

Nocturnal Emissions

Posted by Cesare - 23 Mar 2021 00:27

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 eyes - 02 Apr 2021 01:53

Agreed

I use it for falling due to losing sperm

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Re: Nocturnal Emissions

Posted by Striving Avreich - 02 Apr 2021 08:14

I'd say do whatever will help you the most. The streak are the least important part of being healthy. The most important thing is living a normal lust free and healthy life.

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Re: Nocturnal Emissions

Posted by Cesare - 07 Apr 2021 00:38

Today I needed to buy something off Amazon. Come across and willingly looked at some Pritzinus products. Very sad...

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Re: Nocturnal Emissions

Posted by Grant400 - 07 Apr 2021 03:39

[Cesare wrote on 07 Apr 2021 00:38:](#)

Today I needed to buy something off Amazon. Come across and willingly looked at some Pritzinus products. Very sad...

Yes. Amazon is terrible. I'm not sure why they allow what they allow. It's full of terrible content. It is my biggest active trigger. As I type this I am struggling because of stuff I saw there. It's blocked on my phone but I shop alot with other devices.

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Re: Nocturnal Emissions

Posted by Lou - 07 Apr 2021 04:13

[Grant400 wrote on 07 Apr 2021 03:39:](#)

[Cesare wrote on 07 Apr 2021 00:38:](#)

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The good filters are able to have certain pages of Amazon blocked automatically. This allows you to shop with some piece of mind. Not the solution to all problems, but certainly a head start. You also can block all skin tones with some filters.

Hatzlocha

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Re: Nocturnal Emissions

Posted by wilnevergiveup - 07 Apr 2021 05:12

[Grant400 wrote on 07 Apr 2021 03:39:](#)

[Cesare wrote on 07 Apr 2021 00:38:](#)

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I know, really strange. I speak to people and they say, oh everything is blocked, I just have email, banking and Amazon. I'm like uh huh...

Maybe it's just me, maybe I'm just sick that I can find an undressed woman on practically any site that exists...

Even my email... All those subscriptions that I cannot unsubscribe from because by filter blocks it (anyone have advice on this???) (really just Facebook, Instagram etc.).

And then there are the promotions. Besides that it's really creepy, if I logged in to my email when my wife is shopping online, I get ads from the websites that she shopped on in my inbox! Creepy!

Whatever, thought I'd share that.

Until I fully graduate (does that ever even happen?) Amazon has *yichud* restrictions (actually, even stronger). No Amazon out of my wife's view. She hates it, but I make her sit with me while I shop (Not too often, but when I do, it's usually for things that she has zero interest in).

Still looking for a solution.

Wilnevergiveup

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Re: Nocturnal Emissions

Posted by wilnevergiveup - 07 Apr 2021 05:19

[Lou wrote on 07 Apr 2021 04:13:](#)

[Grant400 wrote on 07 Apr 2021 03:39:](#)

[Cesare wrote on 07 Apr 2021 00:38:](#)

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Hatzlocha

I have a "good" filter and it either filters images, like an extremely inappropriately dressed Bic pen, and then I can't shop, or it's open and, well, you know what happens then.

I would imagine some filters can filter by category also and even by what the image is tagged as but it doesn't seem like mine is able to do that effectively. Maybe some others do? Anyone know?

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Re: Nocturnal Emissions

Posted by Lou - 07 Apr 2021 19:53

[\[i\]I have a wrote:](#)

We all know that filters are not perfect. I was merely saying it can help. I used to have nativ. On there certain pages were blocked automatically. Also certain pages had skin tone blocked although I had requested to see images on Amazon due the Bic pen issue you mentioned. I now have Techloq which I believe works with key words. So anything with a word they deem as "bad" will be blocked.

All this being said in interest of full disclosure (as embarrassing as it is to say this)because my curiosity was piqued about this,I did go and test out what was blocked on Amazon. Unfortunately not enough and that led me down the slippery slope until I ended up falling on a different site.

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Re: Nocturnal Emissions

Posted by Grant400 - 08 Apr 2021 01:19

[Cesare wrote on 02 Apr 2021 01:32:](#)

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?

What was your goal when you started your streak? If it was to stop pornographic content then this doesn't fall under that category. So for now you should continue, but accept upon yourself that starting now any viewing of immodest women will be considered a fall.

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Re: Nocturnal Emissions

Posted by Cesare - 08 Apr 2021 19:22

Ok I will, I think that is for the better. Thank you very much.

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Re: Nocturnal Emissions

Posted by Cesare - 19 Apr 2021 00:24

I just passed forty one days clean from zera levtala and p*rn feeling great, sadly today I saw today some immodest content. For eleven days I did not look at any immodest women, today I broke it. I am keeping my 90 day count for zera levtala I decided but today for looking at immodesty it is back to zero. I am almost 50 days clean of p*rn and masturbation! BeZras HaShem I shall have a stronger will to not seek out these women of immodesty online.

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Re: Nocturnal Emissions

Posted by EvedHashem1836 - 19 Apr 2021 01:15

Mazel Tov on 41!

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Re: Nocturnal Emissions

Posted by HappyYid - 19 Apr 2021 01:19

[Cesare wrote on 19 Apr 2021 00:24:](#)

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Wow good to hear!

Thanks for sharing.

Looking forward to hearing more good news!

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Re: Nocturnal Emissions

Posted by Cesare - 04 May 2021 18:18

In 4 days I will have not watched pornography or wasted seed in 60 days. I am very proud of myself and I feel fantastic. My mental health and physical health have improved. I have consistently been keeping with Daf Yomi to increase my Emunah every day. Whenever I intentionally view an immodest woman on the street or online and even sometimes if it is a true accident I read a chapter of Issurei Biah. This is my first streak with GYE and it is the longest time I have not seen any filth since the habit started. I might be on the forum more to talk about my journey which bh will be over in less than a month.

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