

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 Shlomo24 - 24 Nov 2015 19:28

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thank you for undermining my post. that was not my point. i don't claim to be god.

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Re: Solutions for Tonight

Posted by Shlomo24 - 24 Nov 2015 19:30

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[cordnoy wrote:](#)

[Shlomo24 wrote:](#)

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Re: Solutions for Tonight

Posted by cordnoy - 24 Nov 2015 19:57

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My apologies.

I read the thread wrong.

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Re: Solutions for Tonight

Posted by waydown - 24 Nov 2015 20:15

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Cords noone?

I am not that good in digging stuff up but you yourself sent me a post of a guy who labeled his forum something like misquito bit. So its not noone on this site. Secondly, its very natrual to wanna scratch oso makom. Its a very normal instinct in which almost all people do.

Forgive me if I am sharp, I suspect that my problem is contradictory towards the given recovery methods where we are told that its all psychological and if we surrender or whatever else we do its all gona be good. Admist trying to be good we don't want to admit that the itch is a human tendency. Its a physical thing not just a physcological thing pulling us to want to sin. Even if we surrender at times that itch will still exist.

To say that noone has an itch is at best naive if not total denial

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Re: Solutions for Tonight

Posted by cordnoy - 24 Nov 2015 20:25

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[waydown wrote:](#)

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It is true that I sent you one fellow, but he never had a chance to explain it.

An itch to scratch there is one thin', but nobody here is connectin' that with actin out.

And please, please, listen.

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Re: Solutions for Tonight

Posted by waydown - 24 Nov 2015 20:36

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An itch to scratch there is the start of one hormones to act out. Why do you think big tzadkim never scratched there. Of course that doesn't mean once you scratch the game is over. Its a very long stretch to connect the two so closely. But what I will say is that its all one shorosh. When I relieve myself its takes away that itching sensation. And by the way there are hlochos when going to the bies hakisa too. One should only touch that area if needed and via a separation between one physical hands and the aver I.E. placing few tissues on the aver because touching causes a greater itch which may lead for one to be motzai zera. My point there is something physical involved to.

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Re: Solutions for Tonight

Posted by Bigmoish - 24 Nov 2015 20:52

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I think you are distorting the halacha.

There are halachos regarding touching one's penis even when he is urinating. According to your logic, urination is an urge to masturbate. That is obviously not correct.

There is such a concept as a rash in the pubic area. The halacha is that if one needs to scratch himself due to an itch, he may only do so through a thick piece of material. You are saying that this itch is of a sexual nature. It is not. It is irritated skin.

The reason we are forbidden from touching ourselves even just for itching or urinary purposes may be because chazal didn't want us to touch there at all, lest we come to masturbation.

The actual feeling and the necessity to touch there in the first place is not a sexual urge in these instances.

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Re: Solutions for Tonight

Posted by waydown - 24 Nov 2015 21:06

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Mosh,

So it doesn't physically itch more when the urge is strong?

"because chazal didn't want us to touch there at all, lest we come to masturbation"

why will touching lead to masterbation? Is it not because while touching it increases the itch thereby desire. Maybe itch is a wrong term maybe I should call it an inner urge to masterbate as one has an inner urge to go to the bathroom which puts pressure on that area. But to a point its a natruel DNA inner urge. yes its 1000 times worse after viewing porn. But its also a natruel urge. It is slightly different than a misquito bit itch. But its still some what for the very short term satsified by scratching it albiet its very short term.

I cannot post details in public but lehvidal unfortunately most of us are aware of at-least the concept of what a massage is. That's physcial.

As a side note, I try to wear loose PJ's when sleeping because when its loose and there is air it brings me to less of that inner urge/ arousal. Thats one of my many tools.

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Re: Solutions for Tonight

Posted by Bigmoish - 24 Nov 2015 21:30

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[waydown wrote:](#)

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It's called arousal. It happens when we are sexually excited. Yes, it feels good to "scratch" it. That is what we need to avoid. Everyone here is working on ignoring that "itch." You confused us all when you said it's a mosquito bite-like itch that you see people scratching all the time. It is not. You are describing masturbation. Is it difficult to fall asleep without "scratching" after 10, 15, 20, 50 years of masturbating ourselves to sleep every night? Absolutely. But it can be done.

[waydown wrote:](#)

As a side note, I try to wear loose PJ's when sleeping because when its loose and there is air it brings me to less of that inner urge/ arousal. Thats one of my many tools. This is consistent with the halacha that it is forbidden to sleep in a position that will cause sexual arousal (e.g. lying on our back) or cause any unnecessary erections, regardless of the time of day.

B'Hatzlocha

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Re: Solutions for Tonight

Posted by waydown - 24 Nov 2015 21:40

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Yes thank you Moish but often it doesn't happen due to a sexual trigger per say like viewing porn. It can come due to our natural DNA. It can come from eating meat thats why its assur on erev yom kiippur to eat meat. It can also come form rubbing even if we are not thinking immoral thoughts. Or as you say lying in certain positions. We have hormones that produce that sexual desire. Even if we surrender we still have hormones. I am not suggesting its not our fault or its not our work. My point is simply its not all in the mind. Part of it is a physical man like hormone.

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Re: Solutions for Tonight

Posted by cordnoy - 24 Nov 2015 22:20

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Sometimes, in postin', the intent and true meanin' does not come out clear.

This thread has some of that - to the fault of no one.

I do suggest that you find some mentor, Rebbe, mashpia to talk this over with.

My hunch is that it should be someone you know, but perhaps not.

I will conclude (and this will be my last post on this subject here) by sharin' the followin':

I had the 'itch' to act out for three and a half decades, and I followed up on that itch.

I got myself inspired to act out; it came upon me thru thoughts and positions, and I searched it out, etc., etc. All those male hormones i know all about it.

Several years ago, I decided to recover.

I did not wanna be controlled by those damn itches.

I wanted to live outside the bathroom as well.

I was not always successful, but you know what? Those itches are now few and far between.

My male hormones are sadly still as strong as always, but with the grace of God, I am livin' a masturbation-free life, and you know what? That's a damn good feelin' too!

Perhaps you'll ask me how, and the answer is a combination of thin's:

1. Good therapist
2. GYE
3. A sponsor or two
4. SA meetin's
5. Book readin'
6. Reachin' out to real live people
7. Phone conferences
8. Workin' the steps

I wish you only the best.

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Re: Solutions for Tonight

Posted by waydown - 25 Nov 2015 18:15

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Still struggling to stay clean at nite. BH I can fall asleep initally without masterbating. That itself is a great accomplishment for someone who never did that in the past. But almost every night one my kids wake up. That's where the challenge arises. When I am grogy, twisting and turning etc.. I can't think straight. And so i resort to the easiest outlet. I masterbate and sooth myself to sleep. Any ideas how to overcome this challenge?

Just one small pointer before ideas are posted, at 3 am the mind is not there. Thus any ideas requiring a brain or thought process is futile.(I.E. think of 30 good things hashem did for me today recently) I can't think and I am brain fried at 3 in the morning.

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 25 Nov 2015 21:02

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**Warning: Spoiler!**

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 25 Nov 2015 21:08

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Another possible idea...

<https://guardyoureyes.com/forum/1-Break-Free/114662-When-I-am-half-asleep-is-when-my-problem-becomes-more-than-just-a-problem#114676>

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