

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.

=====
=====

Re: I want a girl so badly

Posted by ihadstringsbutnowimfree - 20 May 2021 12:53

.

=====
=====

Re: I want a girl so badly

Posted by DavidT - 20 May 2021 14:23

[EvedHashem1836 wrote on 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 shavuos 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

Hi

There are many approaches and tools and the goal of GYE is to lay them out and let each person see what works for them.

Having short goals is always a good idea.

As we said many times, reaching 90 is not the end game for any one, if it's all about "90" then after 90 we're toast. It's all about training our brains that we can do it and we can change our bad habits (and even addictions) with the help of Hashem.

If something seems to work for you, go for it!

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 20 May 2021 23:24

Thank you so much to everybody for all the suggestions. Really, you have no idea how much I appreciate it.

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 02 Jul 2021 00:13

Incredible story for everybody.

On Sunday, sitting on a streak of 34 days, the lust got so strong (especially while fasting) that I unfortunately decided to take advantage of an unfiltered device lying around. However, when I opened the browser and typed in the inappropriate address, the page read "Privacy error, please retry."

And so I stayed clean.

Today, the EXACT same thing happened-lust got stronger, opened up the browser (not my user, so unfiltered), and it read "Privacy error" and didn't load-once again.

Don't know why this is happening, but it couldn't possibly be more obvious that Hashem is literally not letting me fall! Thank you Hashem!

=====
=====

Re: I want a girl so badly
Posted by Birshusi - 03 Aug 2021 17:45

Hey, just wanted to say that I relate to a lot of what you wrote in your initial post. To throw in my two cents: I was pretty sure that marriage would alleviate most of my pain, as I too just wanted a

tight hug from a girl who loved me. Well guess what: I got married and got just that, BH, and I didn't even think about GYE for close to three years. But then my wife was pregnant with our second child, and she went to bed early many nights, and slowly but surely I slipped back into old habits. To be fully transparent, my struggle is more mild than most of the guys here, as I only fall with basic dvarim assurim but have never watched porn or masturbated. Even at that level of struggle, the novelty of marriage, no matter how loving the relationship is, will wear off, and that's when it no longer has the power to keep you clean.

As an aside, there have been a few tekofos in my marriage when my wife was off limits to me for extended periods, and I felt like a bochur again. The endless struggle of being single is very, very hard, and you should never judge yourself for having these thoughts. I got a lot of chizuk from a piece in Alei Shur chalek 1 called Michtav Sheini, where he basically writes that the feeling of taavah is not only not deserving of shame, but is in fact a feeling of kedusha. It's worth a read.

Hatzlacha!

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 03 Aug 2021 18:02

Thank you so much! Immeasurably helpful, and will look up that Alei Shur ASAP. Thanks again.

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 03 Aug 2021 18:05

[Birshusi wrote on 03 Aug 2021 18:02:](#)

Hey, just wanted to say that I relate to a lot of what you wrote in your initial post. To throw in my two cents: I was pretty sure that marriage would alleviate most of my pain, as I too just wanted a tight hug from a girl who loved me. Well guess what: I got married and got just that, BH, and I didn't even think about GYE for close to three years. But then my wife was pregnant with our second child, and she went to bed early many nights, and slowly but surely I slipped back into old habits. To be fully transparent, my struggle is more mild than most of the guys here, as I only fall with basic dvarim assurim but have never watched porn or masturbated. Even at that level of struggle, the novelty of marriage, no matter how loving the relationship is, will wear off, and that's when it no longer has the power to keep you clean.

As an aside, there have been a few tekofos in my marriage when my wife was off limits to me for extended periods, and I felt like a bochur again. The endless struggle of being single is very, very hard, and you should never judge yourself for having these thoughts. I got a lot of chizuk from a piece in Alei Shur chalek 1 called Michtav Sheini, where he basically writes that the feeling of taavah is not only not deserving of shame, but is in fact a feeling of kedusha. It's worth a read.

Hatzlacha!

Thank you so much! Immeasurably helpful, and will look up that Alei Shur ASAP. Thanks again.

=====
=====

Re: I want a girl so badly
Posted by ihadstringsbutnowimfree - 03 Aug 2021 19:08

.

=====
=====

Re: I want a girl so badly
Posted by bebetter85 - 03 Aug 2021 19:26

"kosher movies" youtube etc.

=====
=====

Re: I want a girl so badly
Posted by Birshusi - 03 Aug 2021 20:32

[ihadstringsbutnowimfree wrote on 03 Aug 2021 19:08:](#)

I hope this is not an inappropriate question. What entails basic dvarim asurim? Is that flipping a light switch on Shabbos, or watching an R rated movie, or looking through a mainstream magazine? Ok, it's probably not the light switch, but I'm genuinely curious.

I'll PM you. Anyone else who is curious should feel free to reach out. I just don't want to trigger anyone.

=====
=====

Re: I want a girl so badly
Posted by ihadstringsbutnowimfree - 03 Aug 2021 23:22

.

=====
=====

Re: I want a girl so badly
Posted by Rt234 - 04 Aug 2021 06:19

IN regards to an unfiltered device... I have the same issue as you (FWF). I have a kosher phone but at home there are unfiltered devices.

a big thing that I do is taphsik shvua/neder it Helpss alot!!

you can Read how it works on this site (under tools I think)

feel free To pm me if you'd like.

All the best keep it up!!!!!!!!!!!!

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 06 Sep 2021 20:36

30 DAYS!!!

B"H, I have been clean for all of Elul, and could never in a million years have done it without GYE. Thank you so much for everybody who's reached out; it's immeasurably helpful.

1/3 of the way there! Let's keep this going!

Wishing everyone a Kesiva Vachasima Tova and a Gut Gebensht Yohr!

FWF

=====
=====

Re: I want a girl so badly
Posted by Hashem Help Me - 09 Sep 2021 11:18

Beautiful! Keep it up! What has worked for you?

=====
=====

Re: I want a girl so badly
Posted by FighterWithFire - 09 Sep 2021 21:56

[Hashem Help Me wrote on 09 Sep 2021 11:18:](#)

Beautiful! Keep it up! What has worked for you?

As embarrassed as I am to say it, it was really being in Yeshiva that helped.

Why am I embarrassed?

Because I just fell.

After 33 clean days.

Was at home for the fast, lonely and bored, the lust hit...and I fell.

So upset at myself. Really thought I could make it this time.

But if there's one thing I've learnt from HHM, Grant, etc., it's that you can't stay down after a fall, otherwise you don't get back up.

So instead of staying depressed about falling during the AYT, I'm going to prove to myself and more importantly, Hashem, that as bad as this fall was, it was a minor setback that doesn't throw me back to where I started, just serves as an obstacle to further progress, and I'm going to beat it if it's the last thing I do.

Wishing everybody here nothing but the best.

FWF

=====
=====