

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 - 24 Dec 2015 17:59

Moish,

Again, you seemed to imply that anyone who thinks of porn and masturbation as selfish, is someone who is a member of the 12 step program. Am I mistaken in my understanding?

If I can let me flip around your statement and pharse it like this

"someone who is a member of the 12 step program thinks of porn and masturbation as selfish".

In fact say you choose the taphastic method then this conversation is irrelevant. As many posted Imai nafka mina if I am selfish or not.

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Re: Solutions for Tonight

Posted by gibbor120 - 24 Dec 2015 18:07

The first step is NOT "We addmitted we were selfish..." Step one is "We admitted we were

powerless over our addiction - that our lives had become unmanageable"

You say your life is manageable, so why are you bothering with the 12 steps at all? Who said you need the 12 steps? I sure didn't.

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Re: Solutions for Tonight

Posted by cordnoy - 24 Dec 2015 18:18

[waydown wrote:](#)

Wow Cords,

Thanks firstly that is longest response I ever saw your write but very clear:)

So my question is regarding my struggle. I have realized that certain aspects of my lust manifest itself into selfishness. So where it has turned into making me selfish I have stopped. But where it has no inherent selfish aspect to it, is where I have the hardest time stopping. To me that seems to mean that its not my selfishness that's connected to my lust rather its simply an addiction.

Re "In a vacuum, one can obtain these things without adversely effecting others, but once someone is married"

This is kind of my point. Since (again in my case) lust started way before it affected others its not my selfishness that brought me to lust. I lusted before I hurt others. The fact that after marriage lust hurt others was only an outcome of my prior addiction. Once I am addicted I have less control.

(Yes I guess you can debate if one has limited control over lust is he being selfish. Does selfish apply to one who acts without control of his actions? Yes of course we all can stop so we have some control but unless tremendous effort is put in its not easily stoppable.)

Its also kind of like the yeshivisha kler of siman or siba? I am trying to say that selfish is not siba for why we lust.

R' Waydown, although the post took a lot out of me, it is my greatest pleasure.

As you have seen, I can go for some time w/o respondin' here, and I will do so again, but I will say this.

Before, I was addressin' the issue in general, not you.

To you, I will answer simply: Stop worryin' about why you have this "itch."

We can almost agree that it is becomin' somewhat unmanageable (and let's not quibble about the meanin' of the word, but it's very much on your head to get rid of it).

Accordin'ly, my suggestion would be to work on resentments and self-centeredness stuff for two weeks; whatever way you wanna. I think you will see improvement in the "itch" department.

don't debate me please; what does it hurt to work on these two middos?

b'hatzlachah to you

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Re: Solutions for Tonight

Posted by waydown - 24 Dec 2015 18:46

Cords lets work out a plan. After all like you say what do I loose?

So Day #1 what do I do to work on resentments and becoming selfless (sorry I'd rather use the word selfless as opposed to self centered). What do I do? Mussar? Something else? Please don't overload me with stuff lets keep it to five minutes a day! It can also vary day to day.

Thanks.

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Re: Solutions for Tonight

Posted by gibbor120 - 24 Dec 2015 19:01

Do something nice for your wife. Just because. It can be a compliment, something nice you do to help her out. the dishes, laundry, sweep etc. Buy her something just because. Flowers, a card. Do not expect anything in return.

You know your house and what would be helpful. Think about it.

Just my suggestion.

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Re: Solutions for Tonight

Posted by cordnoy - 24 Dec 2015 19:02

[waydown wrote:](#)

Cords lets work out a plan. After all like you say what do I loose?

So Day #1 what do I do to work on resentments and becoming selfless (sorry I'd rather use the world selfless as opposed to self centered). What do I do? Mussar? Something else?Please don't overload me with stuff lets keep it to five minutes a day! It can also vary day to day.

Thanks.

my pleasure.

You could learn mussar, but I am not an expert in that regard at all.

my suggestion: take out a step 4 sheet and fill out the first column on resentments.

[they provide room for 8 or 9; one of the fellows is up to 37 and he only scratched the surface. he only got thru one side of the street and his wife's side of the family.]

b'hatzlachah

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Re: Solutions for Tonight

Posted by gibbor120 - 24 Dec 2015 19:06

I think my approach is simpler, and likely to actually happen much faster. But he must decide for himself.

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Re: Solutions for Tonight

Posted by cordnoy - 24 Dec 2015 20:01

[gibbor120 wrote:](#)

I think my approach is simpler, and likely to actually happen much faster. But he must decide for himself.

Perhaps, but with all due respect, as I have come to know r Waydown for some time now, I don't think your suggestion will have any long-standing effects, but as you say, it is up to him.

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Re: Solutions for Tonight

Posted by waydown - 24 Dec 2015 20:05

well either way my cleaning lady didn't show up so I will head to clean my toilets anyhow! That's for Gibbor. (it was in the plans before I logged into GYE today)

I will also try to do a bit of Cords suggestion too.

