

Addicted to lust.....and food??

Posted by sirclean - 22 Nov 2013 20:18

A gutten erev Shabbos Rabbosai I'm pretty new in these parts and just started my 90 day journal. I had a interesting question which may sound silly to most of you.... Is it possible that my lusting for shmutz is related to lusting for food? Because I feel that I do both. Also I notice that they are correlated, that when I'm doing well in one I have a easier time with other. Did anyone else experience this? are there any frum websites/groups that deal with this?

Have a great Shabbos !!

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Re: Addicted to lust.....and food??

Posted by Tosfos - 22 Nov 2013 22:22

Sirclean,

I'm no professional, but I don't think what you said is silly at all... in fact, I'm starting to wonder for myself if I am actually eating more than I should (albeit at meals) just to get that "high" from eating food that tastes good... I have picked up a few extra pounds recently.

The one frum group/website that deals with overeating / lusting for food that I am familiar with is Soveya, www.soveya.com. The group was started and is run by a rabbi and his wife (whom my wife I know personally) who have faced this challenge themselves.

Hatzlacha rabba.

Have a great Shabbos.

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Re: Addicted to lust.....and food??

Posted by gibbor120 - 22 Nov 2013 23:21

The way many of us cope with the stress in our lives is to indulge in one form or another. Many people suffer from multiple addictions, and sometimes switch addictions. That's why 12 step groups work for alcohol, drugs, overeating, sex, etc. An addiction is a solution (albeit a very bad one) to life's problems.

So, what you say makes perfect sense.

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