

I overcame masturbation but I got a wet dream.

Posted by Aaronhopeful@gye.com - 14 Jun 2017 18:50

Hi. B"H I overcame masturbation when I watched "wasting seed is pgam habris" by rabbi yaron reuveun!

but from 2 weeks ago I had my 1st wet dream (nocturnal emission). And again last night was my 2nd time!

the yetzer hara knew that he can't overcome me when I'm awake because i don't watch shmutz anymore and i don't masturbate anymore, so he came when I'm sleeping. I don't have control over him when I'm sleeping. I tried everything I say tikun haklali and the shema and wear my tallit Katan before I sleep but he came last night, study Torah when I have time as I can, I'm on my teshuva still. I started my teshuva a month ago which is to fast every Monday and Thursday for 3 years. When I realized that I had a wet dream I was feeling "I want to die, HaShem won't accept my teshuva because I repeated the sin, I'm going to gehinom anyway".

Please tell me what to do.

does HaShem still remember me?

why didn't HaShem protect me from the yetzer? What is this challenge? How to overcome this?

Please answer me!

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Re: I overcame masturbation but I got a wet dream.

Posted by cordnoy - 21 Jun 2017 12:46

www.taghelpline.org

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Re: I overcame masturbation but I got a wet dream.

Posted by Mesayin - 21 Jun 2017 15:34

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Hi Aron,

Everything you have wrote is truly inspiring, you are really working hard.

However, the part the you wrote where you see I bolded is **"Total Nonsense"**!

I don't know where got the idea that hashem is vicious dictator, he is a keil rachim vchanin and our father, It is definitely the yetzer hurah that is telling us the opposite.

Otherwise, I think you're amazing!

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Re: I overcomed masturbation but I got a wet dream.
Posted by Aaronhopeful@gye.com - 21 Jun 2017 16:19

I tried davening, learning high level Gemara every day as well as Chumash, and tehillim. And fasting every Monday and Thursday. All these things I started doing from a month. And b"h once I started doing this every day I didn't have desires to view shmutz or m*. I'm b"h clean once I started doing this. But I have bad thoughts pop in my mind about shmutz and crazy things that's untrue about the people I respect most. I try to get these things out by speaking to HaShem " HaShem please let me see your salvation soon and make me tzadik, I thank you for making me overcome the yetzer hara but please erase my past evil doings and erase these bad thoughts from my mind, please HaShem protect me from the yetzer hara, etc"

the main thing is distract yourself. Make yourself busy all the time. Don't ever get bored. If you have a free time talk to HaShem or watch powerful shiurim.

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Re: I overcame masturbation but I got a wet dream.
Posted by Hashem Help Me - 21 Jun 2017 20:32

Your hishtadlus is truly inspiring. Do you have a rebbi or rav that you can speak this over with? Together with your kochos hanefesh, hadracha from a wise erliche yid will iyh go a long way.

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Re: I overcame masturion but I got a wet dream.
Posted by Aaronhopeful@gye.com - 05 Jul 2017 04:21

[Hashem Help Me wrote on 21 Jun 2017 20:32:](#)

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Im too ashamed to speak with my shul rabbi who didn't talk about it. But I'll talk to rabbi yaron reuven and rabbi mizrachi and rabbi alon anava online because they talked about it. Thanks. Blessings to you!

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Re: I overcame masturbation but I got a wet dream.

Posted by Aaronhopeful@gye.com - 05 Jul 2017 04:23

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Re: I overcame masturbation but I got a wet dream.
Posted by Aaronhopeful@gye.com - 05 Jul 2017 04:25

[Hashem Help Me wrote on 21 Jun 2017 11:25:](#)

Aaron, you are obviously a very special individual who wants to reach great heights in kedusha. You have done an incredible thing; breaking free from m****. In shomayim the simcha must be incredible. People like you bring heaping doses of brocho to the world. Your body is producing wet dreams due to it being in the habit of releasing. The incidences of it happening will iyh get further and further apart and eventually stop. Do not focus on it at all. Keep inspiring others and share how you broke out of the urge to m****. Hatzlocha!

Thank you! Blessings to you!

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