

how can i sleep at night

Posted by muststop - 10 Jan 2011 05:59

hey guys so im new to this compared to many but i have a question

HOW DO YOU GUYS SLEEP AT NIGHT???

i mean the second i get into bed Its suddenly a battle not to masterbate and on top of that i have to sleep on my side now because when i sleep on my back well you can imagine what happens

TIPS ANYONE

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Re: how can i sleep at night

Posted by installed - 10 Jan 2011 06:26

Try listening to a shiur/music/radio in bed. To be honest, I have battles elsewhere so I don't have much experience with your question but I guess distracting yourself, davening for help, and remaining committed should do it.

Good luck!

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Re: how can i sleep at night

Posted by muststop - 10 Jan 2011 06:31

thanks installed yea i don't think i will be getting much sleep this month but I will try your advice and listen to some music or a shir

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Re: how can i sleep at night

Posted by chaimhelp - 10 Jan 2011 07:23

i didnt sleep for two months. It was very scary. You can try htt5 . Good luck

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Re: how can i sleep at night

Posted by ben durdayah - 10 Jan 2011 09:12

With you in your struggle,

I've had times where I would read until 2 or 3 AM in order to stay out of bed until I couldn't keep my eyes open any more.

Of course it wreaked havoc with my mornings.

Here for you,

EBD

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Re: how can i sleep at night

Posted by ToAdd - 10 Jan 2011 10:15

The desire will weaken once you are clean a few days - staying 100% away from lust really helps.

Then there are the normal things to help one sleep:

I got out of bed and did some exercises - pushups and situps and the like.

Cutting down on sugar really helps

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Re: how can i sleep at night

Posted by admonymous - 10 Jan 2011 11:18

I'm really with you in this trial.

I remember myself lying in the bed naked trying to prove myself that I can not to masturbate.

But the end was the same every time. I masturbated, cleaned myself up, got dressed and went to sleep.

I wish I could suggest you something, but I can't.

There are a lot of tools available in such a moments. I didn't have them. I just thought I'm bad person.

But you have. Try one or more of them. Pray, call somebody (who is in the same situation)....

God bless you.

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Re: how can i sleep at night

Posted by ss7107 - 10 Jan 2011 15:22

Wow, a tough question and one that still eludes me.

First of all, thank you for your honesty.

Second, I have a strange idea that is in the literature about addiction and was suggested to me, eat chocolate when you want to act out. It has some chemical affect that works similarly (not a full proof option and certainly if you are getting into bed naked its going to be much more difficult.)

There is a line I've heard many times from my sponsor and others: God is soooo strong that even if I walk into a bar, pour a drink, lift it to my lips and tilt the glass, He can knock it out of my hands ---- but historically, He doesn't!

I need to put myself in my right mind at night. I check in with someone before I go to sleep and talk explicitly about my intentions. I walk the "tape" through to the end and imagine cleaning up that mess (yuch) I try some relaxation techniques (meditation) to get out of "that" zone. And before I go to sleep I daven to Hashem, in my own words, and ask Him to help me stay clean for one more night.

Hope some of this helps.

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Re: how can i sleep at night

Posted by muststop - 10 Jan 2011 15:37

thank you guys for all ur help in this matter and tonight i will try some sugestions SICK MAN
this is great i get to eat choclote a heck of a lot now I have to start buying in bulk lol

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Re: how can i sleep at night

Posted by ss7107 - 10 Jan 2011 15:39

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Re: how can i sleep at night

Posted by Yosef Hatzadik - 10 Jan 2011 17:36

[Sick Man Getting Well wrote on 10 Jan 2011 15:22:](#)

I need to put myself in my right mind at night. I check in with someone before I go to sleep and talk

I was gonna suggest this idea too. (Although I think that we should try not to go into explicit details if we can get the help we need otherwise.)

A short, just a few minutes, phone call to another GYE'er can do wonders in realigning our mindset!

If you go to bed too late, try calling someone from another time zone.

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Re: how can i sleep at night
Posted by muststop - 10 Jan 2011 17:40

yosef thats great but i hqve nowone to call how do i get a sponser

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Re: how can i sleep at night
Posted by Yosef Hatzadik - 10 Jan 2011 17:47

If you find someone on this forum that you like their style, you can ask them via PM if they have

an anonymous Google Voice number....

Try to build a network of friends by posting in their threads too. As you build new relationships you will connect with guys from all over the world!

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Re: how can i sleep at night

Posted by silentbattle - 10 Jan 2011 17:51

Agreed - as you get to know people here and become friends with them, you can ask them if you can call them, and share your number (I'd recommend getting an anonymous google voice number, too).

First of all, sleeping in pajamas might be a good idea, if you don't already. Make sure to always keep your hands above your waist.

And try thinking in learning until you fall asleep. If that doesn't work for you, then find something else to think about.

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Re: how can i sleep at night

Posted by yedidya aleph - 10 Jan 2011 18:03

[quote="silentbattle" link=topic=3386.msg92713#msg92713 date=1294681888]

First of all, sleeping in pajamas might be a good idea, if you don't already.

definitely important!

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