

Help me please brother!

Posted by wannachange - 28 Mar 2025 03:05

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Hi all! Feeling down now....I was up for a long time going strong...fell recently again and again....help me please! Could use some chizuk. SSA fantasies drive me nuts, I dont even have a smartphone or an unfiltered computer but still manage to fall....ugh feeling horrible now. Sorry not sure where the right place to start posting is but I guess here is a good place to start. Married with kids BH. Succesful job, making money. Learning solid. I managed a very long streak for a while but now my mindset sort of shifted that whatever this is the way I am get over it. I want OUT and never to return to this nutty SSA craze. Help me please. Could use some chizuk. Going to start recounting, Tomorrow is a new day, Day 1 BeH!

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Re: Help me please brother!

Posted by wannachange - 28 Apr 2025 19:05

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[chancyhk wrote on 28 Apr 2025 17:43:](#)

Oi Vy!

First of all, please dont call yourself sick! You are not Sick BH. You have desires and fantasies and dreams and what not. That doesnt make you sick.

Ill tell you a secret, it very highly possible that you are not even so attracted to that guy, ive seen lots of times when we try to fight the desire because it makes us feel sick and we keep fighting it, then the thought will persevere, and eventually it will find a way in. Ive seen this over and over.

its the same with regular SA. Sometimes you can see a women and my first response is oh god am i attracted to her? And i will try to find a reason to not be attracted but my mind will then find something that does attract me. The best trick is to tell yourself "Maybe that person is attractive, maybe not. I will never find out not do i really want to. Yes, there is a part of me that wants to feel that pleasure and thats ok, but i dont need to go and follow that thought all the way to hell.....

Its the same way someone with a eating addiction would think when seeing a delicious dessert.

Yes, it looks great, i know how it feels, but i dont need to go there. I can move on with my life.

Its just our brains are stuck in this mode of seeking that pleasure. We just need to train the brain different ways of thinking.

Love

I dont know....sure felt like an attraction to me....

Would love to be able to utilize this "trick". Little hard to imagine though. Basically just to think that oh its ok I have the attraction but I dont need to chase it and thats ok, thats life. Oh well. I guess I need to work on my selfcontrol because that sounds really hard

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Re: Help me please brother!

Posted by wannachange - Today 02:20

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Hey holy brothers.

BH on day 9!

SHOUT OUT TO CHANCYHK - I tried what you said- accepting that its ok to have an urge but doesnt mean I need to follow up with it....and....drumroll please.....it worked!

So now I can look at whatever I want to and I just have to think dont carry through with it- KIDDING.

Either way, feeling lonely now - came home exhausted and just didnt have the patience for my kids that I wish I did. I think that triggered me and is making me feel like a horrible person and I used to run to p&m as an unhealthy outlet but now.....

maybe its because im tired? Any ideas?

Random thought - my wife is forever making friends, keeping up with old ones.

I was thinking in the car tonight how nice it would be to just have a friend to call and shmooze with and communicate with..

but honestly I think the last time I kept up with a friend was a couple of years ago.

But now with work and getting home exhausted and trying to give me kids some attention, and my wife....

theres no time for friends.

Maybe if I had time for friends, to just get out and chill, talk and shmooze, it would make things easier and would take away the lonely feeling?

Anyone relate any feedback?

Thanx

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Re: Help me please brother!  
Posted by shlome685 - Today 02:54

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keep strong

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Re: Help me please brother!  
Posted by chancyhk - Today 16:47

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[wannachange wrote on 01 May 2025 02:20:](#)

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Thanx

Dear WC,

Happy to hear that it works. I will explain a bit more.

Being addicted to sexual arousal is just as or more addictive than Alcohol or Drugs. The body/brain gets a incredible dose of "feel good" hormones. And that makes us feel relaxed and high at the same time..... So of course we want more and more of that. Its not just our minds wanting it, its more that the brain/body crave it, so by fighting it and telling yourself "dont look, what if you get aroused, what if you act on it" or any other scare tactics, you wont get anywhere. Its already in you, if you fight it, you are thinking about it more not less. The trick is to be cool and logical.

Yes, it feels good, my brain and body will get that sweet sweet drug that will make everything taste better.....

Yes, its normal to feel this way, everyone has desires to one degree or other, maybe mine is higher or maybe not, no way of knowing for sure.

But, I know the facts of what and whom im hurting by looking or continuing the fantasy in my mind, everyone. Hashem, Myself, My wife, kids, parents, Kedusha in general.

Now, I have a choice to make, do I look/fantasies and have that short lived enjoyment and than

pay the terrible price.

Or, I will move on, knowing that NOTHING will happen if i do. Normally, you will forget about the trigger in less than a minute.

However, when we are stressed/tired/angry/lonely, etc, its harder to stay cool calm and collected. so its easier to fall into the laziness trap where we do whats easier in the moment an throw caution to the wind. So being prepared before going someplace where u know might be challenging will make it much easier.

Practicing this over and over will completely rewire your way of thinking about triggers. Eventually, it will become natural.

i agree with you that having friends is a very important thing in life, especially for people like us.

Many guys on here say that they dont have friends. These things are connected.

P.S. I have 0 friends.....

Good luck

Chancy Hakuten

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