

I think I finally got it

Posted by unanumun - 07 Apr 2014 19:43

I have been through the first stage of trying to figure out where I am holding.

After some strong replies from several people here, I have been made to realize that I DO have a real problem.

As long as I wasn't home, I thought that I wasn't so bad. But once I came back to my normal routine, I have now realized that indeed I am a lust addict. I have come to realize over the last twenty-four hours, that even in regards to my wife, it is mainly a lust drive and a selfish desire that has been pushing me. It is not about connecting, (although sometimes it is, but only when it progresses naturally by itself, not when I am initiating) It is not about making my wife happy. Yes I try to make sure she is happy, successfully in fact. Yes, I am only thinking about my wife and no fantasies beshaas maaseh.

But nonetheless, it is more often coming from my desire for lust (even if it is kosher). AS i think back through my years of marriage, perhaps there were times where I had less of a problem and times that I had a more serious problem.

There were times that I didn't even touch a computer and there were times where I couldn't pull myself away. But the more I think about it, the more I see that it was all dependent on how easily I was able to satisfy my lust in a kosher way.

Sure when I first got married, there were no problems because newly married love birds with no pressures is the perfect ingredient for constant fulfillment of a desire for lust. but as things became more intricate, pregnancies, after birth, children, lack of sleep, etc. the ups and downs were a direct result of my desire for lust.

access to the internet after several years of marriage, didn't really make things worse, they just added an extra guilt trip of reiyos asuros beside zera levatala. maybe the frequency changed a bit but the yesod hadevarim was unchanged.

So now that I have come to this realization, and the realization that yes, I must follow the lead of those that have been successful and not chart my own course, where do I go from here?

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Re: I think I finally got it

Posted by cordnoy - 05 Aug 2015 12:13

Wanna be normal plus?

Believe you me.....You don't wanna be sick like the rest of us!

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Re: I think I finally got it

Posted by cordnoy - 05 Aug 2015 12:18

And to talk your language.....Why don't you just thank God for making you normal, keeping you normal, a loving healthy relationship with a wife you love, adore and respect and One Who gives you the opportunity to nurture the next generation of Torah leaders, scholars, builders and the rest of klal yisroel?

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We should stand for you.

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