

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

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I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by chaimoigen - 15 Sep 2024 04:41

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This is the stuff that dreams are made of!

Dreams and hopes .... To become who we want to be... who we always wanted to be... who we should have been.

Boruch Hashem for GYE!

These wins are more meaningful in a certain way than breaking free from negative behaviours. There is change here, and Tahara. Newfound life. It's special.

And it makes me think. How much of our lives, of our Neshomos, how much of internal health was stolen and taken away from us by the cursed poison that has permeated the world, and that we have let into our bloodstream?

How grateful must we be to have the blessed Zchus of being able to grow and finally taste the sweetness of living in a way that ought to be the way normal human beings act, think, and feel?

BH for GYE.

Muttel- keep truckin' up the holy heartbreak mountain! I can see flames and daybreak on the summit, high above the clouds.

Love,

Chaim

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Re: My ENTIRE story

Posted by proudyungerman - 26 Sep 2024 03:09

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[Muttel wrote on 15 Sep 2024 02:37:](#)

I'd like to share a modest win I had today with the olam, though in truth, for me, it's a massive humongous win...

I had my brother in law and his wife over for Shabbos. Now, I'd never exchanged more than a few words with my sisters in law, not because I'm a big tzaddik; on the contrary, it's because I'd look at them with some measure of lust. I know much has been spoken about this topic and

chosemysheem recently related an incident seeing his sister on his way to shul...

Im happy to report 2 things. I had no problem speaking to her directly. I addressed her, and casually made small conversation ***like a normal human being***. Concurrently, I can't tell you what her makeup looked like or if she was even wearing. Nor can I describe the dimensions of certain parts of her body, vehameivin yavin..... for me, this is a massive victory.

Heres wishing all our brothers a super successful week in all aspects of avodas hashem!!

With a ton of brotherly love,

Muttel

I've been thinking about this post. A lot.

I am curious if accomplishing this is affected by the amount of clothing/makeup or lack thereof that is (or isn't) being worn.

**Warning: Spoiler!**

(Asking for a friend. You might know who.)

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Re: My ENTIRE story

Posted by Muttel - 26 Sep 2024 14:10

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I'll tell you the truth, I have Hashem and the Olam here to thank for this victory - ?????? ??????  
?????? ????? ?????? ?????? ?????? ??????.

I still consider myself pretty new (142 days and counting), so it's hard to know what ?????  
causes what effect. I can just tell you what I've been working on these last 4.5 months.

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I have been focused on recognizing that women are human beings that were once babies. they  
cried, they spit up, they burped, they had their diapers changed, etc. Even today when they've  
) every morning (it's not  
just our wives'), they flatulate, defecate, urinate, and everything we do. They get moody, they  
cry, and have all sorts of feelings. They aren't sex toys. Their breasts aren't there for us to gaze  
at, their backside isn't for viewing, and their figure is not their for us to adore and get an erection  
from.

When we think about them this way, and we cut off all triggers to fantasize so that we've gone a  
period of time without having fantasized about women, we can actually see them as full fledged  
human beings we can speak to freely (not too freely though!).

Just some thoughts I thought to share.

KOMT!!!!

With much brotherly love,

Muttel

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Re: My ENTIRE story

Posted by BenHashemBH - 26 Sep 2024 14:43

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Thank you Reb Muttel for sharing,

Thinking a bit about this since also reading Gibor's question about women at work.

I like what you write "aren't there for us to gaze at". For me, I think part of my thought process is that it's like stealing. It's not mine. It's not just about me, it's about them too. This belongs to them, and just like I wouldn't take their purse, I'm not going to 'take' their body either. There is no 'just' in looking, it harms both me and them.

Someone might say the certain women or circumstances would lead you to conclude that they do want you to 'take' their body - but that's more than likely because there is something broken or amiss inside them, and not something almost anyone truly wants.

Besides shemiras einayim and kedusha, it's also common decency. I have a harder time with drawing lines, so across-the-board mentalities work best for me. I'm not focusing too much on if this is a man or woman, attractive or not - I don't need to look too much at anyone and I can try to talk to everyone just as a person. Separate the gender from the interaction. I'm not looking or thinking, because right now you aren't even female. Within reason of course, it's not easy to maintain so it works best to mitigate and use for brief periods as needed. It might also be harder if the person is overly provocative and that overpowers your mental capabilities. #1 is avoidance.

Thank you for the insight that allowed me to process these ideas a little more.

Continued hatzlacha

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Re: My ENTIRE story

Posted by chosemyschem - 26 Sep 2024 15:08

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It's very hard to think of looking as "taking something." Because it really truly does not harm them. Zeh nehneh v'zeh lo chasar.

Now, get caught looking and you'll probably find out that they do view it as offensive, and think you're a creep. But it's a difficult worldview to inculcate.

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Re: My ENTIRE story

Posted by thompson - 26 Sep 2024 15:26

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[chosemyshe wrote on 26 Sep 2024 15:08:](#)

[BenHashemBH wrote on 26 Sep 2024 14:43:](#)

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The halfway old-timers might remember sleepy (later known as sleeepy) and the heavy back and forth on this topic.

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Re: My ENTIRE story

Posted by BennyH - 26 Sep 2024 16:02

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I'm very skeptical of the long term efficacy of this mehalech. It goes against human nature and how Hashem created us. Hashem *designed it* so that we are drawn and are attracted to the female physique and everything about them. There's nothing rational about that attraction.

