

Lust vs. Reality

Posted by Grant400 - 19 Jan 2021 16:51

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So I thought of an idea. Why don't we all write down as vividly as possible, how we feel when tempted, and how we feel after indulging.

Reading as many people's feelings as possible, can really create a clarity and understanding, with simplicity, about which way is the better one. (Especially when in the throes of desire).

Please, please add your own perspective.

### **Onset of Urges:**

1) I am completely overtaken by the urge. Images and fantasies start to obsessively swirl in my mind. Sometimes for days. Nothing seems more delicious. Nothing seems more pleasurable. Physical feelings follow. The need grows, and grows... I am almost willing to give up everything I hold valuable, for this blissful treasure...

### **After Indulging:**

2) That's what I was obsessing about? Seriously? So overrated! I feel like dirt. My mind is bombarded with everything I've seen. My eyes are in a daze. I feel like a traitor. Davening doesn't work. I wish I can go back in time! Hashem! Get these disgusting stuff out of my head!

Every time I see my wife, I feel like the worst person in the world. Am I really the father of these angelic children? The guilt weighs down so hard, it physically hurts. The pain is so, so much greater than the pleasure I experienced. I can't ever imagine wallowing in filth again.

### **Takeaway:**

3) The desire is far greater than the pleasure. The pain is greater than the pleasure. It's a no brainer. It's simple not worth it.

Looking forward to reading your posts!

Grant

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