

Addiction

Posted by HachemTatsilOti - 19 Apr 2018 16:38

Hi,

I'm 25 i live in paris, its about 10 years sadly i have this "girl problem".

When i was in High school i was very naive and some friends i have talked a lot about their relationship with girls in a sexual ways and i think it had altered my relation with girls.

Few month after hs i fell into the addiction.

I would like to completely stop this addiction and never see a woman like an object.

Thanks for your help.

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Re: Addiction

Posted by Hashem Help Me - 20 Apr 2018 04:10

Welcome to a place where you can b'ezras Hashem be helped. One idea that has worked for many of us is when we see someone that triggers us we daven/say tehillim that that person have a good day, be able to pay their bills, feel well, etc. This de-objectifies them and makes us view them as people.

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Re: Addiction

Posted by Highroller - 20 Apr 2018 11:02

I would like to understand this concept a bit clearer, just because we make them into people, that wouldn't necessarily take away the trigger, The trigger is still there 100% ?? I have definitely heard an explanation before but not really understanding it now.

Have a good blessed sober shabbos

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Re: Addiction

Posted by Hashem Help Me - 20 Apr 2018 11:30

Try it and you will iyh see that it works. Basically you are telling your brain that that person is simply off limits. How can i "use" her as a "toy"? She is a person with needs just like me. She is someone's wife, daughter, mother, friend... What right do i have to use her/ "steal" her as an object of fantasy? This angle - one of bein adam l'chaveiro - morality, has a strong effect on us. Hatzlocha.

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Re: Addiction

Posted by grateful4life - 20 Apr 2018 15:03

[Hashem Help Me wrote on 20 Apr 2018 04:10:](#)

Welcome to a place where you can b'ezras Hashem be helped. **One idea that has worked for many of us is when we see someone that triggers us we daven/say tehillim that that person have a good day, be able to pay their bills, feel well, etc.** This de-objectifies them and makes us view them as people.

Well said HHM and great explanation in the previous post on the science of how the de-objectification takes place.

For me, in addition to the generic prayer for the woman's well-being I add an opening line/prayer and a closing line/prayer that does wonders for me.

Opening Line - "God I feel disgusting, that I'm lusting/objectifying after one of your spiritual creations."

(Once I say the word "disgusting" the power that she had over me starts to dissipate rapidly. Also important to note that by saying this line I'm not judging myself and being disgusted at myself (which never helps), but rather I'm describing a feeling that feels disgusting.)

Closing Line - "May she be a spiritual light and blessing unto the world." (This really helps me to think of her as a spiritual being capable of creating infinite spiritual light which inevitably

transforms her from just being an object of lust).

So my 30 second prayer when I see/hear someone triggering goes like this:

"God I feel disgusting, that I'm lusting/objectifying after one of your spiritual creations.

Please bless her with a good day, with a loving husband and marriage, with wonderful kids, to be able to pay her bills, to feel well, to have whatever she dreams for etc.

May she be a spiritual light and blessing unto the world."

Works like magic for me.

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