

The first step

Posted by livingpalpitation - 06 Sep 2024 17:29

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I hope this is the first step on a journey to rid myself of a profoundly insidious habit. As part of a couple who had difficulty conceiving, I am constantly fearful that my sins will be avenged on my children.

Is that Judaism? I don't know.

At the same time, I am keenly aware that a great deal of prohibitive writings on masturbation drew from incomplete and incorrect understanding of the human body.

Where does the truth lie?

I need to rid myself of these thoughts but I don't know where to begin.

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Re: The first step

Posted by livingpalpitation - 09 Sep 2024 02:08

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I think different people set different safety posts.

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Re: The first step

Posted by livingpalpitation - 09 Sep 2024 02:08

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I don't know that I'm comfortable with a partner at the moment.

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Re: The first step

Posted by mggsbms - 09 Sep 2024 02:11

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[livingpalpitation wrote on 09 Sep 2024 02:08:](#)

I don't know that I'm comfortable with a partner at the moment.

My recommendation was obviously said in jest, we've been down this rabbit hole too many times lately.

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Re: The first step

Posted by candee - 09 Sep 2024 02:12

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did you read the BOTG?

**Warning: Spoiler!**

**Warning: Spoiler!**

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Re: The first step  
Posted by candee - 09 Sep 2024 02:14

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did you read the BOTG?  
**Warning: Spoiler!**

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Re: The first step

Posted by cande - 09 Sep 2024 02:15

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did you read the BOTG?

I cannot believe that I am actually engaged in this discussion.

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Re: The first step

Posted by livingpalpitation - 09 Sep 2024 02:17

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I'm unfamiliar with the acronym.

You don't have to be. You are actively choosing to engage, so please don't act like you are above it.

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Re: The first step

Posted by redfaced - 09 Sep 2024 02:20

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What are you here for ? The Emuna question or the kedusha question?

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Re: The first step

Posted by cande - 09 Sep 2024 02:23

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[livingpalpitation wrote on 09 Sep 2024 02:17:](#)

I'm unfamiliar with the acronym.

You don't have to be. You are actively choosing to engage, so please don't act like **you are above it**.

im actually **below it**, im still dealing with practical stuff **below** the belt .....

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Re: The first step  
Posted by livingpalpitation - 09 Sep 2024 02:35

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Both. I think you need both. Sure, you can deal with this issue in a completely irreligious way but in order to accept the prohibition, I need to understand where it came from and whether there is a prohibition to begin with.

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Re: The first step  
Posted by candé - 09 Sep 2024 02:41

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those Q were already answered in previous posts.

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Re: The first step  
Posted by livingpalpitation - 09 Sep 2024 02:42

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Please link to them.

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Re: The first step

Posted by candee - 09 Sep 2024 02:46

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[livingpalpitation wrote on 09 Sep 2024 02:35:](#)

Both. I think you need both. Sure, you can deal with this issue in a completely irreligious way but in order to accept the prohibition, I need to understand **where it came from** and **whether there is a prohibition to begin with.**

ill sum it up for you,

**it came from god.**

**god prohibited it.**

should be clear now

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Re: The first step

Posted by redfaced - 09 Sep 2024 02:55

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[livingpalpitation wrote on 09 Sep 2024 02:35:](#)

Both. I think you need both. Sure, you can deal with this issue in a completely irreligious way but in order to accept the prohibition, I need to understand where it came from and whether there is a prohibition to begin with.

If you want to stop masturbating ect, the way to do it isn't to think of reasons why its **bad** to masturbate. You need to figure out in your life why it will be **good** if you were a non masturbator. If the only reason why you wanted to stop is because of the prohibition, than experience has shown that you will unfortunately have a difficult time stopping.

Most people here myself included focusing on the prohibition was part of the issue. It made me feel worse about myself for doing horrible things which in turn led me to self medicate by doing

