

the yetzer hora keeps beating me

Posted by ataglance12345 - 02 Jul 2015 15:45

First time poster...So here is my issue. I have run out of any ability to stop the following behavior: I will go to a bar. First mistake. Then I will drink too much. Then I will start flirting with women. Then I will sometimes go to a dance club from the bar. Then I will pay for services...all types. I have also been known to sometimes have had actual relations with these woman as well, sometimes quasi-prostitutes other times just loose women that I meet at a bar. Then I usually will go to a nearby restaurant and eat everything on the menu that is not kosher. Last night I had a bacon cheeseburger, french fries, pancakes and steak and eggs. Then I go home and go to bed. The next day I will feel horrible, beg Hashem for forgiveness, maybe go to the mikvah to make myself feel clean, and then stop for a week or two. Then I will go to a bar, and the whole thing starts over again. Oh, and let's not forget that I will access pornographic sites as well and sometimes finish myself that way. Talk about a yetzer hora. I am not sure what else I could be doing that is worse. I am a Shomer Shabbos Jew. Obviously, I know that what I m doing is terribly terribly wrong, but I cannot seem to stop. Even when I stop for months at a time, I still go back to this behavior. And it is getting worse. Just as an aside, when I am sober, I do not engage in any of this behavior, but am a good Jew, learning and davening, keeping kosher etc. I always seem to drink to drunkenness at the bar as well. Binge drinking they call it. I do not drink at all during the day and can actually go weeks without a drink. Obviously, I feel like a horrible hypocrite. On a "postive " note, I have never had a long term affair with another woman, only one time sexual trysts. Of course, I often fantasize about having long term affairs with my coworkers or people I meet. I am a basket case, living a double life, and fully aware of the spiritual damage I am doing to myself and my family. I keep praying to Hashem not to punish my family on account of my sins, as that is my worst fear. I also find myself wishing that I was dead after these incidents, but have only thought about it and said it to myself, I have never attempted to take my own life, but it scares me that I could if I get so low. Oh, and lets not forget how many times I have driven while drunk, clearly breaking the law. I always pray to Hashem to get me home safely and not let me be pulled over and arrested while driving drunk. How is that for scary stuff. So, what am I? Alcoholic, sex addicted, or just a creep with a nasty Yetzer Hora that he can't control. G-d, writing this down and actually seeing it on paper scares the daylights out of me. Help! What should I do?

=====

=====

Re: the yetzer hora keeps beating me

Posted by ataglance12345 - 15 Dec 2015 20:07

yeah, i get it. i take full responsibility for my actions, at all times. But the Y"H pushes one along that path ever so much stronger than you would ordinarily go. you can call it what you want...lust, desire, lack of control, addiction, but I call it the Y"H. It is an unseen yet tangible force that compels deleterious action. Isn't that the same as an "addiction" which is possibly just as amorphous. You are not undergoing any "physical" addiction with lust, like one would for heroin or booze, but the force is still there. Call it what you want, but don't cavalierly dismiss it.

=====

====

Re: the yetzer hora keeps beating me
Posted by Bigmoish - 15 Dec 2015 20:17

You seem to be familiar with alcohol and drug addictions. Can you tell us how you were able to overcome those?

=====

====

Re: the yetzer hora keeps beating me
Posted by waydown - 15 Dec 2015 22:34

Moish,

Firstly I am not familiar with alcohol and drugs. But if I can just make a subtle point. Alchohl and drugs one must go out of their surroundings and pursue it. Can I get alcohol and drugs with a push of a button? (Well maybe I can just click and get drugs via some shaddy guy on amazon selling drugs for bitcoins LOL!) I can pretty much pursue lust with one click on my toilet seat though. Furthermore, is it a must to ever dabble in alcohol and drugs (OK once again someone who is in lots of pain must take drugs as pain killers but under usual circumstances). But it is a must to dabble with sex for anyone married. So yes I suppose some fighting techninces are the same but **in some ways** I think its safe to assume that lust is a harder animal to overcome due to the above reasons.

=====

====

Re: the yetzer hora keeps beating me
Posted by cordnoy - 15 Dec 2015 22:51

For whoever is willing to listen:

I think that it is a must to dabble with sex if you are married, but I do not think that it is a must to dabble with lust if you are married.

And the contrast between alcohol and lust, I don't give one darn about, for I need to focus on the lust part.

=====
=====

Re: the yetzer hora keeps beating me
Posted by waydown - 15 Dec 2015 23:56

Cords either way one a guy is having that physical relation if its all love and no lust he is still dabbling with something that once made him shikkur. Alchohol one can never touch his whole life and live just fine.

=====
=====

Re: the yetzer hora keeps beating me
Posted by cordnoy - 16 Dec 2015 12:55

[waydown wrote:](#)

Cords either way one a guy is having that physical relation if its all love and no lust he is still dabbling with something that once made him shikkur. Alchohol one can never touch his whole life and live just fine.

My blessing is that you should merit realizing when you are wrong....one can have sex and not lust.....No dabblin' at all.

