

Addiction to Zenus verse Alchohol

Posted by waydown - 02 Jul 2015 15:02

I have seen many compare our nesyaonos to alchohol addiction. To be fair there are many lessons to be taken from an AA club but I don't think its exactly analgous. Here is why;

1) The first and foremost reason is, almost everyone is created with an inner sexual urge. If we wouldn't have it we wouldn't mate. And in fact after the first churban the chachomim tried to get rid of the yetzer hara of gilul arious and the species on this world were not matting. And so they only shechtid the yetzer hara for incest and thats why its so taboo. Most people don't have a desire for their sister even if she is very attractive. Contrastly, while there are people who nebach are addicted to alchohol its not in your typical guys DNA that he must have alchohol. But everybody must have sexual desires.

2) This is a similar point to my prior one, but with a differnet spin. There are sociological differences. We all bump into attractive women and live in a culture where its the honored and looked up upon. Furthermore, in a more physical level we all have to do the mitzva of tashmish so we are not removed from it. Whats more is once that mitzva is performed the next day or so there is just a natrual stronger itch and our hormones feel and desire for more.

My main point is alchohol one can say Ok abstain from alchohol completely and finished. Whereas in the area of kedusha you can't say abstain from anything dabbling with our inner desires. We must dabble with it on a daily basis. And yes of course one is a mitzva and one is not. But its all from the same testorines and hormones bottom line.

Perhaps its more anlagous to a diet. We all must dabble with food. We all must eat. Its nearly impossible to never cheat on a diet. So too only big tzadikim were never motzei zera levtala throughout their entire life time. Perhaps it deosn't necessarily have to be 90 totally clean days (especailly if you did it every day). Although those that do have 90 totally free days. Ashrechaim!!! Rather the approach should be like a diet. A 90 day diet where modertaion is the key and if you slip every now and then you still will loose wieght!

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Re: Addiction to Zenus verse Alchohol

Posted by neshamaincharge - 03 Jul 2015 16:26

quote="belmont4175" post=258492][gibbor120 wrote:](#)

(I recently saw that even scientifically, relations with the wife is not the same on a pysiological level as masturbation, hormones released etc., which may be related to the reason that "the more you feed it, the more you need it" principle does not apply to healthy relations with one's wife, but that is not really my main point.)

Hey this seems somewhat true!!!

However the Gemarah does'nt note this when they say ??? ??? ?? ????? ?????? ??? ??????? ???, but you might have another source please tell us.[/quote]

See the ??? ??? by the story of ????? &

??? ??????? where he says exactly that.

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Re: Addiction to Zenus verse Alchohol
Posted by gibbor120 - 03 Jul 2015 16:54

[belmont4175 wrote:](#)

[gibbor120 wrote:](#)

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Re: Addiction to Zenus verse Alchohol

Posted by neshamaincharge - 03 Jul 2015 17:04

search
[gibbor120 wrote:](#)

[belmont4175 wrote:](#)

[gibbor120 wrote:](#)

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I posted about the kli yakar and that gemara in the bais medrash section- but I don't know how to paste a link. Can someone help me with that? The title of the thread is : "A wife is like bread?"

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Re: Addiction to Zenus verse Alchohol
Posted by gibbor120 - 03 Jul 2015 17:09

just copy the url from the address bar. you can do it like this

[url=(insert url here)]TEXT[/url]

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Re: Addiction to Zenus verse Alchohol
Posted by gibbor120 - 03 Jul 2015 17:12

There are 2 principles we should try and keep to:

- 1) See what works for you.
- 2) Share what works (and doesn't work) for you.

We are here to learn from, and support, each other.

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Re: Addiction to Zenus verse Alchohol
Posted by cordnoy - 03 Jul 2015 17:40

[waydown wrote:](#)

Cordony,

What I am suggesting is to say that the "only" way to fight this is an all or nothing approach is perhaps disingenuous. (Sorry for the strong term called "narish"). I stress "only" because that may work for some. However, I don't see it working for me. Ultimately 90 days is a very long time for 0 occurrences coming from someone who does this issue daily (and often multiple times daily). At the end of the day it's just an impossible leap. As I said it's especially rough because we do dabble in it and I do sit and interact with attractive girls during the day. It's inevitable that some time within 90 days I will fall. Now perhaps as a step 5 after you are on a level of only falling once a month ok do the 90 days thing. But initially??

What I do find hard to believe is the notion that marital relations can't have an element of self-indulgence or that's lust. Do you know Kutzka's story about the yid who every Shabbos food he eats, he says I kovod Shabbos kodosh. Till the rebbe said I kovod my boch! Let's not kid ourselves. We are all here because we enjoy this area a bit too much. I just don't believe that it's all lofty and no "my enjoyment". I think that's just a feel good imagination and wishful thinking.

thank you for that.

Regarding 90 days, you hear many of us say...let's just focus on the moment before us, and many old timers still do that. Some people, perhaps those who are less addicted thrive on the 90 day challenge...so be it.

Now, although you just saw that I am not the greatest proponent of 90 day challenge, I didn't say....just act out once a week (and I know you don't mean that either). It's a question of what we are emphasizing.

Regarding relations with wife, I have an entire mikvah thread about this. I have come a long way. Do I do it for myself? yes! Do I enjoy it? yes! But do I have my wife's feelings much more in focus now? You better believe it! That comes from focusing on her.

b'hatzlachah to you

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Re: Addiction to Zenus verse Alchohol
Posted by waydown - 03 Jul 2015 20:51

Cordony,

I think re relations with our wives we actually totally agree. Of course you must focus on your wife's feeling. And that should play an important role. But you must also enjoy it yourself and you should focus on satsifying your desiers while also satsifying her. In fact I'll tell you a little more. For my first few years of marriage I was totally focused on her. I somewhat supressed my bedroom desires even when we had relations. I can honsetly say that it was very unenjoyable on both ends and was done more as an act of OK we need to have kids so lets do this. We got along great outside the bedroom so the lackluster martial relationships never festered to any shalom bayis issues. But being that I do have a high drive and lacked of it in the bedroom I fantasize alot more. And I began looking around whats out there by the goyim. Lately I have changed tactic. Now I try to enjoy myslef a bit more in the bedroom. And she actually enjoys watching me get aroused and gets turned on from that too (Sorry if I got a little graphic there). In fact lately she will ask me sometimes for relations something very rare in the past when she often calimed she is just too tired. So me enjoying myself actually helps her enjoy herself too. Of course I can't become selfish becuase of that. But I have learned that a woman actually likes to see a man get turned on and enjoy himself from her. And I hope its one of the many steps that will help me in my drive to fight my tevia. Of course its far from the magic bullet but I don't think there is one magic bullet anyhow.

Wishing you and the entire GYE family a zisa lichtiga "HEILIGER" Shabbos!

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Re: Addiction to Zenus verse Alchohol
Posted by cordnoy - 03 Jul 2015 22:57

to you as well.

whatever works by you is good b"H.

I think for the most part though, and certainly for those of us who are lust addicted, we need to suppress our own desires and focus on the wife.....in general terms.

thanks

bhatzlachah

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