

Shower

Posted by LEARNING - 21 Jun 2013 05:51

Hey there,

Just wanted to share some tips that help me regarding showering. I find that the shower is a very risky time for me, and I need to be extra careful. Therefore, I:

a) try to take cold showers

b) limit my time- I usually try to limit the time to 5 minutes, counting as I go. This way, my mind is on counting and NOT other stuff. Also, the less time in the shower, the less time to fall.

Any other tips?

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Re: Shower

Posted by SIB101854 - 25 Dec 2014 02:07

I would err on the side of getting into the shower, clean yourself off, and getting out and drying yourself as quickly as possible. I think that any delay in the shower can be a potential trigger.

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Re: Shower

Posted by Dov - 29 Dec 2014 07:27

A true eitzah tovah. Tactics in the fight against the problem - for a shower here, a shower there...but aren't they gimmicks all? Anybody here get liberated from their problem because of any tricks? Not me.

But do you hear what's really going on here yet? The pedestal issue and the *meaning* that has to be attached in the mind to your private parts before the shower actually becomes a chronic problem?

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Re: Shower

Posted by SIB101854 - 30 Dec 2014 01:21

No eitzah tovah works unless you recognize before you get into the shower that the potential for acting out in the shower is an issue that must be dealt with-just like any other potential trigger. Is such an eitzah foolproof-Absolutely not-you have to recognize the machalah before you can even think of a refuah.

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Re: Shower

Posted by serenity - 30 Dec 2014 01:53

Lucky for me my biggest trigger is when I'm naked in my car, so I am sure glad there is no

Warning: Spoiler!

shower in there!

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Re: Shower

Posted by Dov - 30 Dec 2014 10:30

1- I gave a karma point to serenity so whats his name should get 5 or 7 now or whatever, too...who is in charge of karma here, to arrange that please?

2- I have the same problem as the Serenity guy, so I never get naked in my car any more, either.

3- SIB1018546592, do you get my direction here? I'm saying there is likely no 'eitzah' for this at all. Either he wants to have sex with himself in the shower, or he doesn't. If he is in-between (ie: *wishing* he didn't look forward to the pleasure of masturbating there but really still does and *knows* it), then playing with eitzos like 'shortening the time' is probably just delaying the inevitable. He will stop masturbating himself in the shower and start doing it in bed or elsewhere anyhow...just like most guys here do.

If he has a need, then he has a need. The shower is not creating it. He is then in real trouble, not the shower. And until he deals with it openly, bravely, safely, and honestly, he will not really be safe with his own body.

Maybe that is what you meant by 'recognizing the machalah'. If so, I agree w you all the way, man - but recognizing it does not help until we are ready to take real actions of real lifestyle change, right? Even eitzos tovos will not help until then.

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Re: Shower

Posted by cordnoy - 30 Dec 2014 10:41

[Dov wrote:](#)

1- I gave a karma point to serenity

thanks tonz!

and I thought you were my friend.

Extra squattin' is a real killer...especially after four pints of ice cream.

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Re: Shower

Posted by serenity - 30 Dec 2014 10:51

time for OA

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Re: Shower

Posted by SIB101854 - 31 Dec 2014 07:02

Dov-I agree 100%-you have to

1) realize that you have a problem

2) be willing to change your life

3) take positive actions to reimforce your decision to change. Eitza Tovas don't work until you have internalized the above three steps.

Look at this way. We aren't supposed to despise tarfus , but rather realize that tarfus may be in fact taste good, but the Torah prohibits it. We are also supposed to realize that anything that the Torah prohibited, we can obtain in a fashion that the Torah permits.

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Re: Shower

Posted by Dov - 31 Dec 2014 09:45

[SIB101854 wrote:](#)

Dov-I agree 100%-you have to

- 1) realize that you have a problem
- 2) be willing to change your life
- 3) take positive actions to reinforce your decision to change. Eitzah Tovas don't work until you have internalized the above three steps.

Look at this way. We aren't supposed to despise trefus , but rather realize that trefus may be in fact taste good, but the Torah prohibits it. We are also supposed to realize that anything that the Torah prohibited, we can obtain in a fashion that the Torah permits.

Just wrote a megilla on another thread about this and don't know how to refer people here to it

But

when I read things like 'we are not supposed to', or 'we need to', it reminds me how clear it became to me that what the Torah says has little if any bearing on our practical, actual decisions in this issue. And neither does it have much bearing (if any at all) on our recovery. It may upset some folks and may sound like I am rejecting Torah in some way c"v...but I am not doing anything of the sort.

I just like to point out that for the addict like me and most whom I know, if what we should or shouldn't do were *that* relevant, we'd not have unzipped our pants *so often and with such mesiras nefesh* in the first place! Why start pretending that I 'need' Torah now? *Sanity* I need; *honesty* I need; *integrity* I need...and none of those things are 'Torah' or mitzvos, as Rav Chaim Vital wrote in the intro to Sha'arei Kedusha. They are the background, the derech eretz. And they are as relative and precious to goyim who need them as they are to Jews who need them, to atheists as they are to the gedolim shlit"a. Self honesty is a **human** value, not a Torah one. Like the preciousness of not being a fool to oneself.

To me, 'recognizing the problem' is all about admitting exactly how much I do indeed love and trust in porn, sexual fantasy, sex, etc, even more than i want or trust many other very good things. Seeing the degree of personal risk I take for it, the money, time, the stress and the *faking* I do - just to protect my secrets and treaure, even from the women I love and who loves me the most. Erotic fantasy is surely the greatest treasure the sexaholic has in the world. How nuts I am in addiction...in other words, how nuts I am!

So I agree w you too, but would add that the only person who 'needs' to recognize they have a problem, is the person for whom his behavior is an actual problem. Just because it is a problem for his Neshoma, for the Torah, or for G-d, will not be enough. Its just not relevant, and we know it.

Is that too stated coarsely? Please let me know if I could have said it differently. Thanks - I am working on being softer and more accepting.

Lots of love, chaver

Dov

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Re: Shower

Posted by serenity - 31 Dec 2014 10:52

Chaverim, Please have a little rachamunus on the people who have written extensively on
They have
devoted their time and effort to address many of our concerns and questions in those sections.
If we aren't at a minimum reading the information that is available to us on this site, how much
time and energy are we actually putting into our recovery?

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Re: Shower

Posted by shomer bro - 31 Dec 2014 18:47

I'd like to add to what Dov said. Derech erez kadma latorah. It forms the backbone without which we can't even begin the journey.

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Re: Shower

Posted by SIB101854 - 01 Jan 2015 02:45

Dov-I agree with you as to recognition of one's addiction, but would maintain that once you recognize that you are an addict, you have to take the proper measures to not set yourself down the twin rabbit holes of masturbation and porn. You either control the addiction by whatever means works for you, or it controls you. It is as simple as that.

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Re: Shower

Posted by SIB101854 - 01 Jan 2015 02:46

If you are not being facetious, you could wind up in front of a judge for such conduct.

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Re: Shower

Posted by SIB101854 - 01 Jan 2015 02:48

Please define what you mean by "derech erez". Do you mean acting in a generally civilized manner, having "midos tovos", or working for a living? Derech erez means different things to people.

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