to not drop into bed and fall asleep while en-route to the pillow can create this problem for me so that is not what I am seeking help with.

What I do need help with is that often if I haven't done it in a few days (like 10) and I am pent up

then I will go to sleep at night and fall asleep and then at some point in the night I would wake up and being half awake and having little willpower I would do it while lying right there and then automatically go back to sleep. Sometimes I wouldn't always have a full recollection/memory of if i even did it, just a vague recollection or an ominous feeling that I have come to know. All this which makes it even harder to stop since it practically feels as if I don't have any free will in the matter which can't be the case right? I thought Hashem always gives us free will so it must be within my power to stop myself but HOW?? I mean how can you stop doing something you can't control and possibly don't even recall. Just to be clear on this issue, I am not having what is known as a nocturnal emission, which is something different and is a type of ones (correct?), I am actually causing it myself so it must be B'Mayzid. I am aware of the idea that once you have stopped doing something for 90 days it becomes much easier (I just joined the chart in fact) but how can I reach 90 days if I can't even stop myself from "resetting the clock" every time I start to progress. I even tried sleeping in pants that have a belt that I would fasten tightly so that I would buy myself a few precious moments of time to wake up more and stop myself but it didn't help at all, as undoing the belt quickly became a habit in and of itself and therefore didn't require any active thought hence I would still remain in that state of half-awakened-ness.

This has been my main nisayon for the last two years since I have somewhat stopped everything else that is assur or at least I am trying and know what to do, but this aspect is really, honestly starting to cause me to despair and it even makes me feel less bad about doing it during the days since my Yetzer Hara tells me, "Well you probably will do it later so you may as well do it now" which is total rubbish since there is clearly a difference in Hashems eyes in doing it while fully awake vs half asleep, but half asleep is still half awake so it is definitely a problem that I need to solve.

PLEASE, PLEASE if anyone else encounters this issue, even if you don't have any advice in the topic but just want to tell me that you have the same issue and are with me in this battle don't hesitate to reply since I desperately need some support here. If you don't feel comfortable in the forum (I also didn't but I am feeling desperate here!) then just email me: nebulamud@gmail.com

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by tryhard - 25 Aug 2011 08:17

the part i hate about being half asleep and in the mood is i wake up and continue acting out any ideas?

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by gothika - 28 Aug 2011 20:47

[Back on Track wrote on 21 Aug 2011 23:26:](#)

Wow. This is very eye opening for me. I never realized how much a person could DO while half asleep. The most I ever did was act out a little. But it seems that this condition can affect people much more significantly. ... I wish you hatzlacha with this issue.

Yes it surprises me too, what sometimes do, thanks for the good wishes.

[tryhard wrote on 25 Aug 2011 08:17:](#)

the part i hate about being half asleep and in the mood is i wake up and continue acting out any ideas?

I don't really have any that have worked for me all the time but the method with the most success that I have had, is when I have managed to convince myself that the **temporary** pleasure that I will get by finishing, is completely overshadowed by the **lasting** feeling of pleasure of knowing that I stopped myself and having a guilt free day ahead. That is worth much more to me than the feeling that I get. The challenge with this method is managing to convince yourself of this fact in the moment, while still groggy and all.

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by futuregadol - 28 Aug 2011 21:14

I have the same problem. Actually I'm probably worse off than you. I'm not going to go into details, but basically I'm struggling with the same issue to a higher degree and with less will power (I can barely go 3 days let alone 10) So just know you're definitely not alone.

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by tryhard - 30 Aug 2011 22:05

thanks but convincing doesn't really work with me when half asleep. any other ideas?

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by gothika - 31 Aug 2011 00:59

[tryhard wrote on 30 Aug 2011 22:05:](#)

thanks but convincing doesn't really work with me when half asleep. any other ideas?

This one is rather extreme, but go you asked for it. Get a pair of pants that can take a belt, like formal shabbos/suit pants, and use those as pyjama pants, with atshirt or whatever. Then sleep with those pants on, and maybe even over your thin pyjama type pants. That way there is an additional step before you can start. This hopefully will take you into the realm of 3/4 awake 1/4 asleep, and then try the convincing as stated above.

Also a regular exercise plan of jogging will help so much because it will tire you out and keep you in REM sleep or beta wave sleep or whatever its called for longer, thus limiting the influence that your physical body has over you while asleep.

Thirdly, go to sleep at the same time every night, including weekends, and get up at the same time.

Fourth, no movies or tv shows, because they are very processing intensive just to keep up with the storyline and that causes you to think about them while asleep, and you know that it is just 1 step away from thinking about tv while in bed, to thinking about that person in the show, to that

one scene where that thing happened, it was so romantic, and it spirals from there, and you usually only tune in to this thought chain, in your half asleep state around here, and that hasn't ended well so far.

Fifth, post your progress over here with the above steps and we will give you your dose of chizuk [*We will right?! Forum!*

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by tryhard - 20 Sep 2011 20:36

nebula this true it will wake you up but you still arnt thinking fully so you take away those precautions

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by gothika - 22 Sep 2011 15:33

[tryhard wrote on 20 Sep 2011 20:36:](#)

nebula this true it will wake you up but you still arnt thinking fully so you take away those precautions

Right, this is very difficult and may even seem impossible at times but what about number 4? Have you tried cutting out/ minimising tv movies magazines etc to reduce the amount of thoughts that do occur. if this is too hard then have you tried to not only cut these activities out of your day but also replace them with better activities, such as exercise, researching stuff that interests you etc. Also how is the exercise thing going? There is no denying that it can help immensely with the whole half asleep struggle.

Also have you tried posting your progress on gye, either this board or your own?

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by waydown - 26 Nov 2015 00:58

Ok Guys a thanks to Gevura Shebyesod for linikng me to this thread.

Any ideas for when waking up in middle of the night when one is groggy and brain fried???

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by Gevura Shebyesod - 26 Nov 2015 16:13

If you're so groggy and half-asleep that you really don't fully have control over what you're doing, then it's almost like a "wet dream". Maybe better not to obsess about that while you're awake and instead work on your daytime thoughts and actions.

KOMT!!

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by Shlomo24 - 27 Nov 2015 18:49

are we talking that we can't fall back asleep? because that would be the option i would choose, just go back to sleep.

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by waydown - 27 Nov 2015 19:06

Shlomo,

Correct. I can't fall back asleep yet too tired to think straight. So my brain is fried and I am twisting and turning.

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by Shlomo24 - 02 Dec 2015 01:43

my father always said,
"if you can't fall asleep, learn, you'll fall asleep right away" also i have convos with god when i
can't fall asleep, it's the perfect time for it

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Re: When I am half asleep is when my problem becomes more than just a problem
Posted by Trouble - 10 May 2017 04:36

Other night I woke up in middle of the night and began to initiate with my wife. She slapped me
and said, "what's wrong with you? You're almost 60 and we just did it an hour and a half ago?" I
didn't remember a thing.

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Re: When I am half asleep is when my problem becomes more than just a problem
maybe try to calm down, have a tea, read a book, take some melatonin
Posted by Singularity - 10 May 2017 12:00

[Trouble wrote on 10 May 2017 04:36:](#)

Other night I woke up in middle of the night and began to initiate with my wife. She slapped me
and said, "what's wrong with you? You're almost 60 and we just did it an hour and a half ago?" I
didn't remember a thing.

I've had similar experiences.

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