

Help with Shidduchim and arousal.  
Posted by N11 - 17 Nov 2021 04:51

---

Hello Guys, I know this is not the typical question to appear here (and if it doesn't belong here please tell me where should I post it): I'm BT, and bh I was able to stop with this issue very early during my teshuvah path, my problem is a different one: bc I'm so sensitive (since the last time I watched porn was 7 years ago bh), it's very easy for me to get an erection, without wanting to, when the situation is arousing. I've been in shidduchim for a few months now, and I have started dating this girl (shomer of course) a few weeks ago. I really enjoy being with her, we've never spoken anything inappropriate, but I still get erections (which I hide) when I'm with her. The problem is that after the dates, I feel discomfort in that area, and a few internet searches told me this is called "epididymal hypertension", which is usually relieved by "doing it" (which is definitely out of the table). I'm guessing I'm not the only one who's been through this, can anyone share tips for relieving this pain?

Thanks!

=====  
====

Re: Help with Shidduchim and arousal.  
Posted by bego - 17 Nov 2021 12:00

---

Hi N11 and glad to see you here.

So the first thing I would say is that everyone is different. I too feel the pain of an erection but I probably wouldn't give it a medical name. I'd just say it is, what it is. However, if giving it a medical term helps you, that's cool. However, it could be you experience it worse than I do... hence my point - we're all different.

So, back to the point. I can't offer medical advice if it is a medical issue. I can say that many men have painful erections and that thankfully, I don't think I've heard of any with long-term issues. So, I reckon it might be OK to try and break through?

Also, I guess it is possible it's your body's way of trying to get you to masturbate?

=====  
====

Re: Help with Shidduchim and arousal.  
Posted by Hashem Help Me - 17 Nov 2021 12:15

---

Welcome. Firstly maybe you can share with the chevra how you stopped watching pornography for 7 years. That is an incredible accomplishment. Secondly, getting erections on dates seems to be a very common occurrence; most guys nowadays are sensitive to arousal - so you are completely normal. You can speak to a urologist about this discomfort, but my understanding after speaking to a few guys who experienced this discomfort is that it goes away if you get busy after the date with something else. they found that thinking about it and being concerned caused more discomfort. Hatzlacha.

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by fightingHard - 17 Nov 2021 18:11

---

I am about to start shidduchim and am nervous about the same thing... every time i get very emotional i get an erection too and im very nervous for what that will be like on a date... i dont want my dates to get sexual or awkward...

what should I do???

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by N11 - 18 Nov 2021 02:44

---

Having a medical term isnt what i want, but as i was worried, i started google searching, and turns out its quite common, but all the recommendations are to masturbate. Which of course, being free of that for such a long time, I wont fall IYH.

I dont think its fair to compare myself (being free of porn for that long), as I dont feel the urge to watch it in any way, when I realized all of that stuff was pure lies, and that I dont like that kind of empty relationships, it was easy for me to leave it (I see this as a huge chessed from Hashem, since most of my friends have/had it much difficult) Also, i was able to realize this and quit very early in life.

I hope that if bh this works, i will get accustomed to her, and not have erections so frequently, and i wont have any pain.

For the last guy, do your best to avoid any arousing topics (it should be pretty easy, if dating a frum shomer girl), and when you get them, with your hand in your pocket try to arrange it so its "upward" / tuck it on the underwar elastic (while touching it the least you can, so it doesnt get "harder"). I hope you find your future wife dating the least amount of girls possible

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Yoina mutzhoo - 18 Nov 2021 14:29

---

Hi

There is another term called "**Hypersexual**" and/or "**Nymphomania**".

Becoming aroused often, and having a lack of control over the arousal.

Mindfulness based exercises can help with hypersexuality. which teach the body to not overreact to erotic clues and sexual stimuli.

I saw that Valsalva maneuver can help to relieve the epididymis pain. i wonder if it works.

From wikipedia: The **Valsalva maneuver** is performed by moderately forceful attempted exhalation against a closed airway, usually done by closing one's mouth and pinching one's nose shut while expelling air out as if blowing up a balloon.

Basically it is: inhaling, closing the air pathway, forcing some pressure like blowing out for around 20-30 seconds. this temporary restrict the blood flow and reduce the tension on the teticuales, epididymis, prostate gland, and the Corpus cavernosum.

I wonder if that exercise can worked for anyone.

Enjoy!

