

Seeking Answers...

Posted by fightingyid - 22 Apr 2015 20:21

Hi, i am married and young I'm in my low 20's with a child. B'h i found GYE, and in the short time that i am here i am finding that the GYE community are amazing, honest and non judgmental. Here goes my story and then i have a couple of questions for the amazing GYE community ,its my first time since I'm 15 being as open as this. I started masturbating when i was 15 years old almost 3 times a day without even realizing what was going on (e.g-Zera Levatala) when i was 16 i discovered what sex was and discovered that masturbating was against Halacha, My rebbeim in High school never spoke about this topic, all they spoke about was that you are going to burn in hell for eternity if you are motzi sera levatala, you can properly guess that i felt pretty uncomfotable talking to my Rebbeim about my masturbation problem, i thought that i was literally the only one doing it. This went on thru Beis Medresh where i discovered porn , it started from watching dirty movies in high school and then it turned in to porn, i got married when i was pretty young and for a while things were going well with my masturbation and porn drive, but as you can imagine my wanting to watch porn- drive came back with full force, the funny thing is that my intimate relationship with my wife was very and is still very healthy, I b"h have an amazing and supportive wife in everything i do weather its work, college or just about anything, and therefore the guilt is a thousen times bigger because i feel that i'm not being loyal(by watching porn). A few months ago the porn and masturbation problem was getting pretty bad and it had nothing to do with my wife it just had to do with my lust problem. A few weeks ago reality hit me that i can't live this fake fraudulent life, i consider myself a decent from yid and i can't live with this filth.

B'h i heard about GYE and for hours i went thru a lot of the material and find it fascinating and helpful. I am on day four and feel great!

my questions for my fellow GYE chevra 1).I have a good relationship with my wife, does one watching porn reflect on his exclusive sexual drive and lust or could it be a negative reflection on ones marriage?

2)-I wanted to know what the GYE chevra think regarding ones wife helping and encouraging on this journey, or should it be between a man and himself? (personally i don't think i would tell my wife, but i just want to hear your important opinions)

thank you!

I apologize if i made any grammatical mistakes, I'm new to this and I'm not really a writer.

=====
====

Re: Seeking Answers...

Posted by shlomo613 - 26 Apr 2015 19:37

Oh and by the way I didn't i didn't plan it like this, but I went from porn to Hollywood comedies and f1 racing, then to rabbi yossi mizrachi (torahanytime.com and youtube) cos I found him so entertaining, then to rabbi fishel shachter who also is so entertaining and speaks to us addicts by the way - plus family and work. It's good to be busy. No time for garbage or for sin. My falls, when they happen, are almost exclusively on the weekend.

=====
=====

Re: Seeking Answers...
Posted by serenity - 26 Apr 2015 21:56

Please paste the link here for JACK'S Article titles "9 Tips". I'd like to read it. Thank you.

My experience is that since I started recovery I haven't watched anything at all likely to contain nudity. I also haven't had much time to watch anything at all, because pretty all of my spare time is spent doing something recovery related. I was never told not to stop watching movies and tv etc., I just wasn't willing to do anything intentionally that could put my sobriety at risk.

ps. I still haven't found Jack's Tips, but if it's from the Jack that I'm finding with several years of

=====
=====

Re: Seeking Answers...
Posted by fightingyid - 26 Apr 2015 23:38

Thanks for your informative answer! Here is the link to Jack's Article-

guardyoureyes.com/articles/tips-suggestions/item/9-tips-for-recovery

=====
=====

Re: Seeking Answers...
Posted by pischoshelmachat - 27 Apr 2015 00:26

Thank you. I will check out Jack

=====
=====

Re: Seeking Answers...

Posted by fightingyid - 28 Apr 2015 20:44

First of all thank you to the GYE family for all of your amazing answers, insight, advice and chizuk to my previous questions.

You inspired me, were non judgmental and made me feel comfortable and at home to share my experiences with you and ask you questions. In the past I have never had the guts to face or talk about my issues before.

Two weeks ago I was feeling low, sad, and sick of myself. Thank God I decided to check out GYE, and to make a long story short i am now clean for 10 days. I feel rejuvenated spiritually, emotionally, and physically .For the first time in a long time, although i'm learning that it's a long journey, a day by day journey, I think i begin to see the light at the end of the DARK and TWISTED tunnel.

So for that I just wan't to thank you guys and thank GYE.

My Question Is-I have been clean for 10 days now and my wife has been a Niddah for the past two weeks (she has not been a niddah for a good couple of years because of nursing etc.) and Mikvah Night is coming up very soon.....I have been reading a lot on the GYE forums that Intimacy should be about her...my question is-I haven't had intimacy for a couple of weeks, how do I make it about her, and not about me?

In the past i realize that i haven't really tried making it about her, because i found that even when I "Made it all about her" it was really all about me.

Any of your, answers, advice and opinions would be great!

Thank you!

