

Hi

Posted by Keep Fighting - 16 Jul 2013 19:40

Hi,

I've been struggling with this for years now. I recently began reading through the Handbook and the Attitudes book. I am currently going on 15 days, but it feels like it's been years.

It's very hard, and there were points during these 2 weeks that I thought I would fail, or even wanted to fail. The hardest part for me is that my mind is always fantasizing. I am always imagining things, playing movies in my mind where I am the main character. And since I am the director of the movie, I make the details however I'd like, people will do whatever I want, and this is my way of escaping reality into a world that I like more than my life. I have full control in this alternate reality, which makes me happier. And I tell myself, there's nothing wrong with this, I am not acting out or looking at anything or doing anything, I am just thinking. There's nothing wrong with thinking, is there?

But I know that this fantasizing is feeding the lust, and it keeps my brain wanting to be in full control, which leads me to act out. When I am not happy with the reality of life, I tell myself, I have an alternate world which I like more, a world where I am in full control and I will not be unhappy. And to help me get ideas for this world, I watch videos and look at pictures. I look at women on the streets, to find something that I would like to think about. These scenes give me more material for my alternate world in my mind.

I would like to stop this whole mess from inside my brain. I wanted to just go into my brain and stop these thoughts. I'm hoping I'll eventually be able to do that.

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Re: Hi

Posted by inastruggle - 19 Jul 2013 06:13

[Keep Fighting wrote:](#)

tocontrolmyself -

I agree with you, I am not happy with my situation. I am in my early 20s, and I really want to get married. I have dated several times, but the girl has always been the one to end it. And I tell myself that this is what's causing my happiness, and this is what is causing me to act out. The last time I was dating, I was very good with this test. I didn't watch anything, I didn't think of anything, I didn't even look at women on the streets. I remember there was one point when I was walking and there was a really attractive woman in front of me, but I looked away, and I thought to myself - I have something going for me right now with the girl I am going out with, and she's 100 times better than this random woman. I don't want to think about this random woman, I have something better. Toward the end of the relationship, I got the sense that she wasn't into it anymore, and she was going to end it soon. That night, I got crushed, and I immediately started acting out. And since then, I went down another bad spiral.

I have read that Rabbi Twersky writes that marriage is not a hospital, and it won't heal the lust. But I really do believe that being single is what's causing me unhappiness. I want to be able to share with someone, care for someone, and I hate being alone. I know it's messed up, but part of my daydreaming is just thinking, what if it would have worked out with her? What if I would have said things differently? What if she just calls me now, months later, and says she wants to give it another shot? I want to let go, but at the same time, I don't want to let go - because as I said, I'm just not happy with the reality.

I will be checking out the website you mentioned. Maybe that will help me.

This isn't to me, but since when do hijackers care about that?

I think that what tocontrolmyself was trying to say is that your dating life and masturbation life have absolutely nothing to do with each other. It's easy to think that it should be one and the same, but for most people here (and I would think everywhere) they really aren't the same thing.

It's a fun thing to do when you're bored, when you're stressed, when you're sad, and also when you're aroused. The root of the problem probably doesn't lie in your single status. The proof would be the fact that this site is made up of mostly married people (I think, but definitely a large number) and many had the problem before marriage and it continued afterwards.

So accepting your environment is important not because you'll get over the last girl who dumped you, but because you'll be able to help the root of the problem which is very likely some form of unhappiness.

(if you already realized this then...too late I suppose)

[Keep Fighting wrote:](#)

inastruggle -

There's always room here for hijackers. I welcome it!

And what's the deal with the elephants?

thnx!

The deal with the elephants? It's a long story...[literally](#).

and to understand some parts of it, you may need to read an [even longer story](#)

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Re: Hi

Posted by gibbor120 - 19 Jul 2013 21:00

Keep On Truckin and Keep Up The Good Work.

impressive post. We are all the same in some ways, but also different. Try differnt suggestions and tools and you will start to see what works for you and what doesn't. Don't try to do everything at once.

The elephants are a mashal. If you try **not** to think about green elephants, the harder you try, the more you think about them. The same goes for **not** thinking about women. The right approach is to just think about something else. (i mixed up the mashal and used pink elephants)

Definitely keep posting! and KOT!

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- i think they look nicer than the green ones

Re: Hi

Posted by gibbor120 - 19 Jul 2013 21:03

yes, us married guys can testify that marriage doesn't solve it and often makes it worse. Sorry

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Re: Hi

Posted by Keep Fighting - 28 Aug 2013 15:19

Hi I really need some help

I was recently at a family simcha, and I saw the girl who I went out with. The entire chassuna, I was thinking about her. Last night, I had several dreams of her. It's been we'll over half a year since things have ended, but seeing her last night makes me think about it. Why couldn't it work out?

