

My journey

Posted by willdoit - 12 Jan 2021 16:01

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Re: My journey

Posted by cande - 09 Feb 2024 20:52

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[willdoit wrote on 09 Feb 2024 20:45:](#)

Etc, was, schmoozing. That's all I can remember

think harder.

how old was the guy?

how old were you?

was he your brother?

how often?

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Re: My journey

Posted by richtig - 09 Feb 2024 20:54

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I do not know how to give a geder whether or not you were abused, but I don't see a reason to assume you were, based only on what you said. I would just say that often, the difference between an act of love or an act of abuse, is consent. For instance, sex can be an act of love and closeness, but without consent it can be greatly traumatic. Think of it as stealing the person's autonomous ability and choice to love. The abuser has hijacked the person's choice to connect with another, and took it for themselves. An important part of the love between a couple or even friends, is that they choose each other. With that choice removed, the essence of the person is partly gone.

Someone tickling you can be exhilarating and would often be welcomed from a father, but not

from a stranger if you are uncomfortable with it. I remember a much older cousin tickling me at shabbos meals, and when he would come over I would ask him to do it. My experience of it was pleasant and fun, and I chose it. Imagine going on a roller coaster- if you want to, it can be super exciting; if you weren't given a choice it can give you nightmares. I imagine same thing here. It is not necessarily the act itself which is abuse, but the way you feel about it.

I don't know if I am right; this is conjecture. Curious if it resonates.

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Re: My journey

Posted by yitzchokm - 09 Feb 2024 21:09

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Abusers take advantage of the innocence of children and children may consent to abuse. It may have been his way of deriving sexual pleasure from you. I say may because it depends on the circumstances and what he did. Based on your description it is hard to define whether it was abuse. If you don't know the person today and you don't see any damage or if you do know him but you see nothing wrong in his behavior today your question is for the most part irrelevant.

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Re: My journey

Posted by cande - 09 Feb 2024 21:09

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[richtig wrote on 09 Feb 2024 20:54:](#)

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you can give consent and still be abused,

im a classic example

#keep loving

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Re: My journey

Posted by davidt - 11 Feb 2024 16:37

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[Understanding and Talking to Children About Molestation - Rabbi Shimon Russell](#)

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Re: My journey

Posted by willdoit - 11 Apr 2024 21:22

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Hello, I haven't posted in a long time about my journey, part of it is cuz I am not that good at writing and it doesn't come easy to me, but I think that maybe by writing more often it will help.

So here goes, I am up to 254 days clean from porn and mb, I had some better days and some tough days but bh managed to stay clean. However, there's one thing that has been - and still is - a major struggle for me, and that is, staring at women, be it at a simcheh neighbors, in the street, and also at work when interacting with them, I just keep obsessing over them, and keep on looking for reasons to need (?) to interact. it drives me crazy..

I did the F2F Program a long time ago, and I started again now, iam hoping that this will help

Anyone with advice on how to get over this?

Tia

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Re: My journey

Posted by redfaced - 11 Apr 2024 22:37

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[willdoit wrote on 11 Apr 2024 21:22:](#)

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Tia

The only thing that works for me is **Constant vigilance.**

Each time i walk out anywhere I tell myself every reminder that I can, why I dont want to look ( basically, all the Vayimaen videos)

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Re: My journey

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Posted by cande - 11 Apr 2024 22:43

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[willdoit wrote on 11 Apr 2024 21:22:](#)

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Anyone with advice on how to get over this?

Tia

this works wonders,

next time go over to the women your staring at and ask her if she wants to have sex.

keep us posted

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Re: My journey

Posted by chooseurname - 12 Apr 2024 15:27

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[willdoit wrote on 11 Apr 2024 21:22:](#)

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Anyone with advice on how to get over this?

Tia

250 days clean? Truly legendary!

I looked at some of your thread, have you considered/done therapy? My armchair/unqualified advice it that it sounds like you're not necessarily dealing with a lust issue and perhaps more of some sort of obsession/mild ocd issue and it may be more effective to approach it from that direction.

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Re: My journey

Posted by Hashem Help Me - 15 Apr 2024 11:11

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Next time you find yourself staring, go ask her if she minds you staring at her. Tell her it stimulates you and causes sexual reactions. When she is finished screaming, biting and scratching you, and having you arrested, you won't do it again. Another choice - ask your wife if she minds that you are staring at another woman to get aroused.

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Re: My journey

Posted by chancy - 15 Apr 2024 16:27

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[Hashem Help Me wrote on 15 Apr 2024 11:11:](#)

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This is very powerful advice.

Of course you wont go talk to your wife or that woman. But thinking like this will make you aware of how many people you are effecting and how badly.

Its not about feeling guilty, that wont help you. Its about explaining it to your mind that staring and fantasizing is a very destructive behavior and not something that you actually want.

Untill you do that, your mind will fool you into thinking its harmless.

Bringing into focus and realizing that its not harmless will give you more options.

Choose wisely.

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Re: My journey

Posted by willdoit - 02 May 2024 15:06

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Okay, So I fell after being clean from mb for 275 days. clean from mb and porn, that's all, meaning, that within these 275 days I still struggled very much, not so much with the urge to mb, but rather with the lust feelings as I mentioned earlier in this thread.

I feel hope and hopeless at the same time, I feel angry why I need to go thru all this. I read the the book "the battle of our generation", I went thru the the F2F program, and did put into action, And I JUST CANT THESE CRAZY STUFF OUT OF ME.

I am not sure why I am writing all this cuz I don't recall that by sharing it got any better, Guess I just need to get out.

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Re: My journey

Posted by willdoit - 02 May 2024 15:10

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Some might suggest that I am an addict and I need something more than GYE, However, per my therapist, I don't fit the criteria. In addition going to meetings isn't an option for me for many reasons. so....

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Re: My journey

Posted by yitzchokm - 02 May 2024 15:23

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Don't beat yourself up too much for falling. 275 days clean is a very long time. Pick yourself up, make necessary adjustments and continue on your journey. Don't be upset about the fact that you still have struggles. As humans we will always have struggles to some extent. There is nothing wrong with that and it is to be expected. These are opportunities for growth and they make our life meaningful. Keep on monster trucking.