

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 - 14 Dec 2015 19:43

Ok so all your saying with your moshol is don't obsess over lust. But a little is normal

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Re: Solutions for Tonight

Posted by waydown - 14 Dec 2015 19:49

"Hashivalisesonyishecho'

Yes very true I am here because I have problems with lust. but who says its has to do with how it manifests with my wife? Its has t with my bad habits which are maybe an addiction and maybe not. If its an addiction then I must stay far away from lust including me wife. However, if its not an addiction so then perhaps challenging my lust towards my wife well help as it has helped recently?

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Re: Solutions for Tonight

Posted by gibbor120 - 14 Dec 2015 19:51

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Don't obsess over what is considered normal

Re: Solutions for Tonight

Posted by gibbor120 - 14 Dec 2015 19:52

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Re: Solutions for Tonight

Posted by waydown - 14 Dec 2015 19:52

One more important point for all, I have tired to avoid using the word "most" people lust (even though if you mix in non jews its certainly true I think) Rather I have tried to use the word "many" people lust. When I use the word most it gets very tricky especially amongst frum jews. "many" means numerous people that I know lust.

~~Don't obsess over if it's an addiction or not~~

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Re: Solutions for Tonight

Posted by gibbor120 - 14 Dec 2015 19:52

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Re: Solutions for Tonight

Posted by gibbor120 - 14 Dec 2015 19:55

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Re: Solutions for Tonight

Posted by eslaasos - 14 Dec 2015 20:20

[waydown wrote:](#)

Eslasos,

"did you agree with Gevura's distinction between lust vs. desire"

I get very confused as it sounds like you can make at-least four or five distinctions,

1) Just love like my mother

2)Desire like a jelly doughnut which is just on the moment and that's it.

3) Lust where one gets a bit excited about it thinking some times about it and having some excitement

4)Obsessive lust where one doesn't stop thinking and desiring it all day.

I do think these lines get a little blurry and many won't clearly fit into one specific category. When I say that I think its normal for guys to lust I mean category 3.

I'm not smart enough to deal with the various levels so to me it's a simpler distinction that I define as selfish vs selfless, aka taking pleasure vs. receiving pleasure.

However, none of us are 100% selfish or 100% selfless, it's just a matter of moving the needle on the split between the two, and that requires self-honesty.

I try not to make statements as if I know all the facts but this seems too obvious to me.

And once again in case I was not clear its commendable for anyone who chooses to work one reaching my category #1 of unconditional love. I respect that and will never mock it. All I ask is people realize that its a high level and not the norm.

Again, this comes back to not accepting our human condition as a fait accompli, but as the starting point for a lifetime of potential growth. Taking into account the previous point that this is not binary, it's a work in progress, I think it's fair to say that we don't have to assume this is a high level that we have no shaychus to. Maybe we don't even have the right to make that assumption, and maybe we are mechuyav to strive for it by moving the needle bit by bit.

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Re: Solutions for Tonight

Posted by eslaasos - 14 Dec 2015 20:21

[gibbor120 wrote:](#)

Don't try to define and/or describe everything... and don't ask why not

Warning: Spoiler!

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Re: Solutions for Tonight
Posted by gibbor120 - 14 Dec 2015 21:35

Don't ask "why" and/or "why not"

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Re: Solutions for Tonight
Posted by waydown - 15 Dec 2015 16:26

Oh I am not obsessing over what's normal. To be its blatantly obvious without obsessing. The point of discussing what's normal is to challenge the notion that one can never lust over his wife. Its an important point to make

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Re: Solutions for Tonight
Posted by waydown - 15 Dec 2015 16:29

Why not ask why or why not?

Is there an 11th commandment stating " one who is a luster shall follow thy directions of the GYE commenters"

Generally I only do rational thing in life unless commanded otherwise.

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Re: Solutions for Tonight

Posted by waydown - 15 Dec 2015 16:49

Eislassos,

Re selfish verse selfless. Look this is also an old discussion and sorry I am bringing up one of my buried discussions again. Here is how I perceive selfish. Selfish is about satisfying ones need's while causing harm to another individual. I am not convinced that lust always causes harm to someone else. Yes when I have to watch porn while my kids are screaming and wife is going nuts all while I am supposedly "busy" and unavailable that's selfish. Is masterbating hurting someone else? That's up for debate. Now how about pleasing myself while totally pleasing my wife during intercourse does that hurt anyone? (Again in my case I make a full effort to ensure that my wife is totally comfortable and satisfied) So is it selfish at all if I get excited over the opportunity to release and relive my itch? Am I selfish when I eat supper with my wife because I relieve my hunger?

Re "maybe we are mechuyav to strive for it by moving the needle bit by bit. "

Yes I totally agree that an ultimate goal can be no lust even with one's wife. And I think BenTorah.BaalHabayis did allude to the fact that he is a kollel guy or at least learned. As such I think its wise to learn shulcah arauch orach chaim siman kuf mem (I think its kuf mem) where he discusses hilchos tashmish. I found this to be one of the most challenging halachos in Shulchan aruch. It gives us an eye opener where a yid should be holding in life. That being said, people as myself who have serious lust problems, here is how I would like to move the needle bit by bit. First stay clean for whatever 90 days ,100 days etc.. In the interim continue lusting for my wife whom its "normal" to lust for. Once I have reached a goal of controlling my lust, then I can say ok let move the needle up and now try not to lust for my wife. But when I am on day 2 or day 3 of my clean streak that thought is off the charts.

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Re: Solutions for Tonight

Posted by stillgoing - 15 Dec 2015 17:23

I need to lose weight.

I love Pizza, soda, chips, cake and cookies.

Sticking to a strict diet is of course the shpitz, but I'm not holding there, and most people aren't holding there either. It's normal for most people to eat pizza and cake and soda.

That being said, people as myself who have serious food problems, here is how I would like to move the needle bit by bit. First lose weight for whatever 90 pounds ,100 pounds etc.. In the interim continue eating my pizza/soda whom its "normal" to eat. Once I have reached a goal of controlling my weight, then I can say ok let's move the needle up and now try not to eat any of those things. But when I am on day 2 or day 3 of my diet, that thought is off the charts.

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