

cold showers

Posted by turning.point - 11 Aug 2022 02:05

COLD SHOWERS. Regularly-scheduled cold showers when I wake up and before I go to bed have been helping a lot. I step in when the water is cold and it stays cold the entire time. It is difficult. It is supposed to be difficult! I find that when I summon the willpower to make the effort, it helps me strengthen my willpower in general. Also I don't take long showers because the water is cold, so that helps me stay clean for hygiene and spiritual purity.

Also, I have been reading "The Battle of the Generation" by Hillel S. On page 197 of the PDF he says to keep an index card in your pocket and mark down a point every time that you resist the urge. I've been doing that and it works for me.

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Re: cold showers

Posted by Vehkam - 02 Dec 2022 19:05

TG i understand you feel hurt. I don't see every post and did not previously notice what turning point wrote. Not everyone is tuned in to the nuanced differences between terminologies. In the original post, please replace "SSA" with "openly engaging in homosexual activity". With that understanding the post is not offensive at all. I believe that many people who don't have the SSA struggle would have replaced the words subconsciously as they read the post. For someone that is actively struggling, the difference is as clear as night and day and the post is absolutely offensive.

It is totally conceivable that the original writer did not understand that SSA does NOT mean openly advocating or accepting non traditional marriage. SSA is a painful reality to many in the frum community who did not chose this attraction. They deserve all of our respect and compassion.

I am sorry for your hurt and hope that this can make the post more understandable. I did not go back to look at the full context of the conversation, so please correct me if i missed something here.

best wishes,

vehkam

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Re: cold showers

Posted by Teshuvahguy - 02 Dec 2022 19:15

[Vehkam wrote on 02 Dec 2022 19:05:](#)

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best wishes,

vehkam

Turning.point had posted earlier about the need to connect with real people in order to help recovery. I responded that that is very hard for me because of the SSA. I am even more afraid to try to talk to a Rav because I'm afraid of being judged much more harshly for the SSA than for the porn or mast. His "offensive" post was in response to my sharing how hard it would be to trust any rabbi (even those I admire and love) because of the SSA and once you say it you can't take it back. So I didn't really understand how him glibly and smugly talking about how

easy it always was for him with girls and how he had to be “stern” with those evil SSA guys (because he is “too polite”) was a compassionate response to my post about my fear of opening up to a rabbi.

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Re: cold showers

Posted by cordnoy - 02 Dec 2022 20:29

[Teshuvahguy wrote on 02 Dec 2022 18:28:](#)

[jackthejew wrote on 01 Dec 2022 19:42:](#)

[Teshuvahguy wrote on 01 Dec 2022 18:44:](#)

[turning.point wrote on 25 Nov 2022 19:38:](#)

SSA was never really a problem for me. I knew that I liked women from an early age, and my father taught me that SSA was wrong. My mother is too compassionate towards people with an SSA problem, and unfortunately I learned to be too tolerant. **(Shortened quote to shorten the post)**

Wow. Just wow. “My mother was too compassionate toward the people with an SSA problem? And unfortunately, I learned to be too tolerant...” One more WOW! I have to say that a couple of statements in this post strike me as arrogant, condescending, and just plain insulting, and show a deeply overly simplistic understanding of people with SSA and their struggles. You seem like you want to think of yourself as a good Jew, so maybe you want to rethink some of these statements that are offensive to so many of your fellow Jews and brothers on GYE. I know I’d be ashamed to make such disparaging statements on a forum meant to be supportive to others.

Hey, @turning.point...how about an acknowledgment that you were hurtful in disparaging an entire segment of people on this site speaking about things you have no knowledge of?

IMHO there is a distinction to be made between sympathy, understanding, and not judging the many Ehrliche people struggling with SSA, as with all challenges in life, which is extremely important; and giving approval and/ or acceptance, tacit or otherwise to a public display of gay love for example. Judaism understands that the holiness of intimacy relegates it to the privacy of the bedroom, and outward expression of affection in public (D'vorim Shel Chiba) is Halachically prohibited even in a heterosexual relationship. **SSA is not a choice, but Tznius about it is.** I may be wrong, but personally the only context where the mother can be "too compassionate towards SSA" is where it is used as a teachable moment for a child/teen about tolerance, perhaps when passing a gay couple kissing on the street. In summary: if the original post intended "over-tolerance" in reference to **public** display of SSA, then it may be (partially) justified.

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My apologies. I saw the original post, cringed, got upset, and eventually went further.

1. I have been extremely busy.
2. Main reason is I'm a loose moderator and always have been. People should say what's on their mind. Why should one get insulted from the text and opinions of some anonymous, pajama-clad, basement-dweller, missin'-teeth, foul-odored, pot-bellied, winston-smokin', soap-allergic freak? Who really gives a damn? And if someone does care, then go ahead and say somethin'! Yes, some folks are shy.
3. The posts from the previous generation were more playful, humorous and fun-lovin'.

