

How to combat our infamous thought of...

Posted by tocontrolmyself - 12 Aug 2012 19:47

when i go to sleep its hard for me to combat he thought that what will it harm me to act out.why will it kill me as an addict?im not affecting anyone in a real way?

plz explain

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Re: How to combat our infamous thought of...

Posted by nederman - 13 Aug 2012 01:44

First of all if you are just fantasizing and not using porn in my humble opinion you are doing two different things. I don't know how G-d views them, but it seems to me that they are quite different.

One simple reason to focus on is that there is a rabbinic decree about touching yourself (a Talmud chatham please jump in here, machloches Abaye and Rava in Niddah about whether you are allowed to touch it with a cloth or a rigid object?)

But I would focus on a practical reason. The practical reason is that you have an automatic thought, a belief, that you are powerful over lust, and as long as you keep masturbating you are not doing anything to disprove this belief. The belief is bad because you also have a belief that being a kosher yid is a Good Thing (tm) and these two beliefs together make you depressed, because you don't feel you are a kosher yid right now (hence your post.)

You can fix it. You can develop the belief that you are not powerless.

Thinking clearly at bedtime is a battle best avoided, because you are tired (in aa they have the halt acronym, don't get too hungry, angry, lonely, or tired, people like that don't think clearly.)

If you do not have a belief that you are powerless over alcohol, how about a drink before bed?

Or it might be enough to plan to masturbate in the morning after your coffee. Then you might think more clearly.

You might want to read Feeling Good by David Burns.

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Re: How to combat our infamous thought of...
Posted by tocontrolmyself - 13 Aug 2012 10:21

i dont know what your saying.sorry.are you suggesting i act out .youve confused me real good and i dont understand where your going and what you wasnt to bring out...but thanks anyway!!!

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Re: How to combat our infamous thought of...
Posted by tehylimzuger - 13 Aug 2012 10:25

Dov says that you're right! If it won't kill you, go right ahead! But obviously it DOES bother you in some way, or else you wouldn't be here, right? So the question for you to answer [to yourself] is what is bothering me and why...

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Re: How to combat our infamous thought of...
Posted by nederman - 13 Aug 2012 15:02

[tocontrolmyself wrote on 13 Aug 2012 10:21:](#)

i dont know what your saying.sorry.are you suggesting i act out .youve confused me real good and i dont understand where your going and what you wasnt to bring out...but thanks anyway!!!

I probably did not explain myself. I have a tendency to skip steps because I have an irrational belief that leadership is a bad thing. Thank you for being direct.

The book I mentioned is quite clear though. You ought to check it out.

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