Are you horny for a female rabbit? No? But male rabbits sure are! But there's nothing sexual about them! It's just a rabbit! The male rabbit looks at your hot neighbor and can't understand what your struggle is! There's nothing sexual about her at all! It's just another scary human! Who was once a baby!

There is a reason why nature works this way, of course. To work against that and convince yourself that, *aaaaaaaaaaaaaaaaakshully*, women are disgusting/smelly/cranky/poopy/human, is like trying to swim upstream while masturbating.

Maybe it can help in the beginning stages of breaking free to help shake off the ingrained habits, but I don't see how going against nature could be successful in the long term. For you might try to train your brain to say ew ew ew, but in a weak moment your oblivious groin will say yum yum yum. And then you'll beat yourself up for desiring something so "disgusting", as you've trained your brain to think that way.

What I found that works for me is being very aware of how I will feel like *after* I indulge. I will feel like garbage. It will hurt how I think about my wife. I will desire something that I'll never have. So why torture myself? That kind of self talk directly addresses the *emotional* pull of lust, instead of trying to intellectualize it.

Again, perhaps different strokes for different folks, but count me skeptical.

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Re: My ENTIRE story

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Posted by BenHashemBH - 26 Sep 2024 16:22

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The kind of unhealthy attention they get from lusting men.

If what they don't know doesn't hurt them, how far does that go, invading privacy and taking their dignity?

Peeping Tom.

Undressing someone that's unconscious.

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The ruler who preserved the woman's body in honey.

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Again, perhaps different strokes for different folks, but count me skeptical.

Reb Benny,

I'm in agreement with what you are saying. I don't find the female body disgusting or unattractive. I'm avoiding / blocking the thought of assessing them entirely.

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Re: My ENTIRE story

Posted by chosemyshem - 26 Sep 2024 16:36

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[BenHashemBH wrote on 26 Sep 2024 16:22:](#)

[chosemyshem wrote on 26 Sep 2024 15:08:](#)

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It might be easy to rationalize looking as basically harmless, so I'm not saying it works for everyone, but it works for me.

You probably don't pirate movies either lol.

I'll bite though. Invasion of privacy is generally considered a tort. Halachically, hezek re'iyah does not exist for non-jews and may be a chok. But there appears to be a general principle of human behavior, a "natural law" if you prefer, that values the ability to undertake activities in privacy. This principle results in legal prohibitions against breaching privacy.

So a "peeping Tom" or a guy leaving a camera in the bathroom, has breached that principle both legally and morally. He will be jailed and vilified. Someone who gropes an unconscious woman has breached that privacy taboo, as well as even more deeply rooted ideas of personal bodily autonomy.

But we're not talking about that. We're talking about looking at what is on display already. It has nothing to do with "well they don't know and probably wouldn't mind." The looker has done nothing to them, and possibly the only difference between him and any other person on the street is his personal internal degree of lust.

I'm not justifying looking. I'm saying that it's hard to view it as an problem based on the effects on the other person when there are no effects on the other person. When the only wrong is an internal feeling of lust, it's an internal problem.

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trying to intellectualize it.

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I wasn't clear. When I speak of parts of women unattractive, I am not trying to say "don't be attracted!" I am attracted to my wife even with her very human tendencies. Rather, I am trying to drill into myself that they are deeper than skin deep sex toys. They are a complete human beings with *parts that I don't like that just make them human-like*. Not to say they aren't attractive, but if I can see they are a complete human, I won't view them sexually.

Being attracted is different than viewing someone sexually.

Hope I'm clearer now!

Muttel

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Re: My ENTIRE story

Posted by BennyH - 26 Sep 2024 17:17

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[Muttel wrote on 26 Sep 2024 17:04:](#)

What I'm saying is that your primordial brain will inevitably view them sexually, whether you tell yourself otherwise or not, because it is ???? ?? in the ????? for your brain to view them that way.

This shprach of "just humanize them" implies that it's *wrong/immoral/misogynistic* if you view a woman sexually. And while to a certain extent that's true, because they're certainly not *only* sexual beings, they still very much are *sexual beings*.

When you view them sexually, you're interpreting the situation correctly. Twisting your mind into pretzel to tell yourself that they're "full human beings" will not convince your lizard brain that it doesn't see what it sees.

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Re: My ENTIRE story

Posted by BenHashemBH - 26 Sep 2024 17:49

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I appreciate your response Shem, and I'm trying to understand where the line is.

What is considered on display?

A kallah under the chuppah wanting to look beautiful for her wedding

A wardrobe malfunction

A woman who naturally has a certain body type and just isn't wearing a garbage bag to hide it

I forgot to close my window shade

Just like if I was in my house, these are things I would not want others to observe with lust.

Is it fair game because they made a choice or mistake? What's the distinction between looking with no fence or through a hole in the fence? If it's the thought of the perceived that they have privacy, then it should apply also to a (non negligent) wardrobe malfunction. I can't figure out where precisely invasion of privacy shifts to on display.

Thank you

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Re: My ENTIRE story

Posted by cande - 26 Sep 2024 17:50

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With much brotherly love,

Muttel not sure which planet you live on,

buy my girls dont have these issues,

not saying there toys, but sure verry sexy.

in my opinion to process correctly muttal post and that whole idea.....one must listen to  
DOVs shiur on the inyan, its deep and takes lots of thought in order to process it and live it.

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