

Nocturnal Emissions

Posted by Cesare - 23 Mar 2021 00:27

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I have been having nocturnal emissions almost every night for the last week. I do not remember it being this frequent since puberty. Whatever I do it is every night, I am not looking at porn, I am not acting out, I do not know what to do. I sleep on the right side it happens, I try to relax before bed once again. I wear very loose underwear but once again I wake up in the middle of the night briefly and have an emission. I never acted out frequently since I got addicted to watching the filth. I will admit I was addicted to looking at it but I rarely wasted seed. I think in the last 14 days I lost more seed than in a year combined. I want to know if any of you have had similar experiences and if it stops after a while.

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Re: Nocturnal Emissions

Posted by Zedj - 23 Mar 2021 01:16

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Completely relatable

Don't worry too much about it.

I was in a similar stage as you not too long ago...(it sometimes still happens but definitely not as common)

You can check out my thread if you want

Don't let it get you down or saddened it's normal.

I think the consensus is to completely ignore it.

"They say" it's a haskamah of sorts..

keep up the good work!

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Re: Nocturnal Emissions

Posted by DavidT - 23 Mar 2021 14:08

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One of the reasons for this might be the very fact that you're worried about it... As the Tzemach Tzedek writes:

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And the Steipler quotes him as follows:

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Did you review [this page](#)?

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Re: Nocturnal Emissions

Posted by Cesare - 24 Mar 2021 22:31

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I feel like I am on the verge of viewing, looking for some motivation.

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Re: Nocturnal Emissions

Posted by eyes - 24 Mar 2021 23:23

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**DON'T**

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Re: Nocturnal Emissions  
Posted by k9 - 25 Mar 2021 03:26

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[Cesare wrote on 24 Mar 2021 22:31:](#)

I feel like I am on the verge of viewing, looking for some motivation.

If you're somewhat like me then I will assume that you don't enjoy battling the temptation. It feels so strong and overwhelming and seems impossible not to give in. You wish the urge wasn't so big and strong so that you'd have the ability to not act on it. But because it feels so strong and overwhelming... how about just give in and look to make my life easier... But hey... tomorrow we're going to have this fight all over again. And the next day. Each time I give in I'm making the battle harder for myself. It's so hard not to look when the temptation is so great. But i sometimes motivate myself by thinking that no matter how difficult the urge is now if I give in now tomorrow's battle is going to be so much harder. I really don't like things to be hard for myself so how about I say no now when it's soooooooooo hard this way tomorrow's battle won't be soooooooooooooooooooooooooooooo hard. Hope this is somewhat helpful.

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Re: Nocturnal Emissions  
Posted by Cesare - 25 Mar 2021 13:54

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I was on the verge of it and quite literally covered my eyes closed the computer and went for a walk. I feel great now, thank you.

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Re: Nocturnal Emissions  
Posted by Striving Avreich - 25 Mar 2021 19:25

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You're post made me smile! Great to hear the great news.

Just remember, the urge is just around the corner ready to rear it's ugly head. You can do it

Hatzlachah

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Re: Nocturnal Emissions

Posted by YeshivaGuy - 25 Mar 2021 21:20

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[Cesare wrote on 25 Mar 2021 13:54:](#)

I was on the verge of it and quite literally covered my eyes closed the computer and went for a walk. I feel great now, thank you.

Heroic Gevura. You are an Adam Gadol of great strength.

Keep shteiging

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Re: Nocturnal Emissions

Posted by EvedHashem1836 - 30 Mar 2021 03:13

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Very much relate and I had a similar issue a little while into my 90 day journey feel free to check out my thread for details (maybe on second or third page)

At least for me it went away after about 10 days

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Re: Nocturnal Emissions

Posted by EvedHashem1836 - 30 Mar 2021 03:14

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Very much relate and I had a similar issue a little while into my 90 day journey feel free to check

out my thread for details (maybe on second or third page)

At least for me it went away after about 10 days

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Re: Nocturnal Emissions

Posted by Cesare - 31 Mar 2021 02:05

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Was browsing some social media today and came across some immodest but not downright pornographic content. Was very tempted to switch to the hard stuff but I held.

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Re: Nocturnal Emissions

Posted by Striving Avreich - 31 Mar 2021 08:21

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Re: Nocturnal Emissions

Posted by EvedHashem1836 - 31 Mar 2021 18:10

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Well done!

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Re: Nocturnal Emissions

Posted by Cesare - 02 Apr 2021 01:32

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I was looking at immodest women on media these last two days. It is not porn but images on media of women dressed very skimpily. It happened twice in the last two days where I was about to open a porn site but somehow I held. Should I mark it as a fall?

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