

I want a girl so badly

Posted by FighterWithFire - 01 Apr 2021 03:27

(Warning: Fairly graphic)

Throughout my struggle with pornography, the root of the problem has been my desire for a girl. I'm 20 years old, still a couple of years away from dating, and my lust to have sex with a girl is through the roof. B"H, I have refrained from "hooking up" online, but it hasn't been for lack of lusting. I actually one time created an account under a spam email address on one of those sites, and messaged a woman who asked if I would want to meet. When I responded in the affirmative, she asked if before we did, I could send her a picture of myself. I actually considered it. Then I deleted the account, the email, turned the browser off, and broke down crying. I have not re-created an account since then, but the desire to is through the roof. The only reason I haven't is because I think of how it would destroy my future, but sometimes the thought process switches to how it COULD destroy my future, and the lust encourages me to take the chance.

I've written my story on here before

(guardyoureyes.com/forum/1-Break-Free/362124-Falling-hard-nonstop), but now I feel like I've finally hit on the root of my struggle. I don't think (and neither does my therapist) that I am an addict, as the lust is not nonstop, and often, the lust is not for porn, (I have no trouble with masturbation whatsoever, thank God), but for actual sex with a girl; the porn is manifested in that desire. I cannot filter more than what I already have, as the access to the porn is via my PARENT'S (when I'm home) unfiltered devices, which they don't know I have access to (hence they don't see even a remote need for a filter, as they have no clue of the problem; nobody does, save for my therapist-one would never guess looking at me that I struggle with this, I do well in Yeshiva B"H, have terrific parents, B"H).

In short, it's hard, the access to hook up is often right there under my nose, and any eitzos/advice for dealing with this horrid struggle would be greatly appreciated.

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Re: I want a girl so badly

Posted by EvedHashem1836 - 09 May 2021 03:36

wowww Mazel Tov!

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Re: I want a girl so badly

Posted by FighterWithFire - 09 May 2021 06:10

Feel so awful.

Fell.

On the unfiltered device that was left out.

Streak's over.

Time to start a new one.

I just sat down and wrote a bunch of things to remember when under attack.

Feel like this could be helpful for others (sitting down and writing such a list, and keeping it on one's self at all times).

Obviously, everyone has a different situation, but here are those that are applicable for (practically) everybody:

1. Watching pornography is an *issur di'oraisa*.
2. Pornography fuels sex trafficking.
3. The people in pornography are evil, horrible people.
4. I need to stop watching pornography in order to have a functional marriage and raise a family.
5. Watching pornography causes me to have stress and anxiety.
6. Remember how bad it feels when you fall? What a lowlife you feel like?
7. Pornography is a drug. There is no such thing as falling once. Watching pornography makes it harder and harder to stop.
8. Watching pornography breaks my 90 day streak. How am I ever going to get to 90 if I don't stop falling?
9. Watching pornography fuels violence against women and children.
10. Do I want to be an *eved Hashem* or a slave to my desires/lust?
11. Watching pornography limits my learning and *davening* capabilities.
12. Watching pornography destroys who I am. Don't do it. ***IT'S NOT WORTH IT!!!!***

Looking forward to celebrating with everybody in 90 days.

Signing off for now,

Fighter With Fire

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Re: I want a girl so badly
Posted by k9 - 09 May 2021 13:40

I love your post fall attitude! For myself when I have fallen I was at risk of just giving up and throwing in the towel. I am learning to focus on the positive of my accomplishments and not dwell too much on the negativity of a slip or fall. 90 days is just a number and any victory for a minute hour or day is worthy of us feeling good and proud of ourselves! Get back in to the ring and throw some more punches! You are amazing!

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Re: I want a girl so badly
Posted by EvedHashem1836 - 09 May 2021 13:57

I believe this is grants original idea:

Make the most out of your fall to prevent future falls. Meaning write out how you feel really expand on it more than just "I fell" go through all your emotions

And then when you feel weak and susceptible to falling read it to give you strong chizzuk as its coming from you

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Re: I want a girl so badly
Posted by ihadstringsbutnowimfree - 09 May 2021 22:29

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Re: I want a girl so badly
Posted by FighterWithFire - 16 May 2021 04:36

[ihadstringsbutnowimfree](#) wrote on 09 May 2021 22:29:

Hey, maybe just get a kosher phone. No one ever died from boredom.

Also, if I can be a little explicit, compare your feelings now to how you feel after you've completed acting out. Do you feel exactly the same? No, of course not. That's because your brain is lying to you, it's hyping this thing up to be the be all end all. It's not. I'm single, by the way.

You have to realize that your brain produces dopamine in response to the feeling of anticipation, and opioids in response to an orgasm. Everything you're feeling now is a dopamine rush signal that your brain is sending your way. It's telling you to go after the thing that's going to produce opioids (orgasm), that it's the most important thing in the world and you'll die without it.

