

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 markz - 07 Feb 2016 19:32

So why not go to a Kabbalist to extricate the poor languishing dibbuk - no wonder you can't sleep at night

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Re: Solutions for Tonight

Posted by wantoimprove - 07 Feb 2016 19:55

In all due respect I don't think it's a dibbuk. I think Hashem created you with very strong physical desires. That doesn't mean Hashem wants you to give in to those desires. Knowing that this is an inherent part of **you** might be a help to win this battle. If it's all "because of the dibbuk" it might be harder to conquer the beast. Get more stragedies and keep fighting!!!!

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Re: Solutions for Tonight

Posted by waydown - 08 Feb 2016 21:29

Still working on the nights.

I will say that my Sundays at home are so much more peaceful when I am not busy e-mailing women. Instead I can actually spend undivided time with my wife & children even with putting in a bit of work.

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Re: Solutions for Tonight

Posted by waydown - 09 Feb 2016 17:53

Clean last nite thanks to just a lack of tavia. I hope I can keep it going

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Re: Solutions for Tonight

Posted by markz - 09 Feb 2016 23:51

OMG waydown

what happened to your tavia?

are you ok?

are you in ICU?

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Re: Solutions for Tonight

Posted by waydown - 11 Feb 2016 16:03

Markz,

I had a cold and low fever so the tavia was not there. My problem is when the cold goes away

like last night

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Re: Solutions for Tonight

Posted by Bigmoish - 11 Feb 2016 16:11

So, do you want to share what happened last night?

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Re: Solutions for Tonight

Posted by waydown - 11 Feb 2016 21:29

Moish ,

Basiclly the good old problem. Not being able to fall asleep, twisting and turning till i swallow my lust pill called masturbation.

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Re: Solutions for Tonight

Posted by Bigmoish - 11 Feb 2016 21:31

Thanks for the share.

Perhaps it would be beneficial to update daily regardless of success.

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Re: Solutions for Tonight

Posted by waydown - 11 Feb 2016 21:32

Moish,

I do try to do that and thanks for the chizuk

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Re: Solutions for Tonight

Posted by waydown - 14 Feb 2016 19:51

Despite my embarssment and I think lack of will power to commit I will still post that I am struggling with masturbation at nights. Maybe at-least if I post long enough i will build up some will power. Last nite was good till 5am.

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 15 Feb 2016 14:49

A silly suggestion. It might work for some people. When you can't sleep get out of bed and take a gemara or shulchan aruch or any serious limud and have a saider for those times. If you suffer from sleeplessness this will happen a lot and you will end up covering a lot of learning. This way you will feel good rather than bad.

Just a silly suggestion. You may ignore my foolish ideas, but someone told me I should just post what's on my mind so I'm doing that even though what I have to say is probably just silly.

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Re: Solutions for Tonight

Posted by eslaasos - 15 Feb 2016 15:37

Hashivah, I think that's an awesome idea. While there may be some truth to the oft repeated idea that looking at lust only as a religious issue often doesn't help some of us, I believe we shouldn't leave it out of the equation completely. If you are already involved in learning, as Waydown appears to be, it could be a great tool.

Thanks for posting your "silly" thoughts.

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 15 Feb 2016 15:50

Besides, it's a known fact that learning at night makes you sleepy.

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