

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

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Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous.Thus the urgency

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Re: Solutions for Tonight

Posted by waydown - 17 Sep 2015 16:23

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oh and Mosih noones says do more of that to help our lust. But realizing that we have so much good in our own home and saving it for when it can be done kosherly maybe somewhat of a tool. Again tred carefully how this tool is used.

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Re: Solutions for Tonight

Posted by Bigmoish - 17 Sep 2015 16:26

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[Battle Ready wrote:](#)

The body starts feeling the need when their is a build up of zera - it's completely normal!  
Scientific support, please?

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Re: Solutions for Tonight

Posted by MBJ - 17 Sep 2015 16:44

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[waydown wrote:](#)

No we can't treat our wives as "objects to satisfy our lust". That's wrong and terrible. But some of us have found it helpful to steer some of that lust towards a more kosher manner.

What is the difference between using your wife to satisfy your lust, which describes as terrible, and steering lust toward a more kosher manner, i.e. using your wife to satisfy your lust?

I love my mother to no end. But I have no lust for her. If it's all love, why care about looks. The answer is, there needs to be a moderate amount of lust channeled towards one's wife.

If the only difference between your love for your mom and your love for your wife is lust, you have a weird marriage. The love from your mom is one of dependence, the one for your kids is about providing and the one for your wife should be about sharing and therefore at the highest level, at least that is my opinion.

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Re: Solutions for Tonight  
Posted by waydown - 17 Sep 2015 16:47

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Moish,

I don't know science. But I can tell you physically the body craves for it at certain points. In fact if you want a Torah proof, the reason you can't eat meat, eggs (I think the 3rd one is cheese) on Erev Yom Kippur is because after eating certain foods the body is more prone to desire sex. We don't want that on Yom Kippur. So battle ready is suggesting that it's perfectly normal for a body to physically have a certain stronger craving at times. It's not all just in the mind.

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Re: Solutions for Tonight

Posted by Shlomo24 - 17 Sep 2015 19:18

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Whew! this forum is getting HEATED!

some pointers:

1) the high divorce rate is indicative OF morals. if it wasn't immoral why are people DIVORCING! it's totally fine to be cheating!

2) That cheating website you mentioned is one of the most morally corrupt websites in the world. taking advice from its CEO is like listening to a porn star saying it's moral to buy porn because you are supporting people.

3) you seem to be saying that w/o religion you would be fine. so that means that your religion makes your life unmanageable b/c that is the make it or break it factor. now it makes sense why you are involving religion into the equation, and why all of us addicts (or wtvr moish considers himself) are responding. b/c for us our LIVES are unmanageable, not our religion. religion may add to the guilt but even if we weren't religious we would still need help and we would still not have a normal life. that realization is what helped many of us get sober. (as serenity said it worked for him previously)

4) i was not saying that you shouldn't be clean for yom kippur, i was merely saying one day at a time. for me, relying on external factors to keep me sober never worked. it is also not the reason why i need to be sober. (ayin shom l'eil)

5) a very big reason why i am sober currently (one day at a time) is because i realized that my higher power loves me no matter what i do. i mentioned it earlier in the forum because i was trying to give chizzuk, i apologize if i worded it incorrectly.

i hope that you aren't taking these posts the wrong way. we mean no harm and we just wanna help.

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Re: Solutions for Tonight

Posted by waydown - 17 Sep 2015 19:34

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Thanks Shlomo,

My point is that your LIVES or MY LIFE is unmanagable because religion is part & parcel of my life. It is what I am. I believe in a borai olim and believe its right and brings to ultimate happiness. Yes it makes my life unmanagable but I am not sad or upset about it. I think its a good thing. Religion is what holds me back from doing right & wrong. As a side note, my day yesterday tzom gadlya was unmanagable. I can't function when I fast. Yet I am proud of my religion and not sad about that.

To be honest I don't know what I would do without being religious. Perhaps I would still feel like life is unmanagable perhaps not. I am only suggesting that maybe my life would not be unmanagable. I can debate your other points but I want to stick to the main point.. Bottom line is again my example with the cheating website zwas just a moshol to show you how without religion you wouldn't necessarily deem pursuing lust as bad. Maybe some of us would have enough sechel. Would I have enough sechel to realize the truth? I don't know.

One more side point re religion. Due to total side factors my religion has protected me from completley falling. When chatting with women they typically ask me so what do you do on your free time? What should I say I learn daf yomi and wake up 615 for selichos? How do I spend my weekends? Well in shul in the morning Then I eat cholent watch my kids then go back to shul to learn & daven. Ok so what are my hobbies? I have no time for hobbies. Pop Culture? I know nothing about that. Ok looks? I have a cholent boch and I am bald. You get my drift. Religion has shletered me from the outside world. And I am proud of that. Thank you hashem for making it so nearly impossible to mingle with those outside my religion. Again its part & parcel of me.

Yes I agree with the one day at a time. And in fact for me the 90 days is way to tall of a moutain to conquer as I truely do need to take the one day at a time approach. But at the same time if there is some extra push telling me that there is something special coming my way after a short amount of time then even though I take the one day at a time approach it adds the extra stimulus needed.

