

I just gave in. How do I feel?

Posted by Shtarkandemotional - 25 Mar 2022 06:16

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Hey all, I figured it would be a good idea to open a thread for guys to vent out how they feel "after the fall" A big motivator for us in this battle is knowing what we actually truly want is different from our fantasy, and different from what our lustful brain is telling us.. Unfortunately, usually only after the fall do we realize it And we wake up back to our reality with our goals and aspirations in life and we realize I just made a wrong move.. So I feel horrible etc

**we have to realize this before the fall!** I'm hoping with this thread guys can unload their guilt and pain from the fall and gain support.. and guys who are about to fall can read this and realize that giving in to temptation isn't worth it for them. They should get it in a kosher way instead.

what does the chevra think about this idea?

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Re: I just gave in. How do I feel?

Posted by Trouble - 29 Apr 2022 14:27

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[5Uu80\\*cdwB#^ wrote on 29 Apr 2022 12:06:](#)

Hi Shtarkandemotional,

I'm not sure that a restaurant is any less fleeting. At the end of the hour or so, it's done. That said, it certainly can be a muttar fleeting.

Also, often restaurants are not at all tzanua, depending on where you are.

it also depends on your level of sexual adventure; i'm sure the logic, however, might work for some - sadly, my adventures are usually enjoyable and do "live up."

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Re: I just gave in. How do I feel?

Posted by Shtarkandemotional - 29 Apr 2022 14:36

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I was discussing this with someone and was having a hard time understanding maybe you can give me some insight since it's related to this question. Whats wrong if something is quick and brief? I mean everything in life eventually passes too! What does it mean when something doesn't live up? When it's short? So then maybe intimacy doesn't either live up.. we always need more connection it's never enough. We came out maybe we can say there's a difference between needing something constantly and reaching satisfaction and needing something constantly and needing more intensity and pleasure each time to reach satisfaction. Additionally, it depends what's the expectation? If it's something more then this can give then it won't live up etc.

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Re: I just gave in. How do I feel?

Posted by Shmuel - 29 Apr 2022 15:31

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between needing something constantly and reaching satisfaction and needing something constantly and needing more intensity and pleasure each time to reach satisfaction. Additionally, it depends what's the expectation? If it's something more then this can give then it won't live up etc.

For me, the difference is if it's filling an inner need vs a superficial need.

Intimacy is an emotional connection. It's a deep satisfaction/need that is built into my existence. Porn/masturbation feels very good and i usually enjoy it however it doesn't satisfy because it doesn't connect with the "inner". Spending money at a fancy restaurant and having a great meal doesn't either satisfy anything real for me.

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Re: I just gave in. How do I feel?

Posted by Trouble - 29 Apr 2022 16:02

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i guess you're questioning your own question and statement from above; i certainly subscribe to that - nothing wrong if something is quick and brief; even better if it's slow and long me think. and then it might even live up.

on the flip side, this life is a long one (god-willing), and ultimately, that is what we should be concentrating on - living the real life to the fullest.

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Re: I just gave in. How do I feel?

Posted by jkgilev26 - 29 Apr 2022 18:38

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I feel so terrible. Why can't I think of this horrible feeling before I fail? It's like my mind blocks everything except the Taava and that's it until it's done. I really don't know what to do anymore. Such a let down. So upset and disappointed with myself

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Re: I just gave in. How do I feel?

Posted by 5Uu80\*cdwB#^ - 29 Apr 2022 20:10

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I'm sorry you had a fall. Your avodah now is to bounce back up again and not get stuck in negative feelings.

Ask yourself, "What led to this fall?"

I would bet that the initial trigger was either focusing on certain fantasy thoughts or looking at imagery.

To become baalei tshuva in this war, we must:

-Stop fantasizing

-Stop looking at imagery

I say this because many people are not aware of point #1.

Keep up the hard work!

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Re: I just gave in. How do I feel?

Posted by Shtarkandemotional - 01 May 2022 01:15

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[Shmuel wrote on 29 Apr 2022 15:31:](#)

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Shmuel, great piece of insight. Thank YOU!

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Re: I just gave in. How do I feel?

Posted by eyes - 01 May 2022 02:14

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I had a dream last night that I was falling during the day and that I was screaming in my sleep, I dont want to fall. It felt so real.

Thank G-D in the morning I checked and I did not have nocturnal emission.

For me for some reason its so scary.

I live and fight this by night and by day

Love ya all

Eyes

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Re: I just gave in. How do I feel?

Posted by wilnevergiveup - 01 May 2022 09:17

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[jkgilev26 wrote on 29 Apr 2022 18:38:](#)

I feel so terrible. Why can't I think of this horrible feeling before I fail? It's like my mind blocks everything except the Taava and that's it until it's done. I really don't know what to do anymore. Such a let down. So upset and disappointed with myself

I am just wondering out loud here but I am thinking that it's possible that the reason why we feel so yucky after we watch porn and/or masturbate is not actually because we are "spiritually sensitive" to those actions or because we are frustrated that we did something wrong. I am

thinking that the feeling is mostly emotional and may not even be logical at all. It's a feeling, an emotion, and emotions do not have to be rational.

It can be guilt, it can be the disappointment of it not filling whatever void you were trying to fulfil, or, as in my case, the feeling of loss of control. I think it's important to realize that the feeling is an emotion that our minds are making us feel when it wants to, often illogically, and therefore it can also prevent us from feeling it even if it makes no sense.

To make this clearer, in my case for example, I only feel the "loss of control" feeling when I can feel a reason to fight but when I go through those times when I am not motivated, I also don't feel bad at all.

For me, the first step is to try to identify what I am trying to gain by indulging. It's not always the same thing, it could be the comfort, safety, numbing, loneliness, stress, or just plain old pleasure. In some situations, I unfortunately still have no motivation to fight (like when I am by my parents) and I just give up, other times I can acknowledge what I hoped to gain and tell myself that masturbating/watching just wont give it to me. But, thinking about how "bad" I will feel after without understanding what I feel doesn't work for me because whatever desire that is pulling me to it is often powerful enough to override that feeling.

If you need it then you need it, don't fight it, Instead accept the fact that you need something and try to get it in a healthy and more productive way. It's often not enough just to "feel good" or "feel bad" what we really need is to change the way we actually do things.

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Re: I just gave in. How do I feel?  
Posted by Markz - 01 May 2022 11:56

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Love ya all

Eyes

That's scary.

But don't forget that a nocturnal emission doesn't count as a fall.

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Re: I just gave in. How do I feel?

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Shmuel, great piece of insight. Thank YOU!

Would love to hear your thoughts

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Re: I just gave in. How do I feel?

Posted by Vehkam - 04 May 2022 20:26

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This thread actually helped me answer a question that I had. In nusach sefard we say in ahavas olam ????? ?? ????? ??? ????? ??? ????? ?????? ???. Now I understand The concept of not being embarrassed for eternity. But why are we asking that we not be ????? for eternity. What kinds of ????? ? can there possibly be in the olam haemes?

I believe the answer lies in this thread. After a person is ????? He experiences a low, a feeling of dejection and disappointment. Perhaps even a worse feeling and then being extremely

embarrassed true, We are not concerned that we will continue to be ???? in the next world.  
That cannot happen. What we are concerned is that this feeling of dejection from all the avieros  
we did in this world Will carry over and remain with us ????? ???. This is what we mean when  
we say ???? ....??? ????? ????? ???

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