

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

=====

Re: Bego

Posted by sleepy - 20 Jan 2022 15:42

---

[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.

I agree, with GD there IS regret without God(or without ones nefesh ,because if there's no God in his life then there is no nefesh as well...)there is no regret ,thank you

=====

=====

Re: Bego

Posted by sleepy - 20 Jan 2022 15:49

---

[bego wrote on 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 ;-)

Sorry won't quote anymore and I'll give you back the stage, if anyone has anything intelligent to say,not just to let off steam,they're more than welcome to post on my thread,( I'm not as cheap )

=====

=====

Re: Bego

Posted by jackthejew - 20 Jan 2022 16:05

---

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.

Modern phsycology also holds that the idea that men aren't women and vice versa is "An outdated idea that researchers have long since disproven". Much of modern gender and sexual theory is massively twisted by political correctness.

=====

Re: Bego

Posted by jackthejew - 20 Jan 2022 16:06

---

That's why rapid onset gender dysphoria is no longer classified as a disorder.

=====

Re: Bego

Posted by Goldfish - 20 Jan 2022 17:41

---

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.

To put this in perspective, the non-jewish world which thinks that some of the worst content in the world can just be relabelled "adult" and it will be fine and who think that every fact that gets in the way of their pursuit of pleasure are not really the people to ask whether something is good for you. Hashem made the world with torah and if He says that its not good for you then a difference in perception is a problem in perception not in Hashem's truth. It is not good for you.

=====

=====

Re: Bego

Posted by Trouble - 20 Jan 2022 17:45

---

[Goldfish wrote on 20 Jan 2022 17:41:](#)

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.

To put this in perspective, the non-jewish world which thinks that some of the worst content in the world can just be relabelled "adult" and it will be fine and who think that every fact that gets in the way of their pursuit of pleasure are not really the people to ask whether something is good for you. Hashem made the world with torah and if He says that its not good for you then a difference in perception is a problem in perception not in Hashem's truth. It is not good for you.

sorry, i have no idea what you're talking about, but thank you for responding. should a non-jew be careful not to consume blood, shrimp and pork? should a non-jew refrain from working on

shabbos? should a non-jew be careful not to slaughter a mother and its kid on the same day?

=====

=====

Re: Bego

Posted by Goldfish - 20 Jan 2022 18:01

---

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrinsically immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.

=====

=====

Re: Bego

Posted by Trouble - 20 Jan 2022 18:09

---

[Goldfish wrote on 20 Jan 2022 18:01:](#)

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrinsically immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.

you are correct about the above, but it is a jump and a stretch to compare homosexuality with masturbation.

=====

=====

Re: Bego

Posted by jackthejew - 20 Jan 2022 18:24

---

[Trouble wrote on 20 Jan 2022 18:09:](#)

[Goldfish wrote on 20 Jan 2022 18:01:](#)

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrisincally immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.

you are correct about the above, but it is a jump and a stretch to compare homosexuality with masturbation.

It was classified as a mental disorder until the 70s

=====

Re: Bego

Posted by Trouble - 20 Jan 2022 18:28

---

[jackthejew wrote on 20 Jan 2022 18:24:](#)

[Trouble wrote on 20 Jan 2022 18:09:](#)

[Goldfish wrote on 20 Jan 2022 18:01:](#)

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrinsically immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.

you are correct about the above, but it is a jump and a stretch to compare homosexuality with masturbation.

It was classified as a mental disorder until the 70s

kindly back that up please (and clarify if you are referring to compulsive masturbation, which has not been the discussion above).

=====

Re: Bego

Posted by jackthejew - 20 Jan 2022 18:30

---

[Trouble wrote on 20 Jan 2022 18:28:](#)

[jackthejew wrote on 20 Jan 2022 18:24:](#)

[Trouble wrote on 20 Jan 2022 18:09:](#)

[Goldfish wrote on 20 Jan 2022 18:01:](#)

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrinsically immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.

you are correct about the above, but it is a jump and a stretch to compare homosexuality with masturbation.

It was classified as a mental disorder until the 70s

kindly back that up please (and clarify if you are referring to compulsive masturbation, which has not been the discussion above).

Sorry, that was ambiguous. I meant homeosexuality

=====

Re: Bego

Posted by bego - 21 Jan 2022 10:11

---

[Goldfish wrote on 20 Jan 2022 18:01:](#)

They don't have to. But one of the 7 commandments in zenus and its a machlokes haposkim what that includes. However, I wasn't referring to that element of it. I meant to say that for thousands of years all humans instinctively understood that some things were wrong because of the morality implanted in them by Hashem. In the last 60-70 years especially though, the liberals, who wanted nothing more than a pursuit of pleasure at all costs, just shoved to the side every bit of morality. Homosexuality, Transvestism, Free sex etc are not wrong only because the Torah says so. Their pursuit is against the whole purpose of the world and is intrinsically immoral. I don't want to get into a debate and I'm not saying "???? ?????" I was just presenting my view on the matter.



Tons to pick up on here... but I run the risk of breaking my rule :-)

Just one question then - so in the last 60-70 years they've moved away from morality (you say). How do you know that is bad? Is the move away from slavery wrong? Treating women as chattels? Kids getting married at 13?

If you really want to have some fun, and take the argument (in a slightly different iteration I accept) to it's extreme, are we supposed to go back to the Torah lived in the times of Tanach? I don't even know what that was TBH as they seemed to keep a very different version of halocho.

If your response is a temptation to simply assume I'm a heretic, then I suggest you think again.

BTW, if you and your wife use modern birth control, then you are benefitting from the revolution that moved sexual ethics on. Personally, I'm grateful for that! Lot's of negatives of course, but now women can live fulfilling lives and not simply be baby factories. That's good right? It's true it has a down side (many down sides) but overall...

Just some thoughts.

=====  
=====

Re: Bego

Posted by bego - 21 Jan 2022 10:15

---

[Goldfish wrote on 20 Jan 2022 17:41:](#)

Maybe. Or maybe Hashem created a rule book for the masses. And maybe Chazal added rules for the masses (lo plug).

I started with my point that there are different approaches and I will reiterate that here.

=====

Re: Bego

Posted by Hashem Help Me - 23 Jan 2022 12:05

---

Er and Onan were called "ra b'einei Hashem" and died due to being motzi zera l'vatala. That was before Matan Torah. It obviously appears that the nations of the world had accepted it to be a sin.

In addition, political correctness aside, the nature of a man is to be a "nosain". That is why a giving sort of sex is usually much more pleasurable for a man than a selfish experience. Granted, the crowd i deal with is Orthodox Jews, so obviously a big part of their emotional reactions to this whole parsha is based on Torah/Hashem... however so many guys report a tremendous change in their pleasure once they have rewired their thinking. Of course everyone is entitled to their own opinions based on their own experiences...

=====