

need help talking about it

Posted by neshomo kedosha - 26 May 2024 01:00

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So I'm a yungerman in kollel learning very well and doing ok from that end. But I have been dealing with fantasies and mzl since I was quite young and over the years tried working on it on and off sometimes with better results than others, but still struggling.

Problem is my fantasies are affecting my marriage, makes it harder to connect in a healthy emotional way to my wife. Also makes working on z"l way harder since my mind just goes to places that I don't want to be. I know that unless I speak with a professional about it I will probably never get free of it. I'm seeing a therapist about some personal stuff (non sexual related) but I just can't bring myself to open up to him about my sexual struggles.

Part of me is telling me that I should just go for it and bring it up with him, it's not a big deal, therapists are used to all sorts of stuff and probably heard worse stuff than what I will say. But I think that my struggles are more specific than the average stuff of other people dealing with inyonei kedusha and I feel really self conscious that he'll think I'm really messed up, and it's stam hard for me to talk about this sort of stuff as I'm a private type of person. Even if I do bring it up I feel like I'll be too embarrassed to be totally open and work through it all in a way that will enable me to heal and I don't feel I'll be able to share properly what I'm going through.

Does anyone have any chizuk for me, maybe someone else had a similar struggle with getting outside help and can share what worked for them?

Thanks!

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Re: need help talking about it

Posted by crispy - 26 May 2024 23:31

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[redfaced wrote on 26 May 2024 23:25:](#)

[neshomo kedosha wrote on 26 May 2024 22:26:](#)

[redfaced wrote on 26 May 2024 15:31:](#)

Possibly speaking your story out with with one of the Aurors (anonymously) here can make you realize that you are not as different as you think you may be.

And that can maybe make you more comfortable to speak it out with a therapist

Someone else also mentioned speaking it out here. Do you mean posting direct onto the forum? Wouldn't it be oversharing and too graphic / triggering to others to discuss fantasies and related problems etc. out in the open

There are ways to post details without being too graphic. There are a whole bunch of amazing threads that have lots of details without being triggering.

But the truth is I was referring to speaking it out over the phone anonymously . There are many people here that are willing to hear you out wiyhout knowing your name.

Both of these options are great . Take your time getting comfortable.

Deaer neshuma Pls pls pls pls reach out to Hashem Help Me I bless the day that I did it. It wasnt an easy thing to do I hesitated for a long time, but with the encouragment of our heiliga friends I started by email then text then phone he is very gentle and makes u feel very comfortable, I promise you wont regret it.

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Re: need help talking about it  
Posted by Markz - 27 May 2024 00:43

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[neshomo kedosha wrote on 26 May 2024 22:20:](#)

[Markz wrote on 26 May 2024 13:51:](#)

You can always ask him to help you on the more general problem of “I feel like I'm a loser for having all problems, and don't even feel comfortable sharing them with you. What do you think I should do?”

As an aside, if I may ask. How often do you see him - is it every;

2 weeks

1 week

2x per week

once a week

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Same