

Strong Obsessive Sexual Thinking- Some Very Unacceptable. Opening Up For Once...

Posted by stealth123 - 11 Oct 2011 15:42

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I have never spoken about this topic with anyone before as it's a very sensitive topic for me. It puts me in an extremely vulnerable place. Sexuality more than any other topic. However this has been eating at me for years and I figured that as soon as I got married all of my sexual issues would be solved. How wrong I was. Many of them are worse now. I've been really davening hard for this (will discuss what "this" is soon) lately and feel that Hashem is setting up my life and situation to heal. For instance, about 2.5 months ago I started going to Al-anon meetings completely unrelated to anything sexual. I then got into an argument with my parents and they requested that I see my dad's therapist with them who happens to be a major 12 step advocate as well as a sex addiction counselor. He pushed me into meetings seriously and they have been amazing. But again, nothing sexually. Then my dad tells me on Yom Kippur night that he's a recovering sex addict and how the 12 steps and SA meetings have changed his life. He then told me about this site.

I never thought of myself to have any sexual issues. I was a "normal" teenager masterbating at will (grew up in a baal teshuva modern family). As I became more religious I figured it's just the yetzer harah and sometimes I would succeed sometimes not. I even cut out porn for the most part a few years ago. That I am sure has helped greatly but my lust remains. As a matter of fact now that I look back, I always seemed to be afraid of sexual intimacy...kind of the opposite (in certain ways) of sex addiction. Then I began to learn new meanings of sex addiction. Lust, masterbation, and unhealthy intimacy overall are starts.

As a kid growing up I grew up in a relatively dysfunctional home. My father was a dry drunk and clean drug addict turned sex addict who is now "clean." My mother is and was co-dependent. My two older brothers and I turned into drug and alcohol abusers as well...then to clean up but never to heal the addiction side of things. I was never sexually molested but one occurrence in my life keeps eating at me and this, I have never spoken about. When I was 13 and 14 there was this 26 year old guy in the community. We became extremely close friends...or so I thought. I was going through a very depressing time in my life and he "saved" me by taking me out, buying me cigarettes, weed and getting drunk with me at his apartment. Of course it didn't stop there. He'd show me porn (as well as many other kids in the community) and even masturbate with me while watching me. Many times drunk or just in emotional turmoil, I let him convince me by him saying 'I've seen many 14 year old boys penises before.' It just made sense at the time and I went along with it. The closest he came to physically molesting me was back or while he was on ecstasy or acid. I was never touched more than that.

So I am scared because now I also feel attracted to boys (and girls) in their teens. I have never done anything, would never do anything and abstain from pornography (due to the immense guilt) but the lust and the obsessive thinking and internal alienation lurks form within. I am more

attracted to male/females of any age (typically younger) who seem vulnerable. I guess I feel like a victim and don't like feeling alone. I enjoy sex with my wife but am not as intimate or turned on as I know is healthy. We just got married a few months ago. For a short stint in dating I was completely beside myself in lust for her.

I am glad I have found this forum although reading the few things that I read did not give me so much hope and encouragement. I have not read any similar stories in which people have healed and recovered. I need to know that I am normal and that I will heal from this diseased thinking.

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Re: Strong Obsessive Sexual Thinking- Some Very Unacceptable. Opening Up For Once...  
Posted by helpme! - 09 Nov 2011 15:33

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[Gevura ShebYesod wrote on 09 Nov 2011 14:53:](#)

I don't think it's allowed to think divrei torah in the mik, but maybe considering the

it says in kitzur shulchan aruch (no time right now to find where: i recently put a time limit i am on the internet for and am already 4 minutes over) that a person who if he doesn't think divrei torah in the TOILET he will think assur thoughts then it is mutar for him to think divrei (not speak) torah. i find that in the toilet an interesting pnei yehoshua is always helpful to go over in my mind whenever bad thoughts come. i don't think that's something to be proud of...:-\ :-\ :-\...but that's what works sometimes. in the mikve some mishnayos or tanya baal peh is sufficient because there is far less temptation.

i think that the reason is the isur to [i]think[i] a dvar torah is lav dafka min hatorah. and the chochomim were matir it in order to save a person from going over a much more serious issur.

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Re: Strong Obsessive Sexual Thinking- Some Very Unacceptable. Opening Up For Once...  
Posted by Gevura Shebyesod - 09 Nov 2011 17:03

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See Orach Chaim Siman 85 Se'if 2 and Mishne Berura Se'if Koton 13.

Link to see it online:

<http://www.hebrewbooks.org/pdfpager.aspx?req=14170&st=&pgnum=231>

But I would venture that this is a last resort, and that it would be better to think of "neutral" things, see Mishne Berura Se'if Koton 5 & 6 for some suggestions.

Hang in there, don't let the falls get you down, it's all part of the slimy bas\*\*\*d's bag of dirty tricks. And helping others is definitely one of the best ways to help oneself, I find that has been so true for me.

Keep on Trucking!!

Gevura!

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Re: Strong Obsessive Sexual Thinking- Some Very Unacceptable. Opening Up For Once...  
Posted by Dov - 20 Nov 2011 17:01

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Strange how Stealth123 has disappeared. Hope he is doing great.

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