

Hello to GYE community

Posted by blackbigday - 07 Sep 2011 20:46

Some people have a bad hair day. I think I'm having a bad gilgul. 40ish, house, married, family, baruch Hashem. I have always had a strong pull to aryus, but it wasn't until later in life and seeing this site that I realized how far out there my tyvas may be then the 'average' person. My wife is a tzedaikus, and I am attracted to her. She had been sexually abused and neglected as a child, not to mention emotionally abused by a caregiver. She is also Bi-Polar II, which is mostly depression with a little fluxuation towards the manic. My children have ADHD, and a day doesn't go by that I don't worry what will happen in school. The combo of my freak of nature tyvas and a pressured family life is a bad combo, and I felt like I was going to burst. This makes the temptation to act out so much harder. Why do I write this, am I looking for sympathy or a shoulder to cry on? Does it sound like a big excuse? I don't know.

Couple of questions for the forum:

1. I'm having trouble wrapping my head around a comparison between acholol addiction and lust addiction. Seeing women is always there, and it can't be stopped. I assume most men look at a women they think is attractive, and fantisize about them on some level. Is everyone then an addict? Sure, there are levels, but the idea isn't clicking with me. Everyone agrees being drunk on the job is unacceptable. Society doesn't relate to porn like that (they are wrong and distorted- but I'm saying it is not like being drunk). All women want to be admired, that is how they function. The man is hardwired to relate to that.

2.What does Hashem want from me? Why build me and raise me in an environment where by the time I am an adult I am a totally nutcase pervert? I go to sleep with this and I wake up with this, and almost every woman I see restarts the whole process. Why, what, and how?

3.For me, it seems more about imagination (dimyon) then lust. I am imagination addicted, which gravitates towards aryos. Can anyone relate to that?

4.Has anyone noticed that the major points on this website are straight out of Breslov thinking? Hope, Simcha, Starting Over, Being with Hashem when falling, ect. Yes, these ideas are all over the Torah, but Rebbe Nachman focused on them and refined them to a science. I have started learning Breslov for the past couple of years, otherwise I am the cold, learning, yechay, litvak type. But I find it amazing that when dealing with the issue of aryos (which Breslov does all the time), Rebbe Nachman's teaching seem to surface.

Thanks for creating this forum and allowing me to get chizuk and understanding from you all,

Black Bigday

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Re: Hello to GYE community

Posted by Yossi.L. - 11 Sep 2011 03:19

[gibbor120 wrote on 09 Sep 2011 20:07:](#)

[alexeliezer wrote on 09 Sep 2011 20:02:](#)

So naturally we can't understand how we can have sex with a woman we love and it be anything more than masturbation inside a woman (sorry guys). :o

Graphic? yes... but very accurate. :-[

Well said

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Re: Hello to GYE community

Posted by kidushashem - 11 Sep 2011 16:39

Black big day,

I can totally relate to what your addiction to imagination. I am exactly the same. I feel so at home imagining myself as something, doing something, being somewhere... I love fantasizing about all kinds of possibilities. Lust is only one facet. I use my imagination just to space out, get out of boring/uncomfortable/irritating situations. It's a way for me to enjoy my life which for some reason, I don't know how to otherwise enjoy :'(

Recently, however, I've been having a tremendous turnaround. I have a very close friend and mentor who is teaching me about meditation. Meditation has completely transformed my life. I am happier, calmer and more serene than ever. My relationships are flourishing.

I strongly recommend that you try it out. A good book to get is Jewish Meditation by Rabbi Aryeh Kaplan. I recommend though that you find somebody to help you implement what you read and give you encouragement. You should know that Breslov along with the rest of Chassidus, strongly emphasize meditation for davening and Jewish life in general.

Best of wishes!

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Re: Hello to GYE community
Posted by kidushashem - 11 Sep 2011 16:41

BTW, what's the story behind your name?

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Re: Hello to GYE community
Posted by Yossi.L. - 11 Sep 2011 22:15

BlackBigday definitely is the most mysterious name on this forum

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Re: Hello to GYE community

Posted by ZemirosShabbos - 12 Sep 2011 00:17

Gedalya Yumi Schwartz?

