

Marriage is not a hospital!!

Posted by Here 2 improve - 01 Sep 2015 10:47

I had my wedding 8 months ago and B'H marriage is great, I really feel that I'm growing as a person. However there is one issue that I find impossible to tackle come what may.

To put it bluntly I still cant help checking out every women that passes. Of course I have moments when I'm misgaber and control a 'double take' but I mostly find it a struggle to overcome looking twice.

Furthermore, its hard to admit this, but if I was alone in front of an unfiltered internet it would be a matter of time before I fell in to my desires.

It is extremely frustrating as I feel that shmiras ainyayim is pulling my marriage back from going further as I'm always comparing my wife to other women.

Its not that I don't find my wife attractive, B'h I am attracted to her and enjoy being in her company.

The problem isn't a new one of mine I still looked at every girl that passed when I was a bochur, I knew I was doing a terrible thing but I felt that marriage would solve my issues.

But how naive I was!! Marriage is not a hospital, its not a cure for ones negative traits aderaba in these inyonim its harder as you have a wife to compare to other women.

My wish is to build up a resistance, a strong resistance against what the yetzer hora tries to accomplish.

And ultimately I want to achieve what chazal say, that ones wife should be the only girl in the world.

Many thanks for your time and I hope together with Hashems help and GYE, i can overcome this challenge.

Mi ke'amcha Yisroel!!

Best regards,

Here 2 improve

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Re: Marriage is not a hospital!!
Posted by cordnoy - 02 Sep 2015 14:43

It may not BE a hospital, but it sure brings you closer to one!!!

b'hatzlachah

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Re: Marriage is not a hospital!!
Posted by Here 2 improve - 02 Sep 2015 18:30

@eslaasos

This relieved some stress for me because I no longer get hung up on the initial shockwave that hits when you walk/drive by some pritzus

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Hi eslaasos and welcome!!

First of all Many thanks for your post and best of luck in your challenge.

Second of all I wasn't quite sure what you were referring to by the quote at the top. Please clarify.

I like your idea about the concentration timespan, its good to know our reward is measured by how many milliseconds we control ourselves. Gr8 stuff!!!

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Re: Marriage is not a hospital!!
Posted by Here 2 improve - 02 Sep 2015 18:34

@cordnoy

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Re: Marriage is not a hospital!!
Posted by eslaasos - 02 Sep 2015 18:50

[Here 2 improve wrote:](#)

@eslaasos

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Hi eslaasos and welcome!!

First of all Many thanks for your post and best of luck in your challenge.

Second of all I wasn't quite sure what you were referring to by the quote at the top. Please clarify.

I like your idea about the concentration timespan, its good to know our reward is measured by how many milliseconds we control ourselves. Gr8 stuff!!!

Firstly, when you pass an intriguing sight, it's like a tsunami and your buttons are pushed good and hard, as per the design of the Creator who chose to wire your brain that way for your good. This is the first part of the shockwave, and it is more or less universal.

Additionally, due to a somewhat yeshivish exposure in my upbringing, and other factors, I have (less so that previously) been susceptible to yiush. Having a history of not being a superstar in the shmiras enayim area (to put it nicely), I am prone to mistaking that initial blast of hormones as yet another sign of how much of a lowlife I am. This thought pattern has been so well proven to be counter-productive that it is without a doubt a direct memo from the Yetzer Hora.

Recognizing that the first tidal wave is entirely beyond my control helped me to re-train my thought patterns a little bit some of the time.

This may not be relevant to you, but that's the way it works for me.

One more point, you liked the thought that every millisecond of restraint is immensely valuable. While I believe that to be true with some certainty, don't forget this is just my opinion, so don't take it as gospel.

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Re: Marriage is not a hospital!!
Posted by Here 2 improve - 02 Sep 2015 20:22

Thank you for clarifying and Thanks for your patience. Lets see where this road takes me!

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Re: Marriage is not a hospital!!
Posted by Here 2 improve - 08 Sep 2015 18:32

BH my shmiras ainyayim project is going amazingly.

But still work to do so....

Keep climbing!!

My mashgiach emailed me this for chizuk I would like to share.

A**** we never reach perfection in this world.

life is a journey [or a mountain we must climb]

it is a journey of growth and improvement towards perfecting ourselves.

We have peaks and we have falls.

Perfection is often the enemy of being good, as we tend to shoot ourselves in the leg and fall, if we don't feel we are perfect.

Even if we get knocked over in the ring, the main thing is get up and keep fighting until the bell rings, which at 120 !

Bahavo raboh

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Re: Marriage is not a hospital!!

Posted by Here 2 improve - 01 Nov 2015 11:15

Its been about 2 months since my original post.

Would like to tell anyone who is in there shono rishoina or about to get married.

Life is really beautiful when you control lust.

For those who are getting married do whatever is in your power to 'break free' b4 your marriage.

And for those who are in there shono rishoina STOP b4 its to late.

My marriage was hard at the beginning because I was always comparing to other women.

What can I say...comparing gets you nowhere and lust even further from the truth..

Stay strong and keep climbing then your in for a beautiful life!

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Re: Marriage is not a hospital!!

Posted by Shlomo24 - 01 Nov 2015 20:12

wow! great to hear you're doing well!

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