

Muslim - I just don't know...

Posted by Mohammad - 19 Jun 2011 03:34

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Hello all,

I'm a practicing Muslim teenager who's gotten caught up in this lust addiction. I remember that 3/4 years ago I used to be addicted as well, but when I started becoming more religious, I totally stopped. In fact, I would not even look at unrelated women. Then it all started changing last year. I became more and more 'free' about women, and started reading a lot about sex related issues... until finally it led to pictures. And then you all know the rest.

The problem is, I just don't know what to do. My eemaan - belief - (I think Jewish people call it *emunah*) and piety fluctuates like a yo-yo. One day, I commit the sin multiple times, and other times I go clean for weeks. Whenever I think as if I've finally broken through, I do it again. And obviously, that causes one to become pessimistic.

The GYE website and PDFs have been VERY helpful; the terminology and concepts used by Orthodox Jews are so similar to Muslim ones that I was shocked at first. This is something that sets GYE apart from the Christian self-help websites because I cannot relate to them. I've been trying to read through the PDFs, but something keeps telling me not to even go near anything that is related to the Addiction - even if it helps in breaking it. This is because it will just bring back bad memories and cause me to fall again. Again, this has me very confused; should I read the self-help GYE PDFs or stay away?

Another problem is that my desire increases exponentially at night, when there is not much to do and I can be alone with my laptop. Again, dunno what to do.

In any case, I hope I find a warm and accepting community here. I know the last person Jews would be expecting is a Muslim lol, but believe me, I only want to rid myself of this addiction. G-d help us.

If you have any questions about Arabic, Linux (or computers in general) feel free to ask/PM me.

By the way, I know a bit of Hebrew - I'm learning at [ancient-hebrew.org](http://ancient-hebrew.org).

And the Hebrew words I don't know, I can probably find Arabic cognates. It's Yiddish that's a problem sometimes though, lol.

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Re: Muslim - I just don't know...

Posted by coby613 - 28 Jun 2011 20:32

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Heh, thanks. I didn't mean wear it all the time or evn wear it at all (although it is useful in these hot summers), and not attached to your head. I was just speaking about keeping on a dresser or night table, somewhere near the bed if you can't get it close to your head (and be careful, you may knock it over and it will spill on you!) Although, if you're in the middle of a sexual dream, maybe a large container of water dumped on your head could help!

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Re: Muslim - I just don't know...

Posted by Mohammad - 29 Jun 2011 19:48

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Ooookay loads to respond to (as always).

@coby#1: yes I believe something similar; sleep is the sister of death. Plus, I should remember to say the prayer when I wake up lol but i'm usually so groggy that I have to drag myself out of bed. As for the water bottle I can just imagine women's reaction:

Guy with a beard: *\*shudder\**

Guy with a beard and water bottle strapped to head: suicide bomber!

I'm working on arranging a car pool with someone to go to the mens-only swimming lessons. Hopefully it will work out G-d willing (btw can I say God with the o?).

@Eye: Hmm... side-stepping the addiction, you mean? I'm reading something similar in Allen Carr's Easy Way to STOP Smoking (very helpful for ANY addict). Hopefully I can post my

findings soon.

@coby#2: sexual dreams - what a coincidence. after a few days of abstinence I've started to get them b/c my body isn't used to abstaining; it has to eject the fluid somehow...

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Re: Muslim - I just don't know...

Posted by coby613 - 29 Jun 2011 20:02

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the mind tells the body that it needs to release the sexual tension in some form or another. perhaps a healthy way to deal with this is when you get that feeling read a holy book or do some other activity that you enjoy that has nothing to do with women or sex. you may think it unimportant and that you need your sleep...but your rest will be much easier once you've used this routine and be able to do it easily and without really thinking about it.

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Re: Muslim - I just don't know...

Posted by Mohammad - 03 Jul 2011 17:48

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[coby613 wrote on 29 Jun 2011 20:02:](#)

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Great quote similar to what you just stated:

*Stay away from mentioning women and food in our gatherings, for I hate a man to constantly describe his private parts and his stomach. It is an aspect of higher conduct and religiousness that a man [sometimes] leaves eating food while he desires it.*

BTW, this thread is becoming a bit old now, so I'm starting another one: A Log of My 90 Day Journey. <http://www.guardyoureyes.org/forum/index.php?topic=4066.0>

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