

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

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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 cordnoy - 19 Feb 2016 00:17

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Somethin' we read yesterday:

Our self-obsession takes different forms, from one in plain view to the covered, where it is disguised under passivity and the appearance of gentleness or pseudo-concern. The greater the self-obsession, the greater the con to disguise it. It prevents us from detecting the emerging flaws that later will turn into cracks and disastrous fissures in the reservoir of the self. And self-obsession inevitably produces spiritual blindness. To keep from seeing ourselves, we seize on the wrongs of others.

Most difficult for us to see was that being obsessed with self meant we had become the Source of our own livesour own god. We were the most important person in our world. Thus, we had to connect with ourselves; we became addicted to ourselves. No wonder so many of us found masturbation to be infinitely more than childhood experimentation. It got us high on ourselves, short-circuiting any meaningful connection with others and God.

In our great and lofty pursuits of "finding" our lives we shut out the possibility of ever receiving life.

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Re: Solutions for Tonight

Posted by Workingguy - 19 Feb 2016 01:16

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[waydown wrote on 18 Feb 2016 21:30:](#)

Working Guy,

Firstly, you are my man. Your replies so hit the point and address the issues so eloquently.

Re what is making me act out? The same factor that makes people smoke even though they know that their mortality rates are far higher. At this point I don't think there is any underlying issues. It's simply and addictive fun and pleasurable act. I know others feel that there has to be some underlying problem. But there is nothing that I know of. I also don't see why that has to be the case. Why can't it simply be an addiction like smoking?

Re my recent story, yes it's very scary. And I would probably never go back to those kind of sins simply because of that story. It should be a wakening call to tackle the whole lust issue. But unfortunately all it only helped somewhat. Yes that story coupled with the simple freedom of not having to hide my computer from my wife, giving her and the family more attention, the idea of not spreading my dirty fingerprints all over the net and work productivity increases are all major incentives not to return. However, it has not brought me to the point of tackling my lust. I still want my enjoyments and to be kodesh at the same time. (Kind of like Bilam. The bali musser say Bilam hut gevult lieben vi a ferd un shtarbin azu vi yakov avenu,)

My thought is perhaps what I started a month ago. Just read and work on 12 steps. Work on steps 4-6 even though I have no clue why and how it helps and even though I have no desire to stop lusting. Who knows. It can't be worse than time spent flirting with shiktzas!

Waydown,

Thanks for the compliment; I really do appreciate it. I can relate based on my experiences; of course, not all are the same, but I've been through my own thought process, and some of what

you write are things that I've thought along the way (and it's a long way....)

It is possible that it is an addiction like smoking, but that's making an assumption that the addiction of smoking is different in being more rational and not needing an underlying cause. Can all addictions just be b/c they're "geshmak"? Maybe, but I'll tell you how I came to understanding that they're not. I do want to add what Cordnoy wrote- I'm not telling you what to believe, just what I've learned for me on the way.

So I used to wonder how come EVERY SINGLE PERSON with internet access isn't addicted to porn. I mean, it's so super enjoyable, so how can they not be? And why would any teenager try to get help for such an issue? And then I found out that not everyone is addicted, and that many try to get help and get out of it the second that they fall into it.

And then I spoke to my therapist (and read a book called "In the realm of hungry ghosts" about addiction) and read up a lot, and discovered a few things that made sense to me. Addiction experts believe this, twelve steppers believe this, and I've learned it for myself to. Addiction is where we go when life is unmanageable in one way or the other, or because we're restless, irritable, or discontent.

Who says? Maybe it's just fun? So the answer to that in MANY cases is that- how can we explain that we would risk our life, health, marriage, or kids or standing in the community for fun? Is it worth it from a cost benefit analysis?

None of us would go bungee jumping even if we loved it if the stats were highly against us. But addiction somehow seems different- every addict knows that there's a good shot that something pretty terrible is going to happen, and they continue. How do we explain that? Without answering the question, the one thing that comes out clear is that FUN or geshmak would NOT explain it.

Once I realized that, and when my wife's friend discovered her husband and I still didn't stop and KNEW that it was inevitable that I would be in the same boat, I realized that it's not about fun, or anything like that, and that it has to be coming from somewhere else.

But that was for me, and of course, I can't speak for how you experience it. I guess in the end I'd

echo Cordnoy about trying to learn from your own experiences as much as anything else.

Keep on posting; you're causing great introspection for many of us, and it looks like for yourself as well. Talk to you soon.

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Re: Solutions for Tonight

Posted by waydown - 21 Feb 2016 17:59

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Working guy,

But thats why smoking is such a good analogy. Because why we would we risk our lives and risk dying young because we enjoy smoking? The answer is because nobody really thinks it will happen to them. yes we won't go bonji jumping because its not like we feel we are missing something when we don't have the enjoyment. But when we don't smoke or masturbate we do feel we are missing something. Our bodies feel it.

