

Bego

Posted by bego - 20 Apr 2017 14:53

Hi all

I am a married man with children in my early thirties.

I have had problems with pornography since I was Bar Mitzvah. In Yeshivah I was very consumed by my lust but apparently we are not supposed to say too much. I got married, thinking as we all do that it would settle down, and B"H in terms of actually being Mashchis Zera, I have been much better.

But I still struggle with looking at women in the street and the dreaded boredom at work where google calls me and I, regretfully, answer. Unfortunately work makes a filter nearly impossible.

It really is like a drug. I can feel myself NEEDING to look right now. I still recall the soothing warmth of the Hashchosas Zera and quickly forgot the guilt and sadness that came after. I regularly fall at these times, at least with looking, but I really want to improve. I have been getting the emails for ages and they really help but I recognise I probably need more.

Hopefully this will help.

I was just wondering if someone will work out who I am. Then I realised that if they do, it means they have also been reading this :-)

All the best

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Re: Bego

Posted by bego - 19 Jan 2022 12:27

[sleepy wrote on 18 Jan 2022 22:06:](#)

[Trouble wrote on 18 Jan 2022 20:35:](#)

[5Uu80*cdwB#^ wrote on 18 Jan 2022 20:13:](#)

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ok,so in a nutshell we are agreeing to disagree...

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Re: Bego

Posted by sleepy - 20 Jan 2022 05:57

[Shmuel wrote on 19 Jan 2022 02:48:](#)

[sleepy wrote on 19 Jan 2022 02:41:](#)

[Shmuel wrote on 19 Jan 2022 02:07:](#)

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without the equation of G-d after a lust there should be no self loathe , or regret ,why should he , hes just a monkey, and the doctors say its healthy...

Many many assumptions here...

i assume you have a problem with that...

No problem at all. It's a free country!

One can assume whatever they'd like. However, one must consider the effects of when said assumptions are found to be inaccurate...

ok, so the next time i have a dought about something ,ill google shmuels website to get the only correct answer on the matter.

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when you say **many many** assumptions here ,you mean like 2? you have to be careful what you write or else people will assume that i made 3 assumptions.

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which effects are you referring to?

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nice assumptions(many,many i might add,) for someone who doesnt like assumptions

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please be careful with your words , there are members here on gye who dont like when people make false assumptions

find me one guy who has no G-d in his life who wont masterbate because of morality .

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Re: Bego

Posted by bego - 20 Jan 2022 11:21

Hi Sleepy

Thanks for all the replies, but you're taking up a lot of space on my thread with all those quotes ;-)

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Re: Bego

Posted by Hashem Help Me - 20 Jan 2022 12:32

I do not recall where i saw this, but there was a survey done of American men, and an extremely high percentage of the responders reported feeling depressed after masturbating or having what they termed "selfish sex". I think the explanation for that is that human being is in touch to a degree with their nefesh. Therefore after masturbation or self pleasing sex, when all that energy, focus, passion, imagination, and of course zera, go to waste, one is simply left feeling empty. Similar to a caterer that cooks up a banquet and then in a moment of anger throws it all out. Sexuality was put in this world to procreate the next generation and as a vehicle of celebrating intimacy with a spouse that one loves (this is a purpose in and of itself even when one is avoiding pregnancy due to age, health, etc.). Masturbation and pornographic style sex (where birth control is used indiscriminately and there is no connection being sought)) accomplish neither of the two - leaving one feeling wasted.

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Very well said.

We can debate some nuances (e.g. what the Nefesh is) but the overall argument is something I would strongly agree with.

Hence my original post and my stressing the respect I have for you :-)

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to quote medical news: Some people believe that masturbation can cause mental health issues, but this is an outdated idea that researchers have long since disproven. On the other hand, having depression can affect how a person feels about masturbation and sex. Masturbation does not cause depression. It is a natural, pleasurable activity that may boost self-esteem and help a person explore their sexuality. That said, some people who masturbate do feel guilty or anxious about it. Historically, masturbation has been a social taboo.

And from healthline: Masturbation is a healthy, normal sexual activity. Many people masturbate regularly for pleasure, for sexual exploration, or for fun. Masturbation has many positive benefits including stress relief, better mood, and greater relaxation. But masturbation is sometimes associated with guilt and depression. That isn't because masturbation causes depression. Instead, it's likely because religious and cultural traditions sometimes associate self-pleasure and masturbation with feelings such as shame and sin.

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[bego wrote on 20 Jan 2022 14:22:](#)

[Hashem Help Me wrote on 20 Jan 2022 12:32:](#)

I do not recall where i saw this, but there was a survey done of American men, and an extremely high percentage of the responders reported feeling depressed after masturbating or having what they termed "selfish sex". I think the explanation for that is that human being is in touch to a degree with their nefesh. Therefore after masturbation or self pleasing sex, when all that energy, focus, passion, imagination, and of course zera, go to waste, one is simply left feeling empty. Similar to a caterer that cooks up a banquet and then in a moment of anger throws it all out. Sexuality was put in this world to procreate the next generation and as a vehicle of celebrating intimacy with a spouse that one loves (this is a purpose in and of itself even when one is avoiding pregnancy due to age, health, etc.). Masturbation and pornographic style sex (where birth control is used indiscriminately and there is no connection being sought)) accomplish neither of the two - leaving one feeling wasted.

Very well said.

We can debate some nuances (e.g. what the Nefesh is) but the overall argument is something I would strongly agree with.

Hence my original post and my stressing the respect I have for you :-)

to quote medical news: Some people believe that masturbation can cause mental health issues, but this is an outdated idea that researchers have long since disproven. On the other hand, having depression can affect how a person feels about masturbation and sex. Masturbation does not cause depression. It is a natural, pleasurable activity that may boost self-esteem and help a person explore their sexuality. That said, some people who masturbate do feel guilty or anxious about it. Historically, masturbation has been a social taboo.

And from healthline: Masturbation is a healthy, normal sexual activity. Many people masturbate regularly for pleasure, for sexual exploration, or for fun. Masturbation has many positive benefits including stress relief, better mood, and greater relaxation. But masturbation is sometimes associated with guilt and depression. That isn't because masturbation causes depression. Instead, it's likely because religious and cultural traditions sometimes associate

self-pleasure and masturbation with feelings such as shame and sin.

Fair arguments. Hard to know cause and consequence.

So if it's consequence

If we take a Jewish (or likely any religious) viewpoint, we say it is bad (very generic I know, but it will do) hence we try to abstain and hence we associate the bad feelings with it.

If not religious, you would be saying it is merely a remnant of past religious feelings.

Interesting.

?Yet I'm not sure. When a person disappears into his imagination (a large part of it), that isn't healthy. Masturbation ITSELF might be harmless (probably is to be honest) but the psychological impact seems to me not to be. Meaning, is it inherently selfish? Does thinking about naked women make me turn them into sex objects (YES!)? Do I become lost in the fake world and lose touch (pardon the pun) with the real world. I reckon yes.

But lot's to think about.

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