

"GUE" you ruined my world ! (in a good way)

Posted by Tzadikel Yossele - 19 Aug 2011 00:46

---

hi All,

today i posted my first post by introducing myself, but i didn't really express my struggles or what they come from, hopefully now i feel a bit more comfortable to share, which is usually very hard for me, even to the people closest to me.

so again, i am in my mid 20' and till about a year ago i was involved heavily and intimately with married woman, went to therapy, meetings got out of it BH. that was all a year ago, now as i mentioned in my previous post, my mind started swirling again with all kinds of fantasies about this woman or that 1, and i start to recall how much pleasure actual physical contact with these woman gave me, of course now i know that its all short term and that in the long term i will regret it & that it would destroy everything that i worked so hard for the past few years, namely to become a better person in eyes of Hashem.

the problem is that this only makes sense on paper, my brain doesn't buy this anymore, for some reason it ignores it. and not knowing how to stop my brain from actually acting out, i went back to p\*\*n (which is where all this started in late teen years) - and i told myself - that its just so i can calm myself, pleasure myself to a degree where i can push off these ideas of approaching these woman again, and so far for the past few weeks it worked, but then something happened....

what happened ??? i came across this wonderful website GUE and it killed me !!! know why ? because i saw that i am so SO far from perfect, so many people struggle with stuff that i take so lightly, i feel ashamed of myself for calling myself "clean for one year", how can i say i am CLEAN when i watch the ugliest of fantasies that there are on p\*\*n just to satisfy my urge to do something worse?

there are people who struggle here about not looking on the street on a frum woman who is dressed top to bottom, and I AM the one who is CLEAN ? so yeah, GUE YOU RUINED MY WORD for me, i take a look at myself now i see a guy who is living in a tiny little bubble, satisfying himself with self destructive behavior while patting himself on the back by saying, HEY buddy you are doing a great job because at least you are not actually having a relationship with a married woman ! pathetic :-[, i know. :-X

so i guess my question to you guys here is, where do i go from here ? what do i need to do ? and how do i do it?

=====  
=====

Re: "GUE" you ruined my world ! (in a good way)  
Posted by gibbor120 - 16 Sep 2011 16:51

---

I don't have any sage advice, but I can tell you a story. hey, everyone loves a story. I grew up modern orthodox. I went to learn in Israel after high-school and became much frummer. Before I left, I asked my sister to record some TV shows that I didn't want to miss. She faithfully recorded them for a full year. When I got home from Israel after a year, she excitedly told me that not only had she recorded them all, but that night, both shows were having their season finale. One for the season, and one was the last show ever. 3 hours of "can't miss" TV. I felt really bad telling her that I don't watch TV any more, but that's exactly what I did. It's hard to break old ties. You can do it!

=====  
=====

Re: "GUE" you ruined my world ! (in a good way)  
Posted by alexeliezer - 16 Sep 2011 17:12

---

Gibbor brings up a very important point. All this stuff is only "must see, must do" when it comes up. If we let it go by, go to bed without it, by the next day (or the one after) it's nothing to us. It's like this with every impulse.

Ask yourself: In one week from now, will I regret not looking at this, watching this, doing this?

=====  
=====