

I have to get this awful story off my chest...please help.

Posted by Overcomingnisayon - 19 Jul 2012 06:54

Hi everyone,

I joined on here to make me break this habit and these thoughts! I'm sorry if this too inappropriate. It was not on purpose- I had to write it down in a very general sense at least. The playback is fully playing through my head.

All the way back in the beginning of high school, though I was attracted to women, I became curious about men and their bodies . . . Later in high school my curiosity and lust got the best of me and I arranged to meet up with an older man I met on an online dating site.

For the last month and half I have decided that I am strong enough to fight this once and for all. However it seemed like every time I came to my friend . . . Finally two weeks ago we said that's it and we will not do anything anymore together or MZL. I hope I can make it through. Please help me. I never want another sequence like those that happened to me to ever happen again.

[Moderator's Note: Unnecessary details have been removed].

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Re: I have to get this awful story off my chest...please help.

Posted by Overcomingnisayon - 23 Jul 2012 12:12

All your guys help is great. Gevura- about your point, it is a really big question how much gedarim we need to set up. Can I go on a hike with some guys where I know there is a good chance we will go swimming in the lake or nachal- Yes I don't mind looking at them but rarely would looking at my friends shirtless make me fantasize about them. I do feel spiritual and pure when I go to the Mikva and even though the guys there are naked, I don't think about them after nor do i gaze at them during. Again I don't mind seeing them, but I think it is overall a spiritual experience going to the mikvah- am I rationalizing? should I cut it out? Is there anything wrong with playing basketball with the guys? Do I just need to face these things as challenges? I think that in learning and davening taking off my glasses and just focusing in my Sefer and my chavruta is not only good for keeping my mind on appropriate things it also obviously helps me concentrate.

My other question is- I saw this posted in a different forum but I didn't really understand the answer he got. I feel like while thank God I am not looking at inappropriate pictures or doing things I shouldn't be, I am thinking about the issue a lot. I'm not sure if it's more than I would have if I wasn't on GYE, and I am definitely sure that it is helping, but it is bothering me that I am thinking about it so much.

What do you guys think?

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Re: I have to get this awful story off my chest...please help.

Posted by alexeliezer - 23 Jul 2012 14:34

Lust is a package deal. We're either
A) enslaved to it,
free of it, or
working to get from A to B.

The less lustful stimuli we have in our day, be they external or internal, the easier it is to break free, "be sober" as we say.

As Gevura so eloquently stated, the battle for the eyes is the front lines of this war. The second front is our minds -- what kind of thoughts we entertain. In active addiction, my head was swirling with extremely lustful images and fantasies. In my earlier years, these were quite pleasant to me. But as I matured, and tried to get closer to Hashem, they intensified, became intrusive and relentless. I couldn't turn them off.

I understand now that I am addicted to the little pleasurable sensations these images and fantasies produce -- the release of pleasure chemicals in my brain. I am addicted to lust in all its forms.

To break free, I knew I needed to cut off these two major sources of the lust drug -- what my eyes saw and what images would be given parking spaces in my mind. Gevura has given you great, hard-learned advice regarding shmiras eynayim for your nisayon.

For the mental images, I use this tefilla, based on the Steps:

"Ribbono Shel Olam, I am powerless over lust and my life has become unmanageable. Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You to please heal me from this illness of lust. I don't want to lust, I only want You and a relationship with You and Your Torah, and appropriate attraction to my wife. Take my lust. Please, take my lust."

I say this as soon as I detect a lustful thought trying to take a hold of my mind. In the beginning, I needed to say it dozens of times a day.

I find that if I've been exposed to lustful stimuli, no matter how mild, the addiction kicks up again and I find myself needing to deflect lustful thoughts more often. Conversely, (after an initial sobering-up period), when I'm very good at avoiding all lustful stimuli, my mind is at peace. That's my litmus test for what's OK and what's not.

In the beginning, I would recommend "when in doubt, do without," without going to an extreme and isolating yourself, as Gevura was advised. You'll need to be very honest with yourself. Very, very honest. And honesty is a new skill for an addict.

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