Yoinala

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by bego - 19 Nov 2021 11:39

---

That's an awful lot of stuff to do just because the guy gets turned on!

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Trouble - 19 Nov 2021 13:47

---

[N11 wrote on 18 Nov 2021 02:44:](#)

Having a medical term isnt what i want, but as i was worried, i started google searching, and turns out its quite common, but all the recommendations are to masturbate. Which of course, being free of that for such a long time, I wont fall IYH.

if you would google-search "erection" "torah" "gye," you would find that the recommendations are to go to the beis medrash, exercise, watch a hockey game or go fight with your sister. my

apologies, but anyone who tells you (armed just with the information you provided above) to perhaps try the vulvaveisic technique or the seashell fractal complex pattern routine, needs to get a job, and if he so happens to be in the advise profession, needs to get a different job.

in nauru - pleasant island - (the only country w/o (a) capital [letters], we don't give advice; we simply cause trouble

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Shmuel - 19 Nov 2021 14:13

---

[Trouble wrote on 19 Nov 2021 13:47:](#)

[N11 wrote on 18 Nov 2021 02:44:](#)

Having a medical term isnt what i want, but as i was worried, i started google searching, and turns out its quite common, but all the recommendations are to masturbate. Which of course, being free of that for such a long time, I wont fall IYH.

if you would google-search "erection" "torah" "gye," you would find that the recommendations are to go to the beis medrash, exercise, watch a hockey game or go fight with your sister. my apologies, but anyone who tells you (armed just with the information you provided above) to perhaps try the vulvaveisic technique or the seashell fractal complex pattern routine, needs to get a job, and if he so happens to be in the advise profession, needs to get a different job.

in nauru - pleasant island - (the only country w/o (a) capital [letters], we don't give advice; we simply cause trouble

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by mggsbms - 19 Nov 2021 15:13

---

"Pleasant Island" has recently been renamed "Not so Pleasant Island", something the Nauru Magid should know..

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Trouble - 19 Nov 2021 15:46

---

[mggsbms wrote on 19 Nov 2021 15:13:](#)

"Pleasant Island" has recently been renamed "Not so Pleasant Island", something the Nauru Magid should know..

there is some truth to that, but if you like obesity, unemployment, alcohol, smoking and not being on anybody's radar, it is a place one can call home.

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Gevura Shebyesod - 19 Nov 2021 17:25

---

I remember seeing many years ago in a Sefer (don't remember which) an Eitza for getting rid of unwanted Kishuy. Basically you grasp the web of skin between the thumb and forefinger of each hand with the thumb and forefinger of the opposite hand, squeeze for a few seconds, then release. I have no idea if there is any medical basis to it or it's just a Segulah, but it works and

=====  
=====  
  
Re: Help with Shidduchim and arousal.  
Posted by Iodaas - 20 Nov 2021 18:31

---

Reb Ahron Kotler zichrono livrocha held that one must wear loose underwear to avoid kishuy. After having this problem for a long time I changed to boxer shorts and it helped loads. though in the beginning it takes time to get used to them. good luck

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Markz - 20 Nov 2021 23:02

---

[Iodaas wrote on 20 Nov 2021 18:31:](#)

Reb Ahron Kotler zichrono livrocha held that one must wear loose underwear to avoid kishuy. After having this problem for a long time I changed to boxer shorts and it helped loads. though in the beginning it takes time to get used to them. good luck

It's one of Gye's tools.

Get in the ring and fight the good fight bro!

=====  
=====

Re: Help with Shidduchim and arousal.  
Posted by Hashem Help Me - 21 Nov 2021 12:25

---

I think this last "back and fort" shows the great benefit of GYE. A guy has a serious question. Most guys with this question will be much too embarrassed to discuss it for fear of being laughed at, looked down at, or causing friends to crack inappropriate jokes. Even though many of his friends may be struggling with the same issue, and they could benefit from hearing that it is relatively normal, and they would then not panic or stress over it, the conversation just doesn't come up. Enter GYE in the picture, allowing a safe, serious place, where one can bring up any issue. Even if no advice was given (and quite a few good suggestions were given), the ability to

---

## **GYE - Guard Your Eyes**

Generated: 8 April, 2025, 16:48

---

lower the anxiety about this experience, by sharing it, being heard, and hearing other guys have this too, is a game changer. When involved in a shidduch there is enough anxiety to deal with. BH our buddy hear at least has one less issue to agonize over.

=====  
=====