

Murder or pork?

Posted by londonbocher - 07 Apr 2010 21:06

There seems to be a lot of confusion over something that I think in my opinion is extremely important to clear up.

I am writing from the perspective of someone not yet in a committed relationship. My reasoning would not apply in the same way for someone in a relationship.

My question is that it seems that in the frum world the only acceptable approach to overcoming sexual addiction is to stop "cold turkey". In otherwords if some one is addicted to immorality with other people, and is addicted to porn, and masturbation he should at least attempt to stop everything, not only his addiction with other people, his porn and addictive masturbation, but even his natural desire to masturbate.

This approach seems to be based on the gemorah ""There is a small limb in a man... " as can be seen over here <http://rehab-my-site.com/guardureyes/forum/index.php?topic=915.0>

The other approach of giving oneself time to grow at one's individual pace is from my experience seen by the frum world as completely contrary to modern psychology and borderline apikorsus.

This approach takes into account human limitation and what one can realistically expect from oneself. In other words if some one is addicted to immorality with other people, and is addicted to porn, and masturbation instead of attempting to stop everything all at once one should take things in stages, fighting slowly but very steadily up and up.

Until one has built himself. Once this has occurred he will have the emotional and spiritual strength to rise above the natural sexual drive and strive to masturbate less and less and express his sexuality only with his wife with a purity and kedusha that would make hashem cry with joy.

This approach does not seem like an accepted approach in the Torah world and my question is why?

Reb Ya'ir Shochet seems to follow this "unorthodox" approach as can be seen in his book

"The First Day of the Rest of My Life" in day nine.

I have tried both paths, I tried the "cold turkey" way and reached the 90 day mark, a few times. But eventually down I would go. When a read "the first day of the rest of my life" and took slow

steady steps ONLY fighting and feeling guilty for my next point in the battle I finally began to rebuild my G-dly soul, and when I REALLY saw my self as Hashem's child I would slowly begin to rise.

Now I am ready to rise above my natural drive.

My question is not a Psychological one. Maybe for a lot of people the "cold turkey" approach works. But if someone knows that he needs time, is this going against Hashems will?

I think the issue may in essence be clarified with the following question; what is the real root of the avaira of spilling seed?

Is it an avera like shabbat, kashrut or shutnez? If this is the case then there is absolutely no reason why one can't take things slowly see the shuir that "happygrowth" posted <http://rehab-my-site.com/guardureyes/forum/index.php?topic=402.15> . where Rav Gotleib says that when some one who is striving to keep shaboss it is often the yetzer hara that tells him he MUST stop "cold turkey"

But if spilling seed is an avera that REALLY effects others terribly, in other words if it is LITERALLY like murder or child molestation, G-d forbid, then one would have a lot more to worry about than the individuals psychological and spiritual well being. Just like a child molester needs to be locked up even if this will destroy him because children's lives are at stake. (someone who REALLY thinks that masturbation is like killing children and can carry on normal daily live when he wakes up either is either insane or does not appreciate the infinite value of a child or any human for that matter.)

I would love to know what all you holy yiddin, especially what guardureyes thinks.

Must I feel isolated from the warm Torah world for my different approach?

I often feel guilty and alone for having an alternative path.

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Re: Murder or pork?

Posted by Dov - 16 Apr 2010 04:26

Never had my tonsils out, but when folks do, they really sound like this! It's the way our entire family sounds at the Shabbos table while waiting for the last guy to wash!

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Re: Murder or pork?
Posted by trying123 - 16 Apr 2010 04:29

OOOOOOOOOOOOOOOOOOppppppppppssssssssssssss

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Re: Murder or pork?
Posted by Dov - 16 Apr 2010 04:32

You are not dumb, and yet you didn't make the boat - cuz you **are** the boat, man....

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Re: Murder or pork?
Posted by DovInIsrael - 17 Apr 2010 21:26

thx. i needed a good laugh...just had mild run in with my boss...

one of these days I will learn not to take what he says so seriously...

after all it just a job!

B"H it is NOT D'vakas!

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Re: Murder or pork?

Posted by trying123 - 27 Apr 2010 10:59

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Re: Murder or pork?

Posted by Dov - 27 Apr 2010 13:17

Gorgeous, just gorgeous. Thanx, Tried.

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