Personally, I have nothing in my life unmanagable. i have tired to think through that many times. In my case its simply gehsmak to release myself. I don't deny that there are people who may feel different but in my case that is just not true. I never did a statistical study to know that in "MANY" cases this is why we act out. I'll trust you on that one. But it ain't why I act out. I simple act out because I love indulging myself and I hate not getting what I want.

Oh and by the way kind of what limits my flare ups and avoidance from having extra martiatl affairs including what holds me back most from my online activities is the risk of loosing my marriage and kids. But from simply masturbating I don't risk anything. No-one ever got divorced from just masturbation problems. And so in my crazy mind I say Ok as long as I limit my activites to mere masturbation or thoughts I don't risk any danger to my life. So why not get the enjoyment. Of course its wrong in many ways. But I am trying to explain why your rationale is not really relevant in my case.

I don't wonder why everyone with internet access is not addicted to porn. We all have cigareete access yet we are not all addicited to cigareets.

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Re: Solutions for Tonight

Posted by waydown - 21 Feb 2016 18:04

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Wow cords I always have a hard time deciphering the white book mumble jumbo.

One thing i can say for myself is that I do not think in any stretch of the imagination that I am the most important person in the world. I just love taking care of my needs despite the fact that I am probably the "LEAST" important person. its not a stira at all. I also try not to let it short circuit making meaningful connections with others. maybe I am the only one like this.. But its just me. My kids and family always come before my lust. Yes indirectly (IE taking longer to finish up work bec of lust) family could get hurt. But when it has a direct affect the wife and family comes first.

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Re: Solutions for Tonight

Posted by markz - 21 Feb 2016 18:10

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Reb waydown,

we we are here trying to help ~~fuel~~ our lust issues

After all the discussions, could you share

How is your porning doing compared to a year ago?

How is masturbation doing compared to 6 months ago?

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Re: Solutions for Tonight

Posted by jake08 - 21 Feb 2016 19:24

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Can I please make a distinction betw. smoking and lust. When I smoked even though I knew about the risk I was running, I rationalized not me and I'm quitting soon and I dont smoke on shabbos so statistics dont apply to me etc. When I lust I KNOW it has hurt it does hurt bad and will hurt bad and still cant stop. I know it is killing me, not by statistic but because I'm dying fast and still I lust. My head is screaming to stop when I lust but I don't. Not so by smoking.

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Re: Solutions for Tonight  
Posted by waydown - 21 Feb 2016 19:28

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Porn is much much better although not perfect

Masturbation little better but needs a lot of improvemment still

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Re: Solutions for Tonight  
Posted by markz - 21 Feb 2016 19:41

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[waydown wrote on 21 Feb 2016 19:28:](#)

Porn is much much better although not perfect

Masturbation little better but needs a lot of improvemment still

Care to share with all of us - how did you get Porn under control

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Re: Solutions for Tonight  
Posted by Yesod - 21 Feb 2016 19:57

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Porn used to be perfect, though some thought it can be better..

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Re: Solutions for Tonight

Posted by wantoimprove - 21 Feb 2016 20:50

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Re: Solutions for Tonight

Posted by cordnoy - 21 Feb 2016 21:45

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[waydown wrote on 21 Feb 2016 18:04:](#)

Wow cords I always have a hard time deciphering the white book mumble jumbo.

Yesod, can you clarify what you mean? I don't get it.

One thing i can say for myself is that I do not think in any stretch of the imagination that I am the most important person in the world. I just love taking care of my needs despite the fact that I am probably the "LEAST" important person. its not a stira at all. I also try not to let it short circuit making meaningful connections with others. maybe I am the only one like this.. But its just me. My kids and family always come before my lust. Yes indirectly (IE taking longer to finish up work bec of lust) family could get hurt. But when it has a direct affect the wife and family comes first.

Good for you.

Continued hatzlachah

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Re: Solutions for Tonight

Posted by Yesod - 21 Feb 2016 22:11

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[wantoimprove wrote on 21 Feb 2016 20:50:](#)

Yesod, can you clarify what you mean? I don't get it.

I was referring to before GYE

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Re: Solutions for Tonight

Posted by waydown - 22 Feb 2016 00:49

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markz,

Sure very simple no magic bullet. Hanging out in GYE and learning to find other fun chillers in place of porn were my primary tactics. Davening also helps.

But masturbation is like a physical thing that just won't let me fall asleep without it. It juts requires major will power to say no. And even then who knows if it will work.

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Re: Solutions for Tonight

Posted by Shlomo24 - 22 Feb 2016 05:56

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[waydown wrote on 21 Feb 2016 17:59:](#)

Personally, I have nothing in my life unmanagable.

So waking up in the middle of the night and not being able to fall asleep unless pacified by



masturbation is manageable?

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