

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 silentbattle - 10 Jan 2011 19:35

When it comes to sleeping positions, though, like you said - everyone's different. Me, I could never sleep on my stomach. Doesn't even occur to me, it's just not that comfortable.

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Re: how can i sleep at night

Posted by ben durdayah - 10 Jan 2011 19:44

You're right about that...

Not everyone is comfortable in the same positions.

But the position I suggested is just a suggestion and based on Halacha.

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Re: how can i sleep at night

Posted by ToAdd - 11 Jan 2011 10:10

Some great ideas.

From now on, I'm not going to think about Green Elephants...

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Re: how can i sleep at night

Posted by ben durdayah - 11 Jan 2011 11:48

So you understand how the green elephant business works?

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Re: how can i sleep at night

Posted by muststop - 11 Jan 2011 15:05

what da heck is a green efelent lol

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Re: how can i sleep at night

Posted by ben durdayah - 11 Jan 2011 18:36

If no one gets the answer by tomorrow I'll post the whole story...

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Re: how can i sleep at night

Posted by muststop - 11 Jan 2011 19:04

ohh how am i gonna sleep at night without knowing the story now ohh the suspense

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Re: how can i sleep at night

Posted by Yosef Hatzadik - 11 Jan 2011 23:09

Dunno the story, but definitely sound scary. ???

:o

I think I should concentrate a lot on not thinking about **green elephants!** Not even for a second! :-\

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Re: how can i sleep at night

Posted by ben durdayah - 11 Jan 2011 23:37

This is gonna be the next best animal story that's happened on this site since the 'possum tossing derby at Bardstown Stadium.

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Re: how can i sleep at night

Posted by muststop - 11 Jan 2011 23:42

OoOoOoOo THAT SOUNDS LIKE AN AWESOME STORY U CAN TELL THAT ONE 2 YAY!!!!

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Re: how can i sleep at night

Posted by ben durdayah - 11 Jan 2011 23:53

Tomorrow...

In the meantime just read HARRY'S SON and KOT!

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Re: how can i sleep at night

Posted by mnman415 - 12 Jan 2011 03:02

ya....iminterested, what is this green elephant? and why is it not a blue elephant?

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Re: how can i sleep at night

Posted by bardichev - 12 Jan 2011 03:05

Bendy!

You read HARRY'S SON?

Wow

I'm honored

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Re: how can i sleep at night

Posted by im not alone - 12 Jan 2011 06:59

hi

one think you have to keep in mind

your problem about going into bed and that fact alone almost automatically triggers you, is going to be much much much easier as every single day (that you didnt give in) passes by,

now it basically goes automatic, going into bad-the whole struggle begins,

the only thing you need to work on now, **is switching it from automatic to manual**, so that going into bed shouldnt mean starting a battle,

the way to do it is to hold back just a few days, think of that it will be much easier (even for the first few days)

so its basicaly a struggle for couple of days

(dont get confused, i'm not talking about staying sober in general, thats a long and much harder fight, i'm just talking about the "bed trigger" problem)

in one word

its a struggle about a couple of days (just knowing that, makes it much easier to overcome)

your brother

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