

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

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 cande - 27 Sep 2024 14:13

[Markz wrote on 26 Sep 2024 23:30:](#)

[cande wrote on 26 Sep 2024 19:35:](#)

[odyossefchai wrote on 26 Sep 2024 19:02:](#)

I do agree with the 'women are human' concept.

me too! that just makes them more sexy.....

Brother,

I assume you are struggling and can't make 90 days clean.

In that case, you gotta remember that anything can be a trigger.

A doorknob or even

Warning: Spoiler!

Hopefully you'll get out of this rut soon

not sure why you feel a need to attack me.

all im saying is that this whole concept of humanizing women, is taught by DOV in many shiurim and talks,

and DOV does not mention any of this - focusing and recognizing that women were once babies, cried, they spit up, they burped, they had their diapers changed, etc. their breathe smells every morning, they flatulate, defecate, urinate, and everything we do smell, bathroom, ect.

To me that dehumanizing them not humanizing.

I actually use DOVs method of humanizing and it works amazing!

a few posts ago i posted a link to some of DOV talks that explain this method in depth.

cande

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Re: My ENTIRE story

Posted by BenHashemBH - 27 Sep 2024 14:31

[cande wrote on 27 Sep 2024 14:13:](#)

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cande

Thank you sweet Brother Cande,

I listed to the Dov recording that you shared. As you say, he's not talking about making them unattractive - in fact, he seems to be saying the exact opposite. Running around yelling about chazer being treif all the time is just obsessing about it in an unhealthy way. Hashem said "not kosher" and so I can