

How to deal with sudden awakening in the night

Posted by David26fr - 14 May 2019 17:22

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Hello,

I am searching for some advices on how to deal with some sudden awakenings in the night...

To describe my problem : it happens, in general after a stressing day, that I awake in the middle of the night with an immediate and great desire, and I begin to strip off my trousers, and...

Often, after some minutes, I recover my mind and I say to me "Hey what I am doing ? I have to stop". And I manage to stop. But it could be also very difficult to stop sometimes.

It happens only when my wife is niddah and our beds are separated. I think that in my mind, when we are sleeping in the same bed side by side, I am too afraid to be caught by her. Yes,

Also, when I am awakening in the morning, this desire of the night can be still there. Weakened, but there.

I can also say that, when it arrives, I have a fall some days later. I verified it.

What can I do to prevent this ? (Working on stress in first, for sure)

How can I deal with this when it arrives ?

How I have to consider it ?

Thank you

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she has an heavy sleep