I'm really scared because I know what usually happens after I think about this. I'm scared I'm going to act out. And I don't want to. I just want to be with her, or better yet, just be happy with someone. But I can't get her off my mind. And I don't want to get her off my mind. I enjoyed having those dreams last night

to be the bearer of bad news.

Please help. I'm going on almost 2 clean weeks right now, and I'm feeling good. But things are really shaken up since last night. Please help.

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Re: Hi

Posted by Pidaini - 28 Aug 2013 15:54

[Keep Fighting wrote:](#)

Why couldn't it work out?

I can really relate to everything you wrote, here is what has helped me

Why....? Not a very helpful question, don't really make a difference, that's the way Hashem wants it, perfect!

[keep Fighting wrote:](#)

I'm really scared because I know what usually happens after I think about this. I'm scared I'm going to act out.

Skeptical would tell me, Negative Programming. There is no statistic that this will certainly make you act out. It is our choice right now, %100 up to us.

[keep Fighting wrote:](#)

I just want to be with her, or better yet, just be happy with someone.

It's not easy, very simple, but not easy. "Let go, and let Hashem". We have to learn to accept life as Hashem has given it to us and as much as He gives to us, we had plans upon plans upon plans built for us, and it's not the way we thought it would be, we have to let go of them and "surrender" our lives to Hashem as He sees fit. The ultimate result will be pure happiness with no strings attached.

We're with you brother, you can do this!

One day at a time!!

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Re: Hi

Posted by Keep Fighting - 28 Aug 2013 15:59

I just wanted to add, this girl dumped me at the time. I was looking and hoping for some indication that she wants to give it another shot. There was no such indication, but I would really like to think there's still a chance. I'll get several suggestions from shadchanim, and I am saying no to them (at least 10 suggestion over the past several months) because none of them interest me and excite me as much as she did. I know I'm obsessive, but the way I think about it - how can I ever be a good husband if I know in the back of my mind that my wife is my "second choice". So why even go out with someone else? I won't be the good husband that I should be.

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Re: Hi

Posted by gibbor120 - 28 Aug 2013 20:38

You can stay stuck on her and let life pass you by, or you can accept the shidduch that **Hashem** has chosen for you (**not** the one **you** think he should have chosen) and be a happy and wonderful husband.

I don't mean to be harsh. I'm just trying to snap you out of fantasyland and bring you back to reality.

Love,

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Re: Hi

Posted by Keep Fighting - 29 Aug 2013 16:05

gibbor

I want to thank you both for your replies. Yesterday was a tough day for me, but I made it. I thought about your comments, and it definitely helped. So thank you.

There is one thing I am stuck on, maybe someone can help.

The concept of attraction to something, more specifically to a person, is very illogical. At least that is how I understand it. What I mean is, different things attract different types of people. There are no rules to it. You just have the feeling.

I always understood this as a way the Ribbono shel Olam speaks to you, through your natural inclinations. How am I supposed to know which shidduch is right for me? Well, I imagine if after going out for some time, I have a natural inclination towards a particular girl, then she's the one. I didn't choose to have this attraction. I didn't choose to like her over the others. But this is my feeling, and I don't know why.

Shouldn't I take this as a message, that if I don't have feelings toward another girl as I did with the first, then this other girl simply isn't for me? It's not like these feelings are logical, so where are they coming from? I always thought (and still think) they are coming from Hashem, to tell me, this is the girl you are supposed to be with.

How can I just ignore these feelings? How can I want to go out with another shidduch when I know that I am not interested as much as with the first?

Maybe this is why I can't let go, even after several months.

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Re: Hi

Posted by tryingtoshteig - 29 Aug 2013 17:11

Keep Fighting,

What do you think Yaakov Avinu thought when he woke up and discovered that he had married Leah even though he was convinced that Rochel was his bashert? (After all, he had some weird unexplained attraction to Rochel!) Somehow, Hashem had different plans for him than what he thought.

Man plans, and God laughs. Go with the flow.

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Re: Hi

Posted by gibbor120 - 10 Sep 2013 23:58

A few questions to ponder:

Is it possible to have feelings for the "wrong" girl?

Is it possible that you can meet a girl and have feelings equal to or stronger than the first?

[Keep Fighting wrote:](#)

How can I want to go out with another shidduch when I know that I am not interested as much as with the first?

How do you know that before you even meet the girl???

Is it possible that you are so stuck on the first that you are preventing yourself from having feelings for another girl?

What would happen if you decided to let go of (your obsession with) the first girl because she obviously was NOT the one?

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