Your brain is LYING to you. And it's just as smart as you. Tell it "no".

Or tell it yes, no one here will ever know the difference anyways. Do whatever is important to you. No one here will ever know. But you'll know. You'll have to live with the consequences. Do what you want to do. You want to act out, got for it. You want to stay clean, be proactive and make a game plan.

I don't have a smartphone or any other device with unfiltered and/or unmonitored internet. Please read my bio (link attached) before making assumptions.

guardyoureyes.com/forum/1-Break-Free/366231-I-want-a-girl-so-badly

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Re: I want a girl so badly

Posted by FighterWithFire - 16 May 2021 04:37

1 week clean! Off to a good start, let's keep this going all the way to 90!

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Re: I want a girl so badly

Posted by FighterWithFire - 19 May 2021 06:32

Fell. Unfiltered device was left lying around again. Need eitzos for this. What do I do when faced with an unfiltered device staring me in the face at night? Often am too tired to do exercise that late (but maybe I need to push myself harder), and I find it hard to get to sleep knowing said device is lying around.

Any helpful input would be greatly appreciated.

Time to start a new streak. All the way to 90 this time. Let's do this.

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Re: I want a girl so badly

Posted by have hope - 19 May 2021 06:54

Thanks for sharing. I know exactly what you mean. I used to be like that also, knowing it was there and trying not to fall.

You said "All the way to 90 this time." In my opinion, I feel the focus should be on today only. As they say in SA, one day at a time. Today I will do what I need to do in order not to fall. Tomorrow I'll worry about tomorrow.

You also say "maybe I need to push myself harder". Again, my opinion, take yourself out of the equation and let Hashem step in.

Do some deep breathing, and surrender the desire to Hashem. Say "I am powerless over this desire, You, Hashem, are all powerful. **I give** (it needs your action of giving) the desire to you because I am powerless over it and only You are more powerful than it." And then walk away. "Let go and let God" as they say.

Wishing you much hatzlacha and I'm waiting to hear that you reached 90 days **1 day at a time**.

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Re: I want a girl so badly

Posted by bego - 19 May 2021 11:24

Hey

Very much still remember my yeshiva days. Wow. LOTS of zera spilled! Definitely know what you mean about the insane drive to just BE with a girl (b'loshon sagi nohor).

What can i tell you. It's just not worth the pain. I've masturbated in the bathroom of young couples while they waited for me to finish the meal. For what? She's HIS. And even for a single girl. For what? All it did was screw up my ideas of what sex was about and make me have to work doubly hard to first clean my mind and then rebuild.

If only I could go back and erase the first time I used porn. Hours of guilt and pain wouldn't be there (I know, i wouldn't be the same me).

You're doing great by just being here (it didn't exist in my day)! You're doing great to even know such a thing as a fall exists! I was just getting on with it.

You've got great potential to achieve something and even if that something takes a few (a lot!) of false starts, you're on a journey and will get there eventually.

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Re: I want a girl so badly

Posted by Hashem Help Me - 19 May 2021 12:07

[FighterWithFire wrote on 19 May 2021 06:32:](#)

Fell. Unfiltered device was left lying around again. Need eitzos for this. What do I do when faced with an unfiltered device staring me in the face at night?

Are you set up in a way that you can make unfiltered devices "muktzah"? Write a contract that you realize unfiltered devices are unsafe and you will not use them **even for kosher purposes**. If you do use one, **even if you don't fall**, you agree to pay a knas for breaking your geder. This system has worked for many guys.

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Re: I want a girl so badly
Posted by gyejew - 19 May 2021 15:39

[FighterWithFire wrote on 19 May 2021 06:32:](#)

Fell. Unfiltered device was left lying around again. Need eitzos for this. What do I do when faced with an unfiltered device staring me in the face at night?

Maybe try this? guardyoureyes.com/tools/taphsic-method

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Re: I want a girl so badly
Posted by ihadstringsbutnowimfree - 19 May 2021 19:44

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Re: I want a girl so badly
Posted by ihadstringsbutnowimfree - 19 May 2021 19:49

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Re: I want a girl so badly

Posted by EvedHashem1836 - 20 May 2021 03:29

Time to start a new streak. All the way to 90 this time. Let's do this.

Most people subscribe to the "one day at a time" theory but it never resonated with me. *What do you mean 1 day at a time? So I'm letting myself fall tomorrow? How will I ever reach 90 that way?*

That being said a similar idea did work very well for me recently - I had a few days of raging desires and I told myself *I'll just be clean until shavuot and then I can figure it out from there* and lo and behold the desires have passed and I have no urge to fall anymore.

Perhaps take on something similar - in my experience short goals of a week or 10 days have been extremely helpful. You finish a short goal you work towards another short goal and each one feels satisfying, enough short goals and you hit 90.

Just my 2 cents feel free to disagree j sharing what works for me

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