

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 milehashem - 14 Sep 2011 20:30

I highly recommend Tzvi Fishman's book, "Secret of the Brit". available for free online at www.jewishsexuality.com/opening-remarks

The book will guide you to a healthy, meaningful marital relationship with your wife, as well as teach you how to allow your strong feelings to serve Hashem overcome your strong feelings to sin.

Hatzlacha!

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Re: Hello to GYE community

Posted by blackbigday - 14 Sep 2011 23:02

Is the whole book available there, or just chapter headings, it was a little confusing for me to figure that out.

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Re: Hello to GYE community

Posted by milehashem - 15 Sep 2011 05:23

Oh sorry, I thought the whole book was there. If not, you should be able to order it from that site.

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Re: Hello to GYE community
Posted by Yossi.L. - 15 Sep 2011 12:59

hows it going blackbigday?

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Re: Hello to GYE community
Posted by kidushashem - 15 Sep 2011 13:11

Blacky,

just take 5 minutes a day and do hisbodedus. go to a beautiful place maybe.

BTW, did you do any meditation mamesh, or just hisbodedus?

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Re: Hello to GYE community
Posted by alexeliezer - 15 Sep 2011 15:36

[black bigday wrote on 14 Sep 2011 19:53:](#)

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

For the third time! ;D

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Re: Hello to GYE community

Posted by blackbigday - 15 Sep 2011 17:47

[milehashem wrote on 15 Sep 2011 05:23:](#)

Oh sorry, I thought the whole book was there. If not, you should be able to order it from that site.

milehashem- do us all a big tova and give over a gem you took away from that sefer- especially about intimacy and kedusha.

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Re: Hello to GYE community

Posted by blackbigday - 15 Sep 2011 17:53

[kidushashem wrote on 15 Sep 2011 13:11:](#)

Blacky,

just take 5 minutes a day and do hisbodedus. go to a beautiful place maybe.

BTW, did you do any meditation mamesh, or just hisbodedus?

I think the deep hisbodedus is a form of mamesh meditation, when it is done right. The world is yeish m'ayin. When we start with all the yeish that we are struggling with, and get it all out there, and connect the threads running through our day- then that yeish is seen as coming from Hashem. That yeish becomes the ayin. This is the bitul ha yeish that leads to a connection with the ain sof. I had a handful of experiences like this about 2 years ago when I started. Then we , bh, had a beautiful baby, and my sleep went out the window. I couldn't get up in the darkness for hisbodedus anymore, or at least that is my poor excuse. This morning I woke up early and went to sit by the trees with the Lekitay Tefillos to jump start my hisbodedus. It was nice, but it wasn't the bitul ha yeis I have experienced before.

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Re: Hello to GYE community

Posted by blackbigday - 15 Sep 2011 22:36

[Yossi.L. wrote on 15 Sep 2011 12:59:](#)

hows it going blackbigday?

Wow - it feels so good that somebody out there cares. Thank you for asking. The problem with multiple postings is that people seem to respond to one of them, and things I post get lost in the shuffle. Oh well.

I think I am doing fine. I have not acted out since joining this forum a couple of weeks ago, and I feel like I'm flying high. On the other hand, I'm scared it is a temporary fix from the new excitement of being here. I have gathered from other posts that that is the YH, and to only be

concerned with today, or even the next 15 mins., but still I worry. It feels like no matter what I do, the beast is still in there. It, or I, thinks something totally out there, and anything can set it off. I don't know if that is every going to go away, but I can still stay clean, right?

At work there are times I have to talk to women, or see them here or elsewhere. Where is the line? When is it called taking a sip? Drinking alchohol is black and white. Eating or lust is soooooo grey, and I can't wrap my limited, greying head around it. Chime in.

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Re: Hello to GYE community
Posted by JackAbbey - 15 Sep 2011 22:39

dealing with the grey market, is allways high risk of getting cought, then you might have to pay very high taxes, and the whole profit just gets sucked in by the large fines, so be carefull there

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Re: Hello to GYE community
Posted by Yossi.L. - 16 Sep 2011 01:46

[black bigday wrote on 15 Sep 2011 22:36:](#)

[Yossi.L. wrote on 15 Sep 2011 12:59:](#)

hows it going blackbigday?

Wow - it feels so good that somebody out there cares. Thank you for asking. The problem with multiple postings is that people seem to respond to one of them, and things I post get lost in the

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In terms of the workplace i have a very simple barometer as to whats appropriate and whats not. Ask yourself....if my wife was hear would she deem this inappropriate. That'll answer your question without to much deep thought. When you start making your own decisions about whats appropriate then you will inevitably fall. You are powerless. You need the help of others.

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Re: Hello to GYE community

Posted by kidushashem - 16 Sep 2011 08:50

[black bigday wrote on 15 Sep 2011 17:53:](#)

Then we , bh, had a beautiful baby, and my sleep went out the window. This morning I woke up early and went to sit by the trees with the Lekitay Tefiillos to jump start my hisbodedus. It was nice, but it wasn't the bitul ha yeis I have experienced before.

Do it again. You'll have put in work to get back to those experiences. Do it for the baby. Do it for your baby so she has an Aba who is a beautiful mentsch and who is spiritual and is gonna always be there to guide her and help her grow. The way you treat your Body and Soul will affect who you are. Who you are will affect your wife and children. You NEED Hisbodedus b/c that gets you high. If you're not high, your wife and kids won't get what they need.

Love

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Re: Hello to GYE community

Posted by alexeliezer - 16 Sep 2011 15:12

Goth,

I work with many young, attractive shiksas whom I lusted after until I started recovery. I have to deal with these women now. I have to talk to them and they have no problem getting right in my face.

First, this doesn't mean I have to look at them when I'm not speaking with them. That's still completely off limits. Second, I don't have to look at anything but their faces when we're talking.

What to do when we're face to face? My radar goes off even before we start talking -- I am aware that this is dangerous. I daven silently, asking for help to see only a person doing here job, supporting her family. If she's married, I say to myself, this is someone's wife. I keep the conversations to business. I don't chat. I'm not as friendly as I'd like to be. So they think I'm not sociable, not cool, not so friendly. It's a price I'm willing to pay. This is my b'chol livovcha.

When the encounter is over, it's over. I push her face out of my mind like any other image, and move on. If I'm clean in all other areas of lust, this is do-able.

You'll find your way through this.

Hatzlacha!

Alex

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Re: Hello to GYE community

Posted by blackbigday - 16 Sep 2011 19:02

[quote="Yossi.L." link=topic=4454.msg119198#msg119198 date=1316137574]

[quote="black bigday" link=topic=4454.msg119174#msg119174 date=1316126174]

[Yossi.L. wrote on 15 Sep 2011 12:59:](#)

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Fair enough - but it is the things my wife can't see, my mind, where the real sips are taking place.

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