=====
=====

Re: Seeking Answers...
Posted by shlomo613 - 28 Apr 2015 20:58

Interesting question. Intimacy for me is also very much about me - even though I tell myself that I do try to do what my wife enjoys.

I was listening to the first part of a shiur by Pomerantz (reference on GYE somewhere) and he mentions that issues in the bedroom usually represent issues going on outside. Maybe if we put out primary efforts into making our wives happy outside the bedroom we wouldn't have so many such questions inside the bedroom.

This is a self-centred person talking, so I may be completely wrong. What do others think?

=====
=====

Re: Seeking Answers...
Posted by serenity - 29 Apr 2015 01:51

I'm dealing with this exact issue and shared about at my SA meeting tonight. The SA Whitebook discusses that for some our wife has become our last vestige of lust and the only answer is to surrender that. My experience was for whatever reason (mostly due to stress) I wasn't intimate with my wife staring a couple days after Mikveh for the rest of the permissible times. On what was the last night, I decided to give her the option and she said she wasn't in the mood. I started getting antsy for lack of a better word, and then I thought I need to be a good husband and right now that means to just to be there for her hugging whatever ... I had to surrender the thoughts of lust and accept the situation for what it was. To continue to entertain the thoughts of intimacy was going to lead to upset and frustration. I didn't pray, although it may have been a useful idea. The other issue that arises is that I cannot entertain thoughts about how now I have to wait another two weeks. Intimacy with my wife never helped my sobriety. I didn't even want to be intimate when I wasn't sober.

Btw, Do you look your wife in the eyes and express affection? That's very hard for me to do.

=====
=====

Re: Seeking Answers...

Posted by pischoshelmachat - 29 Apr 2015 19:22

I don't know if this is the place to discuss intimacy, but i have simple practical steps to ensure it is about my wife rather than for my pleasure.

you can contact me privately if you wish.

=====
====

Re: Seeking Answers...

Posted by shlomo613 - 29 Apr 2015 20:05

[serenity wrote:](#)

I'm dealing with this exact issue and shared about at my SA meeting tonight. The SA Whitebook discusses that for some our wife has become our last vestige of lust and the only answer is to surrender that. My experience was for whatever reason (mostly due to stress) I wasn't intimate with my wife staring a couple days after Mikveh for the rest of the permissible times. On what was the last night, I decided to give her the option and she said she wasn't in the mood. I started getting antsy for lack of a better word, and then I thought I need to be a good husband and right now that means to just to be there for her hugging whatever ... I had to surrender the thoughts of lust and accept the situation for what it was. To continue to entertain the thoughts of intimacy was going to lead to upset and frustration. I didn't pray, although it may have been a useful idea. The other issue that arises is that I cannot entertain thoughts about how now I have to wait another two weeks. Intimacy with my wife never helped my sobriety. I didn't even want to be intimate when I wasn't sober.

If I understood you correctly, you lose interest in your wife a couple of days after mikva. I can relate to this (and the rest of what you said above) - and like you with me it's usually if I've been acting out. I think the losing interest thingy is typical addict. We need highs. So the anticipation of shiva nekiyim certainly has us keen for the first night. But after that? Does it offer the stimulation of our other avenues we've become accustomed to? And besides that, to our minds it's all about us so if there isn't something in it for me then hey, I'm tired. I know I've got plenty to work on "nesina" (as Reb Dessler refers to kindness in his kuntress hachessed), and as I said in earlier post, I resonate with Pomerantz's assertion that so much of these things are played out outside the bedroom.

=====
=====

Re: Seeking Answers...
Posted by shlomo613 - 29 Apr 2015 20:20

[serenity wrote:](#)

Btw, Do you look your wife in the eyes and express affection? That's very hard for me to do.

Serenity, I've got issues and I don't have the best shalom bayis in the world - but I don't think I'm completely mental either.

I don't think I look my wife in the eye much while expressing affection. And I've never given it thought till now. Do you think you're making yourself anxious about a non-issue?

Am I completely off the mark in suggesting that if you liked yourself and thought you were a good guy, you wouldn't be thinking these thoughts?

=====
=====

Re: Seeking Answers...
Posted by Pidaini - 30 Apr 2015 11:14

I think this conversation should move to the BB section.

Once it's there, I'll give my three cents (where did two come from anyway?!).

=====
=====

Re: Seeking Answers...
Posted by shlomo613 - 30 Apr 2015 11:59

I don't know how to move things. I do think it's important we address this because it's clearly bothering him.

=====
=====

Re: Seeking Answers...
Posted by serenity - 30 Apr 2015 13:03

No idea. I'm not trying to figure out whether I'm a good guy or not. Too much thinking never helped me. I'm just trying to take action wherever possible. Looking someone in the eyes, whether it's your wife or your child, creates a bond.

=====
=====

Re: Seeking Answers...
Posted by fightingyid - 30 Apr 2015 20:15

=====
=====