

Bigmoish tries to be good

Posted by Bigmoish - 29 Jul 2014 22:51

Hi everyone,

First of all, I've been hanging around the forums the last few days, and seeing how much love and support there is among everybody here just gives me so much chizuk.

I have been acting on my fantasies since I've been 12-13 (currently in my 20's). I was always considered a "metzuyan," and I had a difficult time through high school, putting on a show of "frimkeit." I constantly tried to stop through mussar, but I always fell within a few days. This continued through my years in yeshiva, and I struggled to keep the facade going. Ultimately, I married a great girl, and we have a beautiful family k"ah.

Shortly after our marriage, I developed an attraction for my wife's sister. I was inwardly depressed, wondering whether I may have made a mistake to marry to marry someone too "aidel," while suppressing my fantasies. I begged Hashem to take away the YH, because my wife really loved and respected me, and I didn't want to ruin that. After a few months/years of fantasizing about my SIL (sister-in-law), I opened up to a Rebbe about my issue. Although I don't feel comfortable telling him about my nisyonos before marriage, it is still good to have someone to talk to.

The hardest part of my struggle is the isolation, which is probably why I get so much chizuk here. Because of the closeness between my wife and her sister, I dont see any good ever coming out of me telling her my feelings, nor do I anticipate that I will ever go more than a few days/a few weeks without seeing my SIL.

However, while reading the forums here, I discovered new things about myself that really brighten me up:

1. I'M NOT ALONE

I feel that in some ways, this nisayon is especially difficult, because I cannot install a "filter" on my seeing a relative! Aside from the multitudes of precious yidden going through similar nisyonos, I found extra support from reading Positivity's posts, seeing how he is also struggling with this type of nisayon.

2. I DON'T NEED SEX

This is probably the biggest game-changer for me, if I can ever truly internalize it. I actually visited GYE a few years ago, hoping to "get out of the schmutz," but I realize now that I wasn't mature enough to accept this fact back then. I needed to be a little more depressed, and have a few more years of marriage under my belt to finally recognize that a true loving marriage doesn't have to include wild fantasies, and will still probably be more physically and emotionally fulfilling, which brings me to my final discovery about myself (thanks Dov and everyone else):

3:I NEED TO BE CLEAN SO I CAN FEEL GOOD ABOUT MYSELF, LOVE MY WIFE, AND HAVE A MORE **ENJOYABLE** LIFE. NOT TO AVOID PUNISHMENT OR MAKE HASHEM HAPPY.

Of course, I still feel that the latter are vitally important, but they simply aren't enough to keep me from the fleeting pleasures of fantasizing about women!

Well, I started my 90 day journey 2 days ago, and I hope that with this newfound insight and tons of support, I can start on the path to true happiness and taharas hamachshavah.

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Re: Bigmoish tries to be good
Posted by godhelp - 30 Jul 2014 06:11

I really understand what you are going through.

I had a story today we have a family whats app group, I was messaging her but it was really flirting

I used to fantasize about her by sex

but I know its lust and since I started working on lust it became a small challenge what I mean is, yes I can fall and flirt with her but GUE taught me to focus on the big picture "lust" so when I talk to her I try to view her as human being not a sex object...

and I tell myself she is not mine and off limits and I am ok with it.

The more you work on lust the easier self talk will become you will be able to control the way you think...

Sorry I wrote so sloppy had no patience.

good night and good luck !!!

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Re: Bigmoish tries to be good
Posted by Bigmoish - 30 Jul 2014 07:52

Thanks so much to everyone with the input.

I just listened to my wife tell me about aforementioned sister's problems for close to hour and this is usually when I get depressed, but seeing all these messages reminds me that my feelings are pure lust and nothing real at all.

dsm1234 - my current recovery plan is based on accepting fact # 2 I wrote above. (i.e., sex is optional), and staying away from websites that promote women as sex objects (i.e., all websites except GYE).

Bigmoish

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Re: Bigmoish tries to be good
Posted by ineedchizuk - 30 Jul 2014 11:50

Shalom aleichem R' Moish!

Heartwarming introduction. Awesome attitude. Nice plan.

I'm learning to keep an open mind about the plan.

Included in ODAAT, is the how I learn new strategies every day.

Limoshol, I could never grasp the 'surrender' thing. Then a coupla days ago, (in middle of

shmona esrei, of course) it clicked.

