

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 supremeone - 16 Aug 2021 11:07

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Your story is grounded and powerful.

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Re: Nocturnal Emissions

Posted by Cesare - 20 Oct 2021 02:10

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I am proud to say that I have not had zera levtala for 225 days. Shmirat einayim is much less of a challenge than it used to be. I remember coming here many months ago when I had wasted seed for the first time I could remember in years. I broke down and realized the hole of porn and degeneracy I had fallen in, while the fight keeps going I have given my yetzar hara an upper cut punch.

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Re: Nocturnal Emissions

Posted by Zedj - 20 Oct 2021 03:20

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Keep up the attitude!

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Re: Nocturnal Emissions

Posted by ColinColin - 21 Oct 2021 22:51

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a stumble but not a fall

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Re: Nocturnal Emissions

Posted by Cesare - 20 Dec 2021 00:28

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I found out a family member of mine has an unfiltered phone and it was absolutely filled with every kind of filth imaginable. Instead of getting me excited I wanted to throw up. Now I am getting urges I have not had in months. This was the first time I had saw the "hard stuff" for 286 days. Now I am trying to fight it but the desire is getting really strong.

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Re: Nocturnal Emissions

Posted by EvedHashem1836 - 24 Dec 2021 05:27

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Happened to me too at a similar point. Takes a lot more effort than your standard day (for me This "heightened effort time" lasted maybe 10-20 days) but you have to push through and end it NOW.

Don't look at anything else. And don't act out.

If you do it will just make it worse and harder to get back out.

You hit a little ditch in the road. Don't make it a crater.

And even if you make it a crater at least you still have a ladder to get out. But if you act out multiple times will get much harder..

Which is not saYing you can act out.. because who says you won't act out again?? Too risky.

Please continue to stay strong. For yourself and for everyone else

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