

What is it about the nighttime?

Posted by joejew1234 - 13 Dec 2023 05:42

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The day is over... the peace of night is available... and I end up going on the phone. It starts innocent enough... just checking on things, and then I notice, as if by itself, my hand is in my pocket... touch, rubbing. Feels good, I don't even notice it. But then I do. And in that moment I can choose - to do what's right and good and pure, to be a ben torah, an eved Hashem... or I choose to be a horny man who enjoys how it feels.

what am I looking for? why do I do this? is there something wrong with me? something wrong with all of us here??

I'm so tired of this, so ashamed

just go to sleep, you can stop now... but no

I go into the bathroom

all alone

with the screen and it's temptations

and I give in

I see you all here posting courageously and I just can't do it, I don't want to join the convo, I'm too tired. Leave me alone problem, just let me be

sometimes I've won this battle

sometimes!

for years this was under control

and now It's back

but now It comes with shame, disappointment, expectations, worry

I don't know what else to say

I'm here

I want to do better

but I'm so so tired

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Re: What is it about the nighttime?

Posted by frank.lee - 13 Dec 2023 09:15

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Do you read The battle of the Generation?

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Re: What is it about the nighttime?

Posted by notezy - 13 Dec 2023 12:58

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having nothing to do can lead to sin.

When it's time for bed especially when you have been putting off facing something (like stress) all day

you don't have anything else left to do (distract yourself from it) so staying up can be asking for trouble.

however I found it hard to go to bed sometimes and it would lead to this.

I would recommend try to stay off media and devices before bed because they help us **disassociate** but not **decompress**.

Something else:

?I think it's normal to have stronger urges at night because throughout the day you are busy and

you might be subconsciously putting it off (urges) for later and then it hits you when you have free time at night.

You no longer have an excuse to put it off, then it overwhelms you.

I hope this was applicable to you and helpful.

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Re: What is it about the nighttime?

Posted by davidt - 13 Dec 2023 15:31

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[joejew1234 wrote on 13 Dec 2023 05:42:](#)

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what am I looking for? why do I do this? is there something wrong with me? something wrong with all of us here??

It's a disease. This disease is in OUR minds. It IS our minds. It's a voice, telling us that lust is something that we want. That lust is a solution to our problems, that it'll make us feel good. But that voice IS NOT ME!! It's the disease talking.

For some people, the voice is really loud. Especially when we're in a bad groove. When we're in fall, it's so hard to separate the strong feelings and identify them as sick ones.

But every time we desist, with Hashem's help, the sick voices shrink back a little bit. Some of us

can even go for a long time having the voice be really quiet, not bothering us much.

But this is what we need to do. We tell those voices: "I KNOW WHO YOU ARE! I've seen you before. I know what you're trying to do! Quiet down please; I'm trying to live! You've made me so miserable!"

R' Aharon Leib Shteinman z"l once said that the place to daven for lust addiction is in "refa'enu", not 'Hashivaynu", or "slach lanu". This is very important to remember.

Let us surrender this disease and all our negative traits. And let us - the REAL us - connect with Hashem. It's a tremendous pity if we feel too guilty to even allow ourselves to get closer to Him, **which is what we really want!** Let us love Hashem. Let us feel loved by Him.

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Re: What is it about the nighttime?  
Posted by joejew1234 - 13 Dec 2023 19:09

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I haven't but I've downloaded it! I plan to start reading it

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Re: What is it about the nighttime?  
Posted by joejew1234 - 13 Dec 2023 19:10

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[frank.lee wrote on 13 Dec 2023 09:15:](#)

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Re: What is it about the nighttime?

Posted by joejew1234 - 13 Dec 2023 19:12

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they help us **disassociate** but not **decompress**.

This is a fascinating point - big aha moment - can you speak more on it please?

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Re: What is it about the nighttime?

Posted by joejew1234 - 13 Dec 2023 19:19

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R' Aharon Leib Shteinman z"l once said that the place to daven for lust addiction is in "refa'enu", not 'Hashivaynu", or "slach lanu". This is very important to remember.

Beautiful message thank you!

Super interesting point re: R Shteinman! Refa'enu is there place to daven because he's saying it's more of a sickness than a regular avera we'd ask forgiveness for?

Thanks for your thoughts

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Re: What is it about the nighttime?

Posted by true\_self - 13 Dec 2023 21:42

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[joejew1234 wrote on 13 Dec 2023 19:19:](#)

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not 'Hashivaynu", or "slach lanu". This is very important to remember.

Beautiful message thank you!

Super interesting point re: R Shteinman! Refa'enu is there place to daven because he's saying it's more of a sickness than a regular avara we'd ask forgiveness for?

Thanks for your thoughts

In addition you can also daven at the end of shemoneh esrei with your own words, it's the most helpful for me.

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Re: What is it about the nighttime?  
Posted by notezy - 13 Dec 2023 21:45

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They can be **Over Stimulating** which can be **Distracting** and help you **Disassociate** from reality but that won't help you **Decompress** if you're stressed. although it might give the illusion of it.

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Re: What is it about the nighttime?  
Posted by notezy - 13 Dec 2023 21:51

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Re: What is it about the nighttime?  
Posted by chooseurname - 13 Dec 2023 23:43

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[joejew1234 wrote on 13 Dec 2023 05:42:](#)

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but I'm so so tired

I completely identify with this.

I don't have much else to say. But have you considered filtering your phone? Or if you have filter, getting rid of the phone totally? 95% of the battle is avoiding the fight.

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Re: What is it about the nighttime?

Posted by joejew1234 - 14 Dec 2023 04:49

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In addition you can also daven at the end of shemoneh esrei with your own words, it's the most helpful for me.

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Re: What is it about the nighttime?

Posted by joejew1234 - 14 Dec 2023 04:50

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[notezy wrote on 13 Dec 2023 21:51:](#)

They can be **over stimulating** which can be **distracting** and help you **disassociate** from reality but that won't help you **decompress** if you're stressed. although it might give the illusion of it.



What do you use for decompression at the end of the day?

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Re: What is it about the nighttime?

Posted by joejew1234 - 14 Dec 2023 04:52

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[chooseurname wrote on 13 Dec 2023 23:43:](#)

[joejew1234 wrote on 13 Dec 2023 05:42:](#)

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I completely identify with this.

I don't have much else to say. But have you considered filtering your phone? Or if you have filter, getting rid of the phone totally? 95% of the battle is avoiding the fight.

Yes I hear you, I'm not ready / able to get rid of the all the tech right now...

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