

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 sform 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 Gevura Shebyesod - 10 May 2017 13:25

[Singularity wrote on 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.

at your age you have Alzheimers already?

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This one time, my wife misjudged where my head was on the pillow and cannonballed her head onto the pillow. She smashed into me. She was writhing in pain, in tears, the whole deal. I kinda mumbled, "what's wrong?" and promptly went back to sleep.

This could contribute to the alzheimers, yes.

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I guess you're pretty hard-headed

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