

How to deal with constant Tayvah/Hirhurim?

Posted by AStrugglingJew - 30 Apr 2019 02:05

Hi,

Baruch Hashem even though I have fallen in the somewhat recent past, I have been doing very well recently and have had nice long streaks of being clean. The Taphsic method has worked very well for me (after a few tries of finding the correct shavuah). I had an over 30 days streak, my longest in a while (I actually went most of last year clean, but then stupidly fell back down the hole), however I sadly fell 14 days ago, but I have gotten back up with a new shavuah and have been clean since. Bh, I feel that as long as I make sure I am always under the shavuah I figured out for myself with the Taphsic method that I will never let my self fall (I fell 14 days ago because it was the day my shavuah finished and I didn't renew it, and my phone broke, so I got a replacement phone with no filter, and I am sure you can figure out the rest...).

So hopefully, bezras hashem, I am on the right path.

However, there is one thing that I want to know if anyone has any advice to help deal with.

The Tayva and Hirhurim. I feel like even after going a month without any serious shmiras anayim issues I still have so much tayvah and constatnt hirhurim. It will probably be a while before I get married, and as a single guy I just always have urges that I have to suppress and it is extremely difficult. Recently, It has been very constant for me, more than I can ever remember. It used to be that I would get hirhurim or urges and they would go away, but now I feel like I have serious urges for many hours a day for many days a week.

Anyone have any advice?

Thank you!

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Re: How to deal with constant Tayvah/Hirhurim?

Posted by Shnitzel and kugel - 30 Apr 2019 02:23

I have the exact same issue and question as you, that's why I'm iyh going to go to live PA meetings, hoping to finally learn how to live without the lusting bothering me constantly.

P.s. I'm also single and I don't think marriage will help have less tayvos..

Lucky you dealing with this before marriage!

Hatslocho

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Re: How to deal with constant Tayvah/Hirhurim?

Posted by i-man - 30 Apr 2019 02:29

Hi

1st of all tayva hirhurim, and shmiras eynayim are all connected and create chain reactions so you sort of need to look at it as one thing - although it is important to see if there are any underlying issues causing you to turn to it.

Try to find someone who you could connect to having a listening ear and someone to turn to when you are having a hard time is an extremely powerful tool,

you say "hours on end" are you very bored? bein hazmanim? that's a disaster waiting to happen find something to do..

Good luck!

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Re: How to deal with constant Tayvah/Hirhurim?

Posted by Newbie - 30 Apr 2019 17:21

Not sure if everyone will agree with this but I think this is completely normal. Not that it's good but it's normal.

You're a single male and this is how hashem made us. You have a tayvah. That's how it's

supposed to be.

Now if if you're careful enough with your eyes and aren't looking at the wrong things the best way to help with this tayva is to fill your head with other more important things. If you're bored and there isn't much on your mind it's almost hopeless. You gotta get busy. Either learn, hang out with friends, anything. But you **MUST** keep busy.

It doesn't sound like you need any therapy or PA sessions. This is totally normal. You Need to keep busy. When you go back to yeshiva if you're not going to get into it with the learning and you sort of float through the zman you will have the same issue.

From my experience the harder part of being single is not that you don't have a wife it's that there's too much time on your hands and not enough occupying your mind. The tayva doesn't lessen when you get married but at least you get busier and that's what really helps

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Re: How to deal with constant Tayvah/Hirhurim?
Posted by ColinColin - 01 May 2019 01:00

Sexual urges are normal and healthy.

But they must be channeled correctly.

For a single man, you have to do positive activities when you feel the lust, so that you can provide a positive outlet for the energy.

Walk

Exercise

Daven

Study

Read

Watch a film

Visit a relative or friend

Make a positive phone call

Clean/tidy your house

If you feel lust, do not go online, unless it is to this site.

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Re: How to deal with constant Tayvah/Hirhurim?

Posted by Sidewayz - 02 May 2019 18:05

I feel like the more your in touch with people and exposing it to the light the less power the lust has. I'm 3 days clean following a not so clean bein hazmanim, I think because I wasn't In touch with people. So I'm trying to get out there more.

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