

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

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 - 11 Dec 2015 19:23

Once again I have no clue what the "focus" is. But the normal of the world (including the frum world) is that one does think about their wife in terms of sex. is it *all you think about*? No But its on most humans mind. Does he *only* focus on his own statisfaction? No But most humans definitely have that in the equation. And that's why many bochrim in shidduchim want someone very pretty. Yes if they are not obsessed its not all they think about but its on their mind. And so if the argument is that obsession is about and not normal that's a fair and true point to make. But to say don't look forward to mikva nite as kosher fun I don't think thats the norm. And I am not sure that it wrong to think of ones wife that way unless its an obsession.

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Re: Solutions for Tonight

Posted by Shlomo24 - 13 Dec 2015 00:54

[waydown wrote:](#)

Again if the norm is to lust ones wife...

Where are you getting this from?! Are you normal? Last i checked you admit you're an addict... Has anything changed?

I would like to be honest (the mods can edit this out if they want to).

Waydown: You frustrate the heck outta me. I know that this thread is not about me or my feelings, but I gotta be straight up. For someone who has all the questions, it's pretty (ahem) ridiculous that you have all the answers. Sex addiction is not gemara, lomdus will never cure you and figuring out everything yourself is probably what you did your whole life. This is not a sugya that we can *dan* up. When did I get sober? When I shut my (ahem) mouth and did what my sponsor said. I wouldn't have 5 minutes of sobriety if I tried to figure it out myself. I need god, sponsorship and meetings. Common thread between them? Either they are a power greater than myself, or they get me out of my head, or both. I have a diseased brain, of course it would convince me that lust is fine! It's like asking McDonalds if it's ok to eat burgers. My brain WANTS it's drug!

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Re: Solutions for Tonight

Posted by cordnoy - 13 Dec 2015 02:10

[waydown wrote:](#)

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It is sad that you have difficulty listening to others.

You did have a period of listening though.

Read my posts in the beginning where I also didn't understand people.

I questioned and listened.

You state some things as fact and majority and some of them are over the top.

You are convinced that all boys look for models....don't know where you get that from.

You also continue to make the correlation between pretty with lust and sex. That borders on the asinine, as being pretty has nothing to do with that, as I argued some time ago.

You also write that it is normal to think of one's wife regarding sex....where do you get that from? Who did you ask?

There is a part of your argument that can have some validity, but when you lace your posts with these absurd and unfounded assertions, it has a negative effect.

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Re: Solutions for Tonight

Posted by waydown - 13 Dec 2015 04:37

Cords,

Correct me if I am wrong but I think you are a bit older than I am. I was not too long ago in shidduchim and I still have friends in it. I don't think you know too many guys in shidduchim. I am telling you that it's normal to look for very pretty girls in my circles.

Re "You also continue to make the correlation between pretty with lust and sex".

If all these guys want is a pretty girl as the gemara in kiddushin wants that one should like the looks of a girl, then they wouldn't be asking for pretty the way they are asking for it. They do not mean just that gemara. They mean something more. Again lust is vague but if it means getting excited for one's wife in a manner where it pleases one's desire then that's clearly the intent and it's the normal way of the world.

Re "Who did you ask? "

Like I said after hanging out in shidduchim long enough and speaking and hearing the way guys talk it's quite obvious. No-one will tell you Hey I lust and love thinking about sex. But that's what they're doing without saying it. If no-one is in the woods and a tree falls who says it makes noise?

Oh and I never did get your pointer on make-up. I just left it as is. To me make-up is all about lust. After all why else does one need to do something so external. I am not suggesting that my wife puts it on so other men should lust but she often puts it on special for me. Why? Because she wants me to lust her. Or maybe lust is too strong she wants me to get excited over her looks. It's not just love. There is certainly an added sexual excitement between couples. I love my mother too.

And once again I fully understand that for addicts extra measures are needed. And thus we

have to be lifnim mishuras hadin. Just like an norm individual can enjoy a nice wine by Kiddush but alcoholics should only use grape juice. And so lust addicts should only use love not lust. My point was only that who says everyone is a lust addict. For non lust addicts, perhaps channeling ones normal DNA (as I established above) towards using it only for his wife is helpful or at -least harmless.

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Re: Solutions for Tonight

Posted by waydown - 13 Dec 2015 04:42

Shlomo,

I have no clue if I am an addict or just someone that never decided to tackle my problem in 20 years.

I don't know that I need g-d sponsorship and meetings. I don't know that I need to get it out of my head. If this is what you need then great. And please don't lust for your wife since it will impede and harm your recovery. I can tell you one thing lusting for my wife has actually helped me recover tremendously. Yes I have no clue if its a temp fix or real fix but it helps alot. (Of course just because I please myself doesn't mean pleasing and satisfying my wife won't come first.)

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Re: Solutions for Tonight

Posted by eslaasos - 13 Dec 2015 05:19

I wouldn't be surprised if Cordnoy doesn't respond, and I don't think he'll mind if I chime in.

