

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 Workingguy - 17 Feb 2016 00:49

[waydown wrote on Unknown:](#)

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.

I don't get it. It sounds like you would stop if it didn't mean a month or two of no sleep. So why don't you learn in bed- get a Torah app on your cell and learn which I guarantee you will make you fall asleep.

You already said that you don't have the motivation to learn, but if you can stop for a few nights and learn in bed, I'd almost guarantee that you can fall asleep. Then stop after that bc then it won't take a month.

But I suspect that's not the issue. You're giving all the reasons not to stop, so might it be that you just don't want to stop yet?

=====

Re: Solutions for Tonight

Posted by Yesod - 17 Feb 2016 14:09

[Workingguy wrote on Unknown:](#)

You already said that you don't have the motivation to learn, but if you can stop for a few nights and learn in bed, I'd almost guarantee that you can fall asleep. Then stop after that bc then it won't take a month.

But I suspect that's not the issue. You're giving all the reasons not to stop, so might it be that you just don't want to stop yet?

It Does sound like WD is lacking the willpower to stop. But hey, that is sometimes the entire struggle. It is trying to garner the willpower to get us over the hump, or to seek the help we need.

Whatever the case, don't give up, keep chipping away at it, and eventually you'll quit it.

=====

Re: Solutions for Tonight

Posted by cordnoy - 17 Feb 2016 15:17

[Yesod wrote on Unknown:](#)

[Workingguy wrote on Unknown:](#)

You already said that you don't have the motivation to learn, but if you can stop for a few nights and learn in bed, I'd almost guarantee that you can fall asleep. Then stop after that bc then it won't take a month.

But I suspect that's not the issue. You're giving all the reasons not to stop, so might it be that you just don't want to stop yet?

It Does sound like WD is lacking the willpower to stop. But hey, that is sometimes the entire struggle. It is trying to garner the willpower to get us over the hump, or to seek the help we need.

Whatever the case, don't give up, keep chipping away at it, and eventually you'll quit it.

I am not sure if I would reach the same conclusion as you. For many, willpower is simply not enough.

B'hatzlachah to all.

=====

Re: Solutions for Tonight

Posted by jake08 - 17 Feb 2016 15:37

Btw great thing to learn in bed IS Igros Moshe. Try Orach Chaim since all the topics are familiar, many are very practical, and all are very interesting twist on what we do by rote every day (dont

open one during chazoras hashatz as you sometimes cant wait to finish the story).

WD I started from page one through three on this thread then skipped to last page so I missed the middle. Did you ever start the AA book or SA or join any group (phone or live)?

=====

Re: Solutions for Tonight

Posted by markz - 17 Feb 2016 15:51

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

???? ?????!!!

??? ???? ???? ???? ?? - ??? ??? ? ????????

??? ????? ???? ???? ???? ?? ????????????????? ???? ???? , ????? ???? , ??? ??? ???? ???? ???? ?

=====

Re: Solutions for Tonight

Posted by jake08 - 17 Feb 2016 16:01

. Btw in Hilchos Yom hakippurim (forgot which chelek) R Moshe has some teshuvos to people struggling with lust (one with MZL issues one to a girl who was involved with a boy etc.). Read how caring, understanding and non-judgemental he was. Even gave the girl unsolicited advice about how to go about shidduchim. Makes ya feel a litter better about this.

=====

Re: Solutions for Tonight

Posted by markz - 17 Feb 2016 16:06

You should learn Yiddish

what is a slug? Is that a slow moving thingy

=====
=====

Re: Solutions for Tonight

Posted by Gevura Shebyesod - 17 Feb 2016 16:09

Orach Chaim Chelek 4, 116-118.

115 is a Teshuva about SSA, I have what to say but not here....

=====
=====

Re: Solutions for Tonight

Posted by jake08 - 17 Feb 2016 16:12

Yea about the SSA one remember in his time it was very different.

=====
=====

Re: Solutions for Tonight

Posted by jake08 - 17 Feb 2016 16:13

But that kinda of response time is very impressive with the chapter and verse!

=====
=====

Re: Solutions for Tonight

Posted by waydown - 17 Feb 2016 16:43

Huh I still don't get the learning in bed suggestion. Like seriously? At 11/12 at night after working a whole day and pushing myself to put in a night seder on top of that you expect me to have any desire at all to sit & learn a Rav Moshe at that time of night? I mean are you guys serious? Do you know how hard night seder is already? Should I also sit with a gemara and feet in cold water till I fall asleep like the chazon ish use to do Yes anyone who does that is a hiliege yid and should be blessed. But come on of any method I have heard of including ones that I don't understand much this method will be the least effective and biggest turnoff for me, It would be the worse trigger. OK Spoiler porn is definitely worse! But you get my point

=====
=====

Re: Solutions for Tonight

Posted by jake08 - 17 Feb 2016 16:52

I dont read it to be mekayim talmud torah and hope the kedusha protects me from evil spirits. It happens to make a good interesting read very often especially when he discusses things that you always wondered why the heck you do that. Its also generally kosher so keeps your mind off other things. But hey Gordan Korman is pretty good author too.

=====
=====

Re: Solutions for Tonight

Posted by waydown - 17 Feb 2016 16:53

I also don't deny that i lack some will power. Ok how do I work on getting willpower?

=====

Re: Solutions for Tonight

Posted by Shlomo24 - 17 Feb 2016 17:45

[waydown wrote on Unknown:](#)

I also don't deny that i lack some will power. Ok how do I work on getting willpower?

Here we go again...

=====