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Re: Solutions for Tonight

Posted by Shlomo24 - 17 Sep 2015 19:41

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Yes religion does have amazing parts to it, including the indirect outcomes. i resonate with that.

i will now proceed to shut my beak. (unless there's something REALLY juicy)

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Re: Solutions for Tonight

Posted by cordnoy - 17 Sep 2015 20:17

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**Warning: Spoiler!**

hatzlacha raba

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Re: Solutions for Tonight  
Posted by aryehdovid85 - 17 Sep 2015 21:04

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[Bigmoish wrote:](#)

[Battle Ready wrote:](#)

The body starts feeling the need when their is a build up of zera - it's completely normal!  
Scientific support, please?

FYI the SA principle is that sex is optional-there is no physical need for the body to ejaculate.  
That should be some comfort for those of us in "sexless" marriages or otherwise not able to  
have sex.

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Re: Solutions for Tonight  
Posted by waydown - 17 Sep 2015 21:18

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There is never a "physical need" But there are defintley times when the desire and hormones  
are at higher levels. Of course its not like going the bathroom. There is no must. But when the  
desire is at high levels its extremley difficult to surrender or fight whatever your approach is.  
Again thats why on erev yom kippur you can't eat certain foods.

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Re: Solutions for Tonight  
Posted by stillgoing - 17 Sep 2015 21:57

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wow! so much to talk about.

### **waydown**

No we can't treat our wives as "objects to satisfy our lust". That's wrong and terrible. But some of us have found it helpful to steer some of that lust towards a more kosher manner. My wife appreciates the fact that I lust for her. Of course with caution and don't use it as a crutch.

Someone who practically memorized the white book and has made great strides wrote this a while back

### **serenty**

Dictionary.com defines lust as

(noun)

1. intense sexual desire or appetite.
2. uncontrolled or illicit sexual desire or appetite; lecherousness.
3. a passionate or overmastering desire or craving (usually followed by for): a lust for power.
4. ardent enthusiasm; zest; relish: an enviable lust for life.
5. Obsolete.

I think desire and lust tend to get mixed up around here at times. To have desires and even strong ones are natural. Lust is when we use the things that would normally fulfill our healthy desires in an unhealthy manner or for an unhealthy purpose.

)and they will hopefully appreciate it. But lust means objectifying them as a tool. No one likes to be used, and certainly not ladies. I don't think you meant that your wife appreciates being viewed as an object even if technically mutar, You probably meant that she appreciates when you have a desire for her. But if desire is all that we had, none of us would be spending so much time on gye. Our issue is that we lust (as the dictionary says above "*uncontrolled or illicit sexual desire or appetite; lecherousness.*") and don't simply desire. We need to keep the lust away from our wives, or else they are going to start resenting it and us and getting disgusted by it.

(I took a liberty here in writing "*I don't think you meant... You probably meant...*". I hope I didn't offend you by putting words into your mouth. Please correct me if I'm wrong)

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Re: Solutions for Tonight  
Posted by waydown - 17 Sep 2015 22:12

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Stillgoing very well said.

If I can just take my case for example. I will only speak for myself. Some days (today happens to be one of them) my hormones and itch (Cordnoy labeled it as a mosquito bit itch almost) are high. I am now faced with two choices. Search for porn that I am so in the mood of. Or tell myself save those desires for tonight. Mix that with love. Rather the viewing porn let me refrain because tonight I will be able to use that desire in such a purer and more valuable manner. I have no clue if I am really using my strong desire tonight or lust. But it helps me by saying that the itch down below has a pas basola in a permitted lovable manner with someone who is attractive. The terms are just getting too technical for me. Sorry if I am a bit blunt in spelling out my thought process.

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Re: Solutions for Tonight  
Posted by stillgoing - 17 Sep 2015 22:33

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**waydownup**

If I can just take my case for example. I will only speak for myself. Some days (today happens to be one of them) my hormones and itch (Cordnoy labeled it as a mosquito bit itch almost) are high. I am now faced with two choices. Search for porn that I am so in the mood of. Or tell myself save those desires for tonight. Mix that with love. Rather the viewing porn let me refrain because tonight I will be able to use that desire in such a purer and more valuable manner. I have no clue if I am really using my strong desire tonight or lust. But it helps me by saying that the itch down below has a pas basola in a permitted lovable manner with someone who is attractive. The terms are just getting too technical for me. Sorry if I am a bit blunt in spelling out



my thought process.

I'm not sure if I really understand the scenario. Let's say that a person has a desire to be mz"l. or whatever the cause, perhaps he should, as you write *"tell myself save those desires for tonight. Mix that with love."* but I would think that he wouldn't need the p\_\_\_ to act out if he is already in the mood right then. So maybe the scenario is that he is in the mood to view improperly dressed people (to put it mildly), but then saving it for his wife would in essence be labeling her as a p\_\_\_\_\_ star. The former may just be a sexual desire, but the latter seems to me to be straight out lust.

An itch, hormones, cheese

**Warning: Spoiler!**

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Re: Solutions for Tonight  
Posted by serenity - 18 Sep 2015 00:19

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"If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer. " AA

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