

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 Yesod - 15 Feb 2016 16:26

What about gatchkes with a lock

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Re: Solutions for Tonight

Posted by Shlomo24 - 15 Feb 2016 17:57

[Yesod wrote on Unknown:](#)

What about gatchkes with a lock

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Re: Solutions for Tonight

Posted by Yesod - 15 Feb 2016 19:35

24 hr locksmith

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Re: Solutions for Tonight
Posted by markz - 15 Feb 2016 19:40

[Yesod wrote:](#)

What about gatchkes with a lock

That wouldn't stop me

Yesod you were doing boxing recently - how about studded gloves to wear at night - that can work

the issue here may be, that we are wearing kid gloves when we are awake

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Re: Solutions for Tonight

Posted by eslaasos - 15 Feb 2016 19:46

[markz wrote on Unknown:](#)

[Yesod wrote:](#)

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the issue here may be, that we are wearing kid gloves when we are awake

You mean something like this? Maybe Shteeble wants to add it to his list.

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Re: Solutions for Tonight
Posted by Bigmoish - 15 Feb 2016 19:59

[Hashivalisesonyishecho wrote on Unknown:](#)

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.

Just curious, is this what you do?

I actually did go to sleep with a gemara in my bed last night, but I wasn't really interested in it when lust came knocking.

[Yesod wrote on Unknown:](#)

What about gatchkes with a lock

Now that's an idea! Though I think I'd be as good of a master locksmith as Shlomo, should the need arise...

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 15 Feb 2016 20:03

[Gevura Shebyesod wrote on Unknown:](#)

But seriously, since you seem to indicate that this problem is triggered by what happened during the day, maybe it's best not to agonize over this so much and work on the underlying issues of what you look at and do during the day, and you just may find that it takes care of itself eventually.

Handcuffs?
KOT!!!

Gevura!

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 15 Feb 2016 20:15

And here's another idea from that same thread...<https://guardyoureyes.com/forum/1-Break-Free/114662-When-I-am-half-asleep-is-when-my-problem-becomes-more-than-just-a-problem?limit=15&start=15#117057>

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Re: Solutions for Tonight

Posted by BenTorah.BaalHabayis - 16 Feb 2016 05:43

[Bigmoish wrote on Unknown:](#)

[Hashivalisesonyishecho wrote on Unknown:](#)

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Gemara may be too heavy a limud for this time of night anyways. You need something which is light and geshmak. My Father has recommended to me to browse a Teshuvos sefer during downtime, when I'm bored and not in the mood of getting into a sugya. Open up an Igros Moshe. Fascinating stuff there! (Of course to fully follow any Teshuva you need to be holding in the sugya, but it doesn't mean you can't get the main point without understanding all the background.)

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Re: Solutions for Tonight
Posted by Hashivalisesonyishecho - 16 Feb 2016 14:48

[Bigmoish wrote on Unknown:](#)

[Hashivalisesonyishecho wrote on Unknown:](#)

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I actually did go to sleep with a gemara in my bed last night, but I wasn't really interested in it when lust came knocking.

I don't have that exact issue of wanting to M in bed at night but many times when I can't sleep that is what I do. The reason I said a serious limud is because for me I need to feel a sense of accomplishment in order to really feel good. So I don't mean learning in bed. I mean getting out and sitting by a desk or table and hocking shtickr. Until the drowsiness sets in so you close the sefer and go to bed. Feeling good in general, in other words feeling like a mentch sometimes helps for this problem. Believe me you will be soooooo much happier if you did some serious learning than if you But if you lie there feeling hopeless that you most likely to fall while you are just waiting for the night to be over while white nuckling the night away, the prognosis isn't very good.

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Re: Solutions for Tonight
Posted by Bigmoish - 16 Feb 2016 15:12

[Hashivalisesonyishecho wrote on Unknown:](#)

[Bigmoish wrote on Unknown:](#)

[Hashivalisesonyishecho wrote on Unknown:](#)

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If I was given the test while lying in bed to either get out of bed and do some serious learning, or masturbate, I would choose masturbation 10 times out of 10. Perhaps 1000 out of 1000. My brain doesn't really allow me to think about how much more satisfying a blatt Gemara would be.

If I was sitting by the Gemara and would want to get **into** bed to masturbate, perhaps seichel could win out a couple of times. But it would never get me **out** of bed!

Glad this works for you.

Keep it up.

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Re: Solutions for Tonight

Posted by markz - 16 Feb 2016 15:26

Moish I think 10 times a night is a little much

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 16 Feb 2016 15:50

Bigmoish" post=278045 date=1455635553If I was given the test while lying in bed to either get out of bed and do some serious learning, or masturbate, I would choose masturbation 10 times out of 10. Perhaps 1000 out of 1000. My brain doesn't really allow me to think about how much more satisfying a blatt Gemara would be.

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Obviously if the problem is the urge to masturbate you are right, but I was addressing aydown who said that his problem stems from not being able to sleep. I quote Waydown "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 waydown - 16 Feb 2016 16:29

Hashivalisesonyishecho,

My problem is that masturbation soothes me to sleep. Like a loli pop. I dont' see learning gemara as a likely option to sooth me to sleep. Yes i can't sleep without my lust pill. I am not sure how you think gemara helps. And frankly when I am tired and its late at night I can't really learn even a teshuva sefer. What has helped is just listening to "kosher" secular podcasts (Kosher secular mya be an oxymoron but I mean that no sexual content or just rated G content.) Eventually I dose off albiet it can take some time. But two probelms even with that. 1) I need the will power even to do that. Its much easier, less time consuming and more self gratfying to just masturbate. To me its like my morning coffee. It just changes my night by so much. 2) When I wake up for my kids at 3 am, I surely ain't learning then nor am I even listening to podcasts. At that time I just half sleepngy grab the nearest sleeping pill which is masturbation.

I know alot has been said on the fact that we must realize that we don't NEED lust or sex. But I feel like I do "need" it to fall asleep. It will require not sleeping for a month or two to buck the habit. I just lack the will power for such a commitment even though its what I should do.

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