

just suscribed

Posted by tzomah - 11 Jan 2017 17:25

hi this is tzomah now that i'm getting alittle used to this one week maybe ican open up as akid my parents were a little messed up lots of screaming and fighting and i would soothe myself by mastrubating and playing with myself while fantasizing about any girl i happened to have seen that day or my 2 cousins i did this from when i was akid almost till i got married feeling guilty all the time except if i was learning really well and connecting to hashem i would sometimes be able to hold off for the most a month but at times i would go crazy and have such strong urges that i did quite some crazy things to get my fix

after i got married i stopped but inow realize that i was really using my wife igot obsessed with her and her sexual abilites or lack of and being from a closed home she didn't know much and i expecting who knows what mainly that she be and act like a fantasy i tried controlling myself but really i was subconciolosly manipulating her to be some one else and for atime it worked like 2and ahalf years until her compulsive issues came out and then i realized she wasn't even capable of fullfilling the fantasy then ibasicaly collapsed and slowly got in to the internet before you know it porn for a year till one week ago i decided enough is enough found gye and am trying to kick this compulsive habit this is the first time i am making a real confession so any comments or chizuk would surely help as i get thes compulsive feelings when i turn around and see a hot girl i also start feeling guilty about how prust i can be

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Re: just suscribed

Posted by tzomah - 26 Mar 2017 10:20

yup changing ourselves

and finding ourselves

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Re: just suscribed

Posted by tzomah - 27 Mar 2017 08:33

when it says in shulchan aruch that one can have sex to be matzil maveirah what does that constitute

does it mean if you feel lust focus it on your wife or if you feel a specific y"h use your wife instead

or other options?

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Re: just suscribed

Posted by GrowStrong - 27 Mar 2017 09:28

[tzomah wrote on 27 Mar 2017 08:33:](#)

when it says in shulchan aruch that one can have sex to be matzil maveirah what does that constitute

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or other options?

You will get two different answers here from the forum members.

The addicts response will not be the same as those fighting the yetzer hora.

Talking personally, (addict) - sex with my wife never stopped me from acting out.

And 'using' my wife stopped me from having an intimate sexual relationship with her.

However, focusing my lust on my wife did help me to get out of constant porn addiction, but she wasn't in the room so not sure if that's what was meant. I don't think the mechaber was talking to sex addicts.

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Re: just suscribed

Posted by Hashem Help Me - 27 Mar 2017 11:18

[tzomah wrote on 27 Mar 2017 08:33:](#)

when it says in shulchan aruch that one can have sex to be matzil maveirah what does that constitute

does it mean if you feel lust focus it on your wife or if you feel a specific y"ch use your wife instead

or other options?

The simple meaning, i think, is if one was exposed to a very triggering matzav (whatever that may be for him), and is afraid he will not be able to control himself, one should have sex with their wife. However that does not mean one should use his wife as a masturbating tool. The sex should be healthy giving and intimate. If one finds themselves not doing that, they should be speaking to a rov/therapist familiar with sexual addiction on how to proceed. Many of us (addicts and non addicts alike) were advised to practice celibacy for a certain period of time as part of our showing ourselves we could be in control, and to retrain how we treat our wives. How far one goes with this has a lot to do with if he is fighting the yetzer hora or an illness/addiction. Obviously these are matters we should not pasken by ourselves and should stick to shulchan aruch unless an appropriate authority tells us specifically otherwise.

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Re: just suscribed

Posted by tzomah - 27 Mar 2017 11:36

i don't mean a masturbating tool and she is enjoying it and it is intimate but at the same time you can feel your own lust and maybe even do things you would not have done had you not had this problem what is that and is it even possible ?

what does celibacy mean?

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Re: just suscribed

Posted by GrowStrong - 27 Mar 2017 11:55

[tzomah wrote on 27 Mar 2017 11:36:](#)

i don't mean a masturbating tool and she is enjoying it and it is intimate but at the same time

you can feel your own lust and maybe even do things you would not have done had you not had this problem what is that and is it even possible ?

what does celibacy mean?

My wife doesnt enjoy it if I am lusting.

She knows its not about her, its about me.

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Re: just suscribed

Posted by Hashem Help Me - 27 Mar 2017 14:03

[tzomah wrote on 27 Mar 2017 11:36:](#)

i don't mean a masturbating tool and she is enjoying it and it is intimate but at the same time you can feel your own lust and maybe even do things you would not have done had you not had this problem what is that and is it even possible ?

what does celibacy mean?

Celibacy means refraining from actual sexual relations. Intimacy is still happening, just not the actual act.

Sounds like your lust is not on too high of a level, anf if that's the case, a little ta'avah is normal. Or could be you are in denial..... If that's the case, your wife may feel she is being used.

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Re: just suscribed

Posted by MayanHamisgaber - 27 Mar 2017 18:25

I agree with HHM that it sounds like your' lust aint to high if I am wrong please ignore me...

Therefore as a non addict GS/HHM really said it all a little tiavah triggered by something and then being with the wife FOR THE WIFE is what chazal mean (coming from a rebbe of mine and a sefer ????? ????) and for me it helps (B"H I have a wife who understands and wants to help but I still need to be careful as the addicts can explain and did)

Great job trying to understand this keep the open mindedness and you will get far

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Re: just suscribed

Posted by tzomah - 28 Mar 2017 08:55

ok so maybe lust is a strong word but i have done and said things i saw in porn or things i fantasized about (although for sure got better since i started this)

what is that does matzil maveirah kick in or am i just sick?

i for sure feel lots of guilt especially as she learnt to talk like me witch just adds to my guilt

i also feel i can only start owning up to this now that i started getting clean

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Re: just suscribed

Posted by Hashem Help Me - 28 Mar 2017 11:14

Tzomah, have you listened to simcha feuerman's chosson shiurim on the website? If not, you may find your answers there.

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Re: just suscribed

Posted by tzomah - 28 Mar 2017 16:00

i took your advice from a different post i'm in the middle of shiur 5

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Re: just suscribed

Posted by tzomah - 31 Mar 2017 08:54

b'h doing great and gut shabbos all

any ideas for activities that boost adrenaline and a feeling of adventure?

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Re: just suscribed

Posted by bb0212 - 31 Mar 2017 12:30

Hike in the rain

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Re: just suscribed

Posted by bb0212 - 31 Mar 2017 12:37

[tzomah wrote on 24 Mar 2017 09:39:](#)

b'h i am feeling great and relaxed

because of that the situation at home is much better my wife is much happier and more into relations and is finally starting to get something real out of it (i think/i hope) after 6 years of marriage

i think my mindset is starting to shift that i **really** have to work on myself and stop wishing everyone else to change

btw i started doing exercise and stretches its really helping knock out cravings so thanx all for that advice

That's awesome! Cherish (your wife and) this time where you're doing great. Hopefully it lasts a while. At some point life will throw a curveball (hopefully for a short time) and if you fully connect during these good times, it'll make you stronger when the going gets tough.

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