=====
=====

Re: the yetzer hora keeps beating me
Posted by waydown - 16 Dec 2015 16:30

Cords,

Call it what you want. (dabble etc..) At the end of the day lets use alcoholism as a moshol. And in fact I think the 12 steps is modeled after alcoholism anonymous. So say an alcoholic surrendered and went thru the program. Now on peasch he wants to drink wine for the mitzvah not for shikkur purposes. Or Friday night he is makpid to use wine for Kiddush. (again not a shikkur motive at all). Wouldn't most dr's advise this fellow to refrain from wine despite the fact that he is not doing it for "lust" or any unpuresit reason? Yes and you know this too. Bottom line is even if you do have sex correctly, its still playing very much with that same thing that once caused you lust. And the same is true with adrug addict in recovery. Normally if one is under a lot of pain the dr can prescribe medical marijuana to relieve that pain. But if one was once an addict the dr will be more reluctant. Why he is not taking the drug for the "lust" or lure of drug addiction. Nevertheless stay away from that bottle.

Face its, its one of the challenges that a sex luster has verse an alchohlic.

Please stop making believe that oh if we just do 12 steps and we just do this its all easy. Noone says life is easy. So I am not saying don't do what you have to for recovery. But when people naively say oh its easy and don't recognize challenges it makes it harder for those trying to recover.

=====

Re: the yetzer hora keeps beating me
Posted by Bigmoish - 16 Dec 2015 16:33

I was trying to make a point that many have recovered from lust using the same, or very similar, methods that have been used to recover from other addictions, including, but not limited to, alcohol, narcotics, and gambling.

Now, being that you have neither sobriety from lust, nor experience with other addictions, why not open your mind to what others are saying a tiny bit?

And, I don't recall any one ever saying that it's easy. Please feel free to use the amazing search feature on this forum to see for yourself.

=====

Re: the yetzer hora keeps beating me
Posted by waydown - 16 Dec 2015 16:41

Yes Moish and sorry if I didn't fully acknowledge that point. Yes use the similar methods for recovery. Please do. All I was trying to say is that being that lust is a different animal it has its

own unique challenges. As such using the same recovery methods may work for some or the majority but not for all.

=====

Re: the yetzer hora keeps beating me
Posted by cordnoy - 16 Dec 2015 17:54

[waydown wrote:](#)

Cords,

Call it what you want. (dabble etc..) At the end of the day lets use alcoholism as a moshol. And in fact I think the 12 steps is modeled after alcoholism anonymous. So say an alcoholic surrendered and went thru the program. Now on peasch he wants to drink wine for the mitzvah not for shikkur purposes. Or Friday night he is makpid to use wine for Kiddush. (again not a shikkur motive at all). Wouldn't most dr's advise this fellow to refrain from wine despite the fact that he is not doing it for "lust" or any unpuresit reason? Yes and you know this too. Bottom line is even if you do have sex correctly, its still playing very much with that same thing that once caused you lust. And the same is true with adrug addict in recovery. Normally if one is under a lot of pain the dr can prescribe medical marijuana to relieve that pain. But if one was once an addict the dr will be more reluctant. Why he is not taking the drug for the "lust" or lure of drug addiction. Nevertheless stay away from that bottle.

Face its, its one of the challenges that a sex luster has verse an alchohlic.

Please stop making believe that oh if we just do 12 steps and we just do this its all easy. Noone says life is easy. So I am not saying don't do what you have to for recovery. But when people naively say oh its easy and don't recognize challenges it makes it harder for those trying to recover.

My blessing remains the same.

I never said it was easy.

As a matter of fact, it is difficult.

The most difficult part for many is the stubbornness that has effected and permeated their entire being.

=====

====

Re: the yetzer hora keeps beating me
Posted by waydown - 16 Dec 2015 18:18

Amen to your blessing!!!

Point still remains that lust has different heads than alcoholism and in some ways is harder since its unavoidable as one who is married must hold that bottle of booz unlike an alcoholic.

=====

====

Re: the yetzer hora keeps beating me
Posted by Bigmoish - 16 Dec 2015 18:22

Point still remains that nobody on this thread seems to have any experience with alcoholism and therefore has no idea what they're talking about...

=====

====

Re: the yetzer hora keeps beating me
Posted by Bigmoish - 16 Dec 2015 18:26

[Case in point:](#)

[serenity wrote:](#)

I'd like to address your points in more detail, but I can't do that right now. So in short, you are making valid points and I appreciate them. I don't claim to have all the answers. Both addictions are difficult and have their own unique challenges. I personally don't see any good out of pointing out the differences in general. I get the feeling people do that in order to 1. Make themselves feel better and 2. Make excuses not to get in SA which would require them to come out of the closet. If I can convince myself that alcohol is easier, then I can make excuses for my falls. If I can distinguish alcohol from sex, then I can distinguish the solution. I can rationalize that sure going to a meeting and working AA works for an alcoholic, but I'm not convinced it will work for Lust and therefore I'm not going to go to the length of getting to an SA meeting.

Also seem to be comparing the vices. Alcolhol vs. Lust. Ur looking at the cheftzah and the problem. I'm liking at the person as the problem.

Aside from all that and I'll say but again. Alcolhol addiction is devastating

=====

Re: the yetzer hora keeps beating me
Posted by waydown - 16 Dec 2015 18:27

Thanks Cords,

Just one more difficult part for many is to just do things blindly without understanding (some times things that defy logic or the way of the world) while at the same time the way we work on ourselves is thru our minds (Kind of an oxymoron)

(or when we are told don't ask why just follow orders)

Just sharing my difficulty.

=====