

Need Help

Posted by jda211 - 17 Jun 2009 14:57

This is my first post on this website. I have been getting the emails for a while, and i have checked out the website, but i never really felt like i had to post. but after continuing to struggle after so many times of thinking "I'm cured", and reading how talking with others has helped so many, i thought maybe just getting something out there could help.

My story is similar to many, and different as well. I started struggling with internet pornography in high school, and have been battling ever since, through a year and a half in Yeshiva in Israel, through college and Yeshiva in America, and now through my first years of marriage. I am 23 and have been married for 3 years. Like many of you, I have trouble guarding my eyes, and many time when I just speak to a woman, I have crazy thoughts in my head. I learn all the time, and so many people probably think I'm so frum, and only i know that i am a fraud.

In addition, there is much added guilt for me. Since we've been married, my wife and i cannot have tashmish properly. she has immense pain, and therefore it only happens for us once in a blue moon, and it inevitably ends with her crying. also, we have been going through fertility treatment and have as of yet not been able to get pregnant. i know these troubles are probably directly related to my disgusting straying with the internet and such, and i usually can only stay clean a couple of days. the guilt is huge, and i still cannot stop.

i'm not sure what i am looking for exactly with this post, i just thought that if maybe i posted my story finally, something would happen.

sincerely, first timer,

-JD

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Re: Need Help

Posted by battleworn - 19 Jun 2009 14:30

Hi JD! Welcome Home and thank you so much for joining us. From the amount of guys here that have had the same problem it really does seem that it is related to our lust problem. My experience has been that even when my addiction was under control, as long as the taivoh was strong it interfered.

On the one hand my wife definitely came into marriage with some kind of psychological

problem.

But I have found that the less physical desire I have, the more the problem dissapears. (I think it's pretty easy to explain why, but it's not important.)

Just one question: Putting this issue aside for a minute, in general is your wife happy?

Either way, stay with us and soon we'll all greet Moshiach together.

Have a great Shabbos!!!

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