

Eating and Intimacy

Posted by zalmandovid - 26 May 2010 05:09

I was at a lecture recently geared towards single guys in the dating world. The speaker mentioned how you could tell the way a person is when he is intimate by the way he eats. Our eating habits are directly related to our Intimacy health. The idea is that if you eat in a kavodik eidel manner without gorging yourself than you are probably that way behind closed doors. If you are always looking to fill yourself even more and don't stop to consider whether or not your stomach is full than there is a problem. Essentially you are trying to satiate an appetite. An appetite can never be satiated. One should always have an appetite. If you have satiated your appetite than you have basically killed yourself. This is the same with intimacy. We need to work on our eating habits. This is a very intricate elaborate topic that I want to get into more but don't have the time to right now. In the meanwhile chew this over and tell me what your thoughts are.

Regards,

Zalmandovid

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Re: Eating and Intimacy

Posted by yedidya aleph - 03 Jun 2010 00:02

[5770 wrote on 29 May 2010 01:09:](#)

My wife is a great cook. She loves to feed me.

NO POINT trying to fix the masturbation/porn on it's own. We need solutions for the whole enchilada (so to speak).

Sounds like you have a very loving wife and a close relationship. Is she using the food to shower you with love and nurturing?

Take it one step at a time. Dealing with food addiction and lust addiction all at once may be too overwhelming. Of course, Hashem does open miracles, so keep praying. Hatzlocha Raba! Any idea what triggers your acting out? Maybe u feel unworthy for all of that love?

Dr. Twerski has an excellent book on Compulsive Overeating called The Thin You With-in You. I found it very helpful. Maybe we could start a group for guys with dual addiction (lust & overeating) Anybody interested? Meanwhile,I have to get off line to daven mincha and go home.

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