

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

=====

Re: Solutions for Tonight

Posted by Eyeglasses - 03 Feb 2016 20:30

??? ????? ??????

=====

Re: Solutions for Tonight

Posted by markz - 03 Feb 2016 20:37

So I'm gonna double shut my big mouth, but I repeat its not necessarily necessary

=====

Re: Solutions for Tonight

Posted by markz - 03 Feb 2016 22:15

Ive been receiving PM queries why I wrote what I wrote

I try to keep my comments on each thread - based on the thread. Please read the other 45 pages and then come back to me

???? ?????? is always beneficial ;-)

=====

=====

Re: Solutions for Tonight

Posted by waydown - 03 Feb 2016 23:36

Yes thats 100% true and very elequentley said. Bottom line is , He needs to address the root of the evil, which is his self serving attitude and he needs to stop indulging."

Now the question is how is letting go of resentment , forgiving others, etc... (steps 4-6) addressing ones self indulgence? Is it simply because when I am mevatel myself to others I am doing the opposite of self indulgence? So we are kind of saying treat the mida by running in the other direction?

=====

=====

Re: Solutions for Tonight

Posted by BenTorah.BaalHabayis - 04 Feb 2016 06:12

Welcome back! I was thinking of you over the last few days and was hoping you were doing okay. I'm glad you survived this round but please be careful. Of course you were jolted, but it's kind of like most of us after masturbating. We feel resolved to stop... until the next morning when the effect fades away. I don't like to think what would happen if you C"V went all the way.

This is not intended as a mussar shmuz. I'm genuinely concerned for you.

=====

=====

Re: Solutions for Tonight

Posted by Bigmoish - 04 Feb 2016 14:55

[waydown wrote on Unknown:](#)

Now the question is how is letting go of resentment , forgiving others, etc... (steps 4-6) addressing ones self indulgence?

Maybe it's not. Do you feel that it has helped you in this regard?

=====
=====

Re: Solutions for Tonight
Posted by waydown - 04 Feb 2016 16:05

Last nite I was in jolt mood! So totaly clean. i am trying to keep up the streak. My wife is muter soon so I just have to hold out till I can give & take in a muter way.

PS I know that last sentence is disputable by many but I am doing what woks for me temporarily. This is a forum so everybody should feel free to post, But bear in mind it won't really change what works for me. And so that I don't get too overexcited and heated up please don't get offended if I don't respond.

=====
=====

Re: Solutions for Tonight
Posted by Bigmoish - 04 Feb 2016 16:08

Glad to hear you're doing well.

I don't think I understand. What exactly is it that works for you?

If there are things that don't work for you, you probably shouldn't bother yourself trying to figure out why they work for other people. Just stick to what works.

=====
=====

Re: Solutions for Tonight
Posted by unanumun - 04 Feb 2016 19:19

I thought your only problem was at nights and with masturbation?

Is this a new thing you just fell into?

If I understand correctly, your wife was assur the last few weeks and I suspect that somehow that is connected to the chatting.

Perhaps it would be worthwhile to look for a plan that can hold up even when your wife is a nidda?

just saying

=====
=====

Re: Solutions for Tonight

Posted by markz - 04 Feb 2016 19:31

[unanumun wrote:](#)

"I thought your only problem was at nights and with masturbation? Is this a new thing you just fell into?If I understand correctly, your wife was assur the last few weeks and I suspect that somehow that is connected to the chatting. Perhaps it would be worthwhile to look for a plan that can hold up even when your wife is a nidda?just saying"

We was looking for a plan and we decided to go for a pilegesh, so life's cool. Problem is - the one we found was a therapist, and we need just a regular [dirty word removed]

=====
=====

Re: Solutions for Tonight

Posted by waydown - 04 Feb 2016 21:37

Correct if I am on the ball and have the willpower my only problem is masterbation at nights.

If I am not working on myself then I can resort back to my old ways prior to joining GYE. Basiclly being part of GYE (and simply looging in daily) remedies almost all my lust besides for masterbation. I resorted back because I wasn't on GYE.

=====

Re: Solutions for Tonight
Posted by eslaasos - 04 Feb 2016 22:35

Welcome back, and hatzlacha.

You were starting a chavrusa at some point that you were hpping would help. How did that go?

=====

Re: Solutions for Tonight
Posted by waydown - 05 Feb 2016 13:32

Last night I feel asleep without masterbating because I used the fact that IYH soon my wife will be muter so why not wait. I woke once or twice more and used the same tactic. Then after waking up a 3rd time and twisting and turning I did masterbate. So it defintley helps it just shouldn't be my only startegy.

=====

Re: Solutions for Tonight
Posted by markz - 05 Feb 2016 13:35

It does help that you didn't masturbate 3 times in the night

=====