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Re: Hello to GYE community

Posted by blackbigday - 12 Sep 2011 21:07

KiddushHashem-

I totally hear what you are saying about meditation. I started Breslov hisbodedus about 2 years ago and it changed my life. But then things 'got better' and I didn't do it as much and then I fell down again. I attribute my fall to not doing serious hisbodedus. My problem is schedule, I find it so hard to find a quiet time to sit and talk to Hashem in the dark, just Him and me. With family and bills to pay, then I get tired and it doesn't happen (like, lahavdil, exercise). I know, this is the most important thing to do in my life, and then I feel bad I'm not doing it.....

What I gather from this forum is that once LA, you have to stay razor sharp your whole life, living in the solution. Even after 6 months, or a year, stay on the forum and keep grappling with the issue. Is that the idea? Or do you graduate and go 'back' to being 'normal'?

About the name.... bigday is for clothes, not a big day. Black Clothes. The Gemara says to put them on when about to do an avievrach. Why? Different pshotim in the Gemara. The one I am trying and hoping to go with is that by getting all goth you feel low, and this will take away your desire to sin. That is how I feel about this kodesh forum- it's a bunch of slightly nuttsy guys dealing with this crazy tyvah. By commserating, it helps the tyvah go down. Black Clothes doesn't really have a ring, does it? Thus Black Bigday. I love you guys, you don't know (or actually maybe you do) how much you are helping me. It's also been a lot of unexpected fun in the process.

What do I daven for? To take the urge away? As someone posted, chazal decided against this? To be cured? What about it being who I am, that it really comes from a positive midda that is cracked?

About the name..... Bigday is for clot

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Re: Hello to GYE community

Posted by blackbigday - 12 Sep 2011 21:12

Whoops- the last post got cut off.

Bigday is for clothes (Hebrew: Clothes of). The Gemara says to dress in black before doing an avairah. Why? Different phsotim. The one I am hoping and trying to go for is that when you get all goth it brings you down and the tyvah goes away. That is what this forum does for me. It is a bunch of eirlich, striving, slightly nuttys guys trying to deal with this insane tyvah. By commeserating, it helps me deal better and lower the tyvah. I'm so thankful for you guys. The chizuk has been way beyond what I thought I could get, and has been a lot of fun in the process. That, my new friends, is the mystery behind Black Bigday.

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Re: Hello to GYE community

Posted by blackbigday - 12 Sep 2011 23:21

Question about the comparison made earlier between LA and food addiction. How do they do it? How do they eat, which they must do in this world, when that IN and OF itself feeds into the addiction? Figuring that out would help me understand how to relate to situations I must deal with (like being with my wife).

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Re: Hello to GYE community

Posted by alexeliezer - 13 Sep 2011 15:12

[alexeliezer wrote on 09 Sep 2011 20:02:](#)

Experiencing intimacy with one's wife, if done without fantasy, without getting lusted up in advance, focusing on the moment, on where you are right now, with her, to bond, to make both of you b'simcha with each other -- that's not the drug. It's not a drink. It won't make you relapse (provided you don't replay it in your mind and get all aroused again later).

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Re: Hello to GYE community
Posted by Yossi.L. - 13 Sep 2011 21:03

[alexeliezer wrote on 13 Sep 2011 15:12:](#)

[alexeliezer wrote on 09 Sep 2011 20:02:](#)

Experiencing intimacy with one's wife, if done without fantasy, without getting lusted up in advance, focusing on the moment, on where you are right now, with her, to bond, to make both of you b'simcha with each other -- that's not the drug. It's not a drink. It won't make you relapse (provided you don't replay it in your mind and get all aroused again later).

Replaying it in your mind later is definitely a trigger, and it's vaiter fantasising

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Re: Hello to GYE community
Posted by chaimhelp - 14 Sep 2011 12:18

Thank you Alex and yossi for the insights into intimacy with ones wife. I never heard it expressed so clearly

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Re: Hello to GYE community
Posted by ur-a-jew - 14 Sep 2011 13:45

[Yossi.L. wrote on 11 Sep 2011 22:15:](#)

BlackBigday definitely is the most mysterious name on this forum

I got a kick out of your name the moment I saw it I used to use a variant of that name when i would anonymously search for porn to sort of rationalize that at least I was "wearing" my black bigadim.

Continued hatzlacha

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Re: Hello to GYE community
Posted by alexeliezer - 14 Sep 2011 18:50

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Re: Hello to GYE community
Posted by blackbigday - 14 Sep 2011 19:53

Alexeliezer- YOU are the frum guy! You're taking Shmiras Anayim 102: intimacy without lust.

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