

Separated with my girlfriend...

Posted by syataDshmaya - 23 Apr 2013 20:38

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Last night I separated with my girlfriend of 5 years. We'd been together my entire adult life. I still love her but I am going to have to focus on Yeshiva for the next few years and I don't know enough about myself to get married.

I don't know how this is going to effect lusting... In some sense, I feel like I won't have to think about women anymore at all, since I probably won't speak to her very often. On the other hand, I may feel lonelier than ever. We've given a lot to each other, but I think some of the frustration of the relationship may have contributed to lusting - being by yourself and lonely might be better than being with someone else and lonely. I also think I might have been receiving from her more than giving - which last nights chizuk email addressed, saying that giving is what really fills the void, not taking.

Last night I thought of this poem:

He'll find his path, and so will she

then we'll know what's meant to be.

The gates of future open wide,

Now there's no use trying to hide.

Everything is Hashem's will,

Every person gets his fill,

Life is full of beauty, glory,

Each man to write his story.

I'm afraid of what is to come. Any thoughts?

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Re: Separated with my girlfriend...

Posted by skeptical - 23 Apr 2013 20:44

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Try not to think about what's to come and focus on now. When you get to tomorrow you can think about tomorrow.

Be happy with your decision and keep your thoughts on the good things in life. Working on ourselves to be happy and working on negative feelings that crop up is what helps us in the challenges we face.

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