

14 years of leg obsession, masurbation and more, help!!

Posted by In control BSD - 23 Oct 2011 08:49

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my body will take me completely out of my way to follow a woman with stocking legs, pretending to be on my phone, i can not be alone in a room with a computer without looking at porn/live sex cams. i masturbate daily, i have been to therepy, cost me so much money, didnt help. im married with 2 little girls, my wife is not into sex anymore and doesnt look like she used to. im getting scared i might have an affair or something crazy like that, i sometimes fantasies of how i could go with another woman without actually going all the way, and i tell myself "that wouldnt really be an affair". (i dont think i would actually go through with it, but i defiantly think about it alot.) i grew up frum and went off somewhat, but always kept shabat and throughout all the opportunities to be with many girls, i wanted to save myself for marriage, and so i did, it was hard for me, i came very close a number of times. now that being intimate with my wife doesnt satisfy me, in my lustful thoughts i sometimes regret holding back before marriage thinking it wasnt worth it cos now im stuck.

my wife partially knows i have a problem but not to the extent of what it actually is. only she knows the password to the computer and knows when im on it but is willing to turn it on thinking i dont really have a problem anymore, and i dont tell her i still do cos i dont want to hurt her. due to my problem i have suffered with being frum, i love shabbat but an not into my learning and i also dont pray regularly and when i do i feel i dont want to be there. my yetser hara makes me feel unworthy of standing infront of hashem and doing mitsvot, or making any effort, it has drained me.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by Holy Yid - 27 Oct 2011 04:58

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I know what BSD stands for.

I think the idea of "letting go and letting G-d" is that we are not in control at all. We let G-d do the work for us. We do not ask G-d to give us control rather we let Him have it.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by wishing for the real me - 27 Oct 2011 16:05

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I have only seen like buttons in facebook.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by wishing for the real me - 27 Oct 2011 16:20

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Anymore questions about marriage, move it to the married mens forum, please. Thank you.

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by alexeliezer - 27 Oct 2011 18:56

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Wishing,

I tried to keep it rated G. You're right, some things can be triggering and unnecessary for single guys to read. But I feel it is important for men to know this stuff going into a marriage. Hopefully they would know a lot more about how to take care of all of a woman's needs, not just the stuff we focus on here. There are good books on marriage worth reading during engagement.

Slicha,

Alex

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Re: 14 years of leg obsession, masurbation and more, help!!

Posted by wishing for the real me - 27 Oct 2011 19:00

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its ok

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