That particular davening just wasn't going anywhere. I kept trying so hard to guide my mind back to what's right in front of me- the Rbsh"o- but no, wasn't happening. Then it me. It's takke not up to me. I can keep trying, I can say the words, I can make whatever hachanos I'm capable of, ??? ???. the kavana is not necessarily up to me. So I actually said 'Rbsh"o, I'll just keep trying. But I give up- no, I surrender- my image of a mutzliche dike davening to You. You know how much effort I put in, You'll decide how much reward I deserve, including in oilam haze (???? ??????). (After all, what greater schar than the feeling of a good davening!) Since then, I have been having hatzlacha at least not allowing my dimyon of a not 'ideal' davening get me down.

I now am internalizing that yesod for lust. 'Rbsh"o, I surrender my Dimyon of a mutzliche dike fight, and instead, I'll invest my energies on doing the next best thing I can. You know which soldier deserves credit, and it's not necessarily the one who's neat and clean. (Actually, maybe that's a sign that You didn't send him to the front lines.)

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Re: Bigmoish tries to be good
Posted by dd - 30 Jul 2014 17:39

Welcome Big Moish!!!

great start for you as cordnoy said you wrote your first post as if was #200, and you seem to have your head on straight,

looking forward to hearing from you, and wishing you lots of hatzlachah and siyata dishmayah,

KUTGW!!!!

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Re: Bigmoish tries to be good

Posted by Bigmoish - 30 Jul 2014 18:01

Funny you say that - I actually think I have my head on straight too! (hard to really internalize it sometimes though)

One of the things that keeps me going through it all is the fact that I know that I am a good person, I just have raging tayvos that I have to work on. I never doubted this. Perhaps I am a bit of a baal gayvah, but I think that that's necessary to an extent for people in our situation just to combat the depression.

Ineedchizuk - I just posted this on my 90 day journey thread - I love this vort so it's worth reposting.

Regarding your ma'amar chazal at the bottom, I heard recently that the difference between a "Ba L'Taher" and a "Ba L'Tamei" is "M'sayin Lo" v. "Poschin Lo." The difference is that one who wants to be Tahor needs help from outside - a siyua - like the gemara says "Ain chavush matir atzmo mibais ha'assurim." Whereas someone who wants to be Tamei only needs a Pesach - Hashem gives him a door R"L and he walks through it all alone.

That's why these forums are so awesome.

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Re: Bigmoish tries to be good

Posted by gibbor120 - 30 Jul 2014 18:31

WELCOME BIGMOISH! It's nice to have you with us. Let go of your fantasies, they will only cause you pain. I know you know this already, but sometimes it helps to "hear" it.

Don't focus on the SIL thing. Let go of lusting in general, whenever you feel it getting ahold of you. If you can - preempt it by staying busy with good stuff.

Stick around and keep on posting.

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Re: Bigmoish tries to be good
Posted by Bigmoish - 30 Jul 2014 19:18

Thanks for the warm welcome, gibbor.

Before I took the plunge and posted my story (which took me nearly 3 hours to write btw), I got chizuk from many of your old posts. KUTGW

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Re: Bigmoish tries to be good
Posted by gibbor120 - 30 Jul 2014 20:15

Thank you! It gives me chizzuk to see that people get chizzuk from my posts.

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Re: Bigmoish tries to be good
Posted by cordnoy - 30 Jul 2014 21:08

I get chizuk from your new posts as well.

KOP!

Thanks

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Re: Bigmoish tries to be good

Posted by unanumun - 31 Jul 2014 00:48

AS far as I remember, Big Bad Moish ended up being a big tzaddik who saved things from fires. (I don't remember if it was people or sifrey torah or something like that)

So here you have come to help save yourself and the oilam from the fire of tayvohs.

Welcome, and hang on for the ride. It's loads of fun. Ups and Downs but fun like a roller coaster.

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Re: Bigmoish tries to be good

Posted by Pidaini - 01 Aug 2014 14:26

Welcome Big Moish!!

It's great that you opened up!! It was for sure the starting point of my growth over the past few years, and especially since joining GYE!!

will go read you other threads now, see you around!!

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Re: Bigmoish tries to be good

Posted by Bigmoish - 01 Aug 2014 18:01

Thanks for the warm welcome everybody!

I think I'll stop posting here as it seems I've been sufficiently introduced.

I'll try to keep upating my path to 90 days thread consistently.

Kol Tuv

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Re: Bigmoish tries to be good
Posted by cordnoy - 17 Aug 2015 23:20

[Bigmoish wrote:](#)

Thanks for the warm welcome everybody!

I think I'll stop posting here as it seems I've been sufficiently introduced.

I'll try to keep upating my path to 90 days thread consistently.

Kol Tuv

This thread is short, but a hell of a good one!

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Re: Bigmoish tries to be good
Posted by Bigmoish - 18 Aug 2015 00:11

And yet, I still seem to be coming back to the same issues time and time again...

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