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 24 Dec 2015 21:47

[nitzotzeloki wrote:](#)

so heres something that worked for me. i want to experiment to see if it works for others. so if G-d forbid someone is in a 'zone', but not the good kind, find a toilet and scrub it till you can eat off dont actually eat off it) when its nice and clean things should be better. if this works for anyone feel free to let me know

[markz wrote:](#)

[Siri wrote:](#)

[Gettingcloser wrote:](#)

I think it's not even frustration it's it's just hormonal imbalance like most pregnant women,

I'm telling my wife that I don't take personal when an unborn is screaming at me

Gosh These men don't get it. At least ZC sorry GC)I'm sloppy sometimes) wrote this on the Men's Department, else he'd have been created - I mean cremated by our women's league

Silly boy - You think all women are pregnant all the time, we're never upset with you. That's because we don't need you!

The following users said go mop the toilets:Adi, Adina, Ahuva, Amit, Arella, Ariella, Ashira, Athalia, Aviv, Aviva, Ayala, Ayelet, your mother

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 25 Dec 2015 14:42

[gibbor120 wrote:](#)

Do something nice for your wife. Just because. It can be a compliment, something nice you do to help her out. the dishes, laundry, sweep etc. Buy her something just because. Flowers, a card. Do not expect anything in return.

You know your house and what would be helpful. Think about it.

Just my suggestion.

My wife isn't happy when I do dishes etc because it makes her feel like a loser, but the card or flowers idea is maybe nice, but not a replacement for regular day to day consideration and being a mentch and a nice person to her.

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Re: Solutions for Tonight

Posted by markz - 25 Dec 2015 14:56

[waydown wrote:](#)

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[Hashivalisesonyishecho wrote:](#)

[gibbor120 wrote:](#)

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Just my suggestion.

My wife isn't happy when I do dishes etc because it makes her feel like a loser, but the card or flowers idea is maybe nice, but not a replacement for regular day to day consideration and being a mentch and a nice person to her.

I think Gibbor's point was helpful to enhance relationship. When you do that it actually lowers lust, by de-objectifying your wife in your eyes.

Cleaning the toilet doesn't do much for enhancing relationships the last time I checked

Waydown, currently your wife has a cleaning lady with a beard as a husband. Better than nothing ;-)

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 25 Dec 2015 14:59

[waydown wrote:](#)

Hashivalisesonyishecho,

Whats the nafka mina?

Well a large portion of the 12 steps is dependent on realizing one is selfish and working on it. If I am not selfish it would appear that the 12 steps or perhaps a large segment of it may not be relevant to me.

Once a person broke a boundary he did damage to his nefesh in the sense that he no longer has that boundary to restrain him so he needs to work on an earlier shorash as prevention. We are all selfish as Cordnoy said that to be human is to be selfish or self centered. And clearly the act of indulging in taavos is a more selfish act than the act of providing for others. But it doesn't pose such an apparent problem for those who haven't broken boundaries, but for those who have, they need to work on that shorash. That is why bemakom shebaalei teshuva that is because in the process of their teshuva they corrected sharashim which others haven't had to correct. The 12 step program is not simply a set of rules of dos and don'ts. It's a self betterment program. It addresses the shorash of humility and the shorash of selfishness. So it isn't important to ascertain to what extent you are being selfish when you masturbate, but the recovery process involves addressing the underlying human selfishness and working on bettering oneself in that and in other areas. A person who is working on his humility and selfishness issues is in a frame of mind more of giving rather than taking and his general focus is loftier and that will help the person to stop indulging in lowlife taavos.

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Re: Solutions for Tonight

Posted by waydown - 25 Dec 2015 18:26

Hashivalisesonyishecho,

Once again we are confusing **a lack of selflessness** with **Selfish**.

Selfish is when we disregard others.

A lack of selflessness means when we seek to fulfill our wants (Better known as bal tavous).

When we say "to be human is to be selfish ". I am not sure that that's 100% accurate. Human tendency is generally to get along and interact with others. We do not want to disregard others feelings certainly the ones we love. Its definitely certainly true that "to be human is for one to want to fulfill his/her desires" (But I am not sure that a human's natural instincts is to do that to the extent that it causes harm to others.) So if the 12 steps or any other recovery focused on the idea that one should get used to the concept of not wanting to fulfill his desires that seems to coincide with lust. Getting used to the idea of not consuming things based on wants and enjoyment rather based on needs is definitely commendable.(So for example getting used to the idea not to fress cholent by a Kiddush when we all don't need it is a nice concept. And in fact I think someone on this forum did once suggest a connection between the overabundance of enjoyable food to lust (Tavos achila is prob connected to tavious zenus))

However, it seems to me like the 12 steps does not focus on the above rather the yesod of 12 steps is to let go of hurt and amend what we wronged others. Its all about hurting others. That's where I fail to see the connection between that and lust.

I see the root of lust as tavious. And I do admit that I am a huge bal tavio in all aspects in life. But when it affects others my natural instincts to please others override my tavious. (I love food. But when my kids pull on me while I eat dinner I give them my food even though my wife screams at me not to! (This is despite the fact that when my wife offered them the same food an hour ago they didn't want but when its on tatty's plate its yummier!)

To sum it up if 12 steps worked on all areas sheverias hatvious I understand. But when its about hurting others I don't get that.

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