First, I give you credit for sticking to your guns. You know your opinion and you stick to it. If you are also prepared to be open-minded enough to hear the other side, let me know and I will PM you my phone number because we are going round in circles on the forum.

[waydown wrote:](#)

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I know a number of people recently in shidduchim, from Chassidish to MO to yeshivish, and I have seen some who get too hung up on externals but even those seem to have some level of sense in keeping their priorities straight.

I don't know who your circles are, and I don't need or want to know, but if I was making a comment on human nature based on my own observations, and ten people in similar circles disagreed, I would reconsider.

BTW, you are right that Cordnoy is much older than us, but I think his ehre einaklach are in

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When your mother is brought into a conversation about lust, my synapses backfire, and I have no idea what to say. I must have missed that day in shrink school.

And once again I fully understand that for addicts extra measures are needed. And thus we have to be lifnim mishuras hadin. Just like a normal individual can enjoy a nice wine by Kiddush but alcoholics should only use grape juice. And so lust addicts should only use love not lust. My shidduchim, so he knows what he's talking about. point was only that who says everyone is a lust addict. For non lust addicts, perhaps channeling one's normal DNA (as I established above) towards using it only for his wife is helpful or at least harmless.

Please address this question directly - did you agree with Gevura's distinction between lust vs. desire, and do you see how it relates to your contention?

I have a lot of respect for what you have accomplished, I enjoy the debates, and the offer to continue by phone remains open.

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Re: Solutions for Tonight

Posted by BenTorah.BaalHabayis - 13 Dec 2015 05:23

[waydown wrote:](#)

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There's a famous Gemara in Yuma which describes how Chaza"l attempted to destroy the Y"H for Arayos, but what happened was that the chickens didn't lay their eggs the next day. They realized that the same Y"H which is behind sex drive is also responsible for reproduction. Without it no one would be interested in sex and all living being would die out.

It seems to me from this Gemara that it's this Y"H which fills us with lust (i.e. Y"H for Arayos) that we're supposed to use to be with our wives. From this perspective it means that Hashem designed the world that we should lust for our wives.

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Re: Solutions for Tonight

Posted by eslaasos - 13 Dec 2015 05:33

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Let me put this in a different context and let me know if you still agree.

If we did not have any desire to eat we would probably suffer from malnutrition and possibly some would die. Therefore it's OK if I salivate at the thought of a 5 course spread in the best steakhouse in the West, or make elaborate plans so when I go on vacation I don't miss my Thursday night kevius of 5 lb.s of cholent with kishka and yapchik on the side.

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Re: Solutions for Tonight

Posted by cordnoy - 13 Dec 2015 05:38

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When you add, "I love my mother too," it shows the validity of your argument.

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Re: Solutions for Tonight

Posted by BenTorah.BaalHabayis - 13 Dec 2015 05:57

[eslaasos wrote:](#)

[BenTorah.BaalHabayis wrote:](#)

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I understand your moshol, but then couldn't Chaza"l destroy the Y"H for "Salivating" without ruining the desire to eat?

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Re: Solutions for Tonight
Posted by eslaasos - 13 Dec 2015 06:30

[BenTorah.BaalHabayis wrote:](#)

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I don't think Chazal can destroy anything, they asked Hashem and He granted their request. The whole Gemara is fascinating because without the YH, what's the point (ayin Derech Hashem). I need to review it before commenting.

It seems He didn't want the YH for lust to be removed, although He did allow it to be weakened. Why? I am scared to even speculate without seeing it inside.

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Re: Solutions for Tonight

Posted by markz - 13 Dec 2015 14:14

My perception on used to be like yours when I was on the **Wrong Road**, and even when I made an **About Turn**, and even after starting the 90 day chart

Only later did my perception change to see that *Most people in the world probably do NOT lust*"

For more explanation please see what I wrote earlier today [HERE](#)

I wish you'd join us, for no extra charge.

Are you planning to stay on the wrong road with mistaken perceptions forever?

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 13 Dec 2015 15:54

Waydown, Let me approach it this way for you. I don't want to try to get into your brain to determine which ideas are correct, healthy and normal and which aren't. I leave that to you. I will just say that you are here because you have an issue with acting out of sorts. That means that there is some ingredient in you which needs correction and for which you are seeking correction. This ingredient is or contains an unhealthy aspect of lust as is demonstrated by the fact that you are tempted to act out lustfully in the sense in which you admittedly do act out. This ingredient, being a part of you, and being present with you always, manifests itself somehow in connection to your wife. If you want to effectively eradicate, or at least render dormant, this character flaw, it will involve dealing with it's presence in connection to the way you view your wife as well. Because you can't have and experience the ingredient and not have and experience it at the same time. So the incorrect way in which you approach the subject of your wife will need to be addressed. It is incumbent upon you to search out the mistake and correct it.

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Re: Solutions for Tonight

Posted by gibbor120 - 14 Dec 2015 19:12

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