Godspeed to all

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Re: cold showers

Posted by cordnoy - 02 Dec 2022 20:35

By the way, where is it written that it's halachically forbidden to engage in dvarim shel chibah in public?

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Re: cold showers

Posted by Teshuvahguy - 02 Dec 2022 20:46

[cordnoy wrote on 02 Dec 2022 20:29:](#)

[Teshuvahguy wrote on 02 Dec 2022 18:28:](#)

[jackthejew wrote on 01 Dec 2022 19:42:](#)

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Godspeed to all

Honestly, not sure what you are trying to say here and whether or not you are speaking as a moderator or member. But I'm over it so let's move on!

By the way, I'm neither in my pajamas or a basement, don't smoke, have all my teeth and

don't smell, so I'm sure you didn't mean me!

Be well.

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Re: cold showers

Posted by jackthejew - 03 Dec 2022 17:12

[Teshuvahguy wrote on 02 Dec 2022 18:28:](#)

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I sincerely apologize if my post came across as minimizing or offensive. (I haven't responded until now because when you posted this it was Shabbos in Jerusalem) I was reading it, as @vehkam explained, as referring to **Public** displays. The sentence I've quoted above from my original post was intended in sympathy for those who took it differently. I apologize if I didn't make that clear enough **Please feel free to reach out by email** jackthejewgye@gmail.com.

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Re: cold showers

Posted by Teshuvahguy - 04 Dec 2022 01:30

Thank you, JacktheJew. I really appreciate your response. I don't know what happened to me toward the end of last week, but I was having a very, very difficult couple of days emotionally. There is some family stuff going on and it just got to me. Thanks for being there for me.

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Re: cold showers

Posted by jackthejew - 04 Dec 2022 07:37

[cordnoy wrote on 02 Dec 2022 20:35:](#)

By the way, where is it written that it's halachically forbidden to engage in dvarim shel chibah in public?

Bava Basra 58a (from Dafyomi.co.il)

See also the Nimukei Yosef on the Gemara here (31a of the pages of the Rif, just before the Mishnah), who writes that since the Gemara says that there is no Yetzer ha'Ra in the World to Come, in this world -- where the Yetzer ha'Ra prevails -- it is not appropriate or modest to carry out such practices in front of others, even with one's own wife.

This teaching is in fact recorded as the Halachah. The Rema (EH 21:5) writes that some say that one should not practice in front of others matters of affection with one's wife, such as checking the head for lice. The source of this Halachah is the abovementioned Nimukei Yosef. It is clear that these commentaries understood according to the simple meaning that Sarah checked Avraham's head for lice.

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Re: cold showers

Posted by Misgaber96 - 06 Dec 2022 05:24

Shalom Chevra,

I Can't say I have SSA, I know of some people with the struggle, I hope that everyone with SSA will be able to tackle this challenge with cunning. My problem is Sexual fantasy and lust, I can imagine that I would be offended and have been offended by those without the addiction telling me to stop. The only way I will understand SSA is if I have it, I don't as of yet and I pray that I don't get it, and please pray for me too.

I can't tell you not to have SSA. I can tell you that if I say something about SSA to a person with it, it is automatically going to be tactless and potentially hurtful.

Lastly

Please those with SSA excuse us who do not have SSA as what we say comes from ignorance.

All the very best!

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Re: cold showers

Posted by turning.point - 06 Dec 2022 11:06

What works for me is getting up very early in the morning and saying the birkot haShachar with intent. Thank you, my Creator, for giving me strength and protecting me. Then, black coffee, vigorous exercise, and plenty of time outdoors helps. That's what works for me.

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Re: cold showers

Posted by Human being - 06 Dec 2022 15:14

[Misgaber96 wrote on 06 Dec 2022 05:24:](#)

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All the very best!

Misgaber96 for president!

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Re: cold showers

Posted by turning.point - 07 Dec 2022 10:38

Accepting G-d's will on G-d's terms, rather than my own, is what works for me.

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Re: cold showers

Posted by turning.point - 08 Dec 2022 11:09

The fog in the pre-dawn morning is a reminder that HaShem loves his creation and provides for it, sometimes in ways that aren't apparent or obvious. I can't see streams of water flowing through the grass, but the water is there.

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Re: cold showers

Posted by Hakolhevel - 09 Dec 2022 06:55

[cordnoy wrote on 02 Dec 2022 20:29:](#)

[Teshuvahguy wrote on 02 Dec 2022 18:28:](#)

[jackthejew wrote on 01 Dec 2022 19:42:](#)

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Chaval al D'avdin..

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