

My journey

Posted by supremeone - 04 Aug 2021 15:35

Hi,

I joined several years ago but I never got to this point.

I am 26 years old and I have struggled with shmiras einayim since I was a boy of 11. But only recently have I gotten to a point where I do believe I understand myself.

I used to think the yetzer harah was a living thing, something separate from myself which inhabited me and made me watch what I did. To be fair this is how they teach you at a young age. I always thought there was something twisted and wrong with me.

I then went to yeshiva in israel and I thought this time I would beat it. But I didn't, and the guilt consumed me. Eventually I spoke with a rebbe who gave me some clarity and changed my perspective a little. He gave me enough tools to start really thinking about. Once I left yeshiva I had a moment of clarity, the yetzer harah is not a thing, it is me. It is my physical essence, it does not have conscious thought, it has only physical need.

But despite thus clarity I began to hate that physical part of myself. I thought it evil and disgusting. I had moments of success and then moments of failures but the deep misery was mostly abated.

Fast forward to 2020 a beautiful woman joined my work place, not religious but Jewish. She had some struggles and I helped her, I knew she wasn't for me but I still wanted to help her. Maybe for some selfish reason, maybe I was genuine. The result was I helped her and she has had some successes. We became friends.

We had a lot of conversations, she hated religion for various personal reasons which after hearing I couldn't really blame her. Our conversations were enjoyable and actually changed my perspective a little. But as time wore on I began to develop deep feelings for her, sexual and emotional. In a way she had the same for me. But all I could think was I loved Judaism, God

and my mother. The disrespect i would show all three by having a relationship with this woman would be tragic. So I kept my distance but we had a conversation about my feelings and hers. We both knew it shouldn't happen. Thankfully I have strong feelings against hook up culture which means I didn't ever want to just hook up. I wanted a relationship. I have a reason for mentioning this but I will digress first.

I began to watch a lot of lectures from someone I believe to be a righteous non Jew called Jordan Peterson. He spoke about Carl Jung and his theories of the shadow self, the self we repress. In 2021 I had a massive break through, I let my thoughts wonder and wrote out my feelings of guilt, anger and disgust (my shadow self) and found under all of it there was a simple need which I was repressing. I wanted a physical relationship. And there is nothing wrong with that. But I also want an intimate emotional relationship and above all I want a spiritual relationship. All of which are not just permitted in halacha, but emphasised as important.

So what keeps me from engaging in a hook up? The fact that for 15 years I have waited for all those physical firsts is amazing, and I can wait longer. I no longer feel shame or angry about that, it is one piece of a relationship to look forward to. Along with the challenges and conversations and all the other great things a marriage can bring.

Unfortunately I still have issues with pornography and shmiras habris. And I need some advice. The problem is more than being single, the problem is when I feel trapped or anxious these two things act as a comfort. Also when I see this woman I mention I feel tension and some resentment that I can never be with her. I do really like her as well as have some lust towards her. I refuse to feel guilty for being human as I do not think it helps, my sins will be atoned for in the right time. But how does one gain control over his physical desire with repressing it?

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Re: My journey
Posted by Cesare - 15 Aug 2021 03:17

Based and redpilled

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Re: My journey
Posted by supremeone - 16 Aug 2021 11:00

[Cesare wrote on 15 Aug 2021 03:17:](#)

Based and redpilled

This made me smile. Thank you for the best compliment you could give me!

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Re: My journey

Posted by supremeone - 16 Aug 2021 11:31

So, we had a bad weekend. I went away with my brothers and I ended up watching stuff when I was alone.

I also listened to a podcast. The guy in the podcast was talking about his own issues. He mentioned that he was drawn towards women because he was searching for something which he was missing. In his case he was ignored a lot by his mother since his father was sick most of his teenage life.

I can relate, I often find myself talking with women when I get the chance and I find myself thinking of women all the time.

Do I seek female validation? Do I lack self confidence to be satisfied with myself?

See when it comes down to it how do we view averiah. Is it a flaw in a persons actions, or is it a flaw in oneself. If the flaw is in the action then it should not be hard to sop the action (barring some sort of chemical dependency). If it is a flaw in the person, it could be shallow, the person just does not understand the reason why his actions are bad. However, it could be deep, driven by emotion instead.

So what drives my lust? Gluttony involves no one else, it is food. But lust involves another

person. Lust involves connection with another person. But is that it?

I just don't know, I do feel empty and lost. Every woman I see my mind jumps on.

My rabbi has suggested I involve myself more with chessed, I think I will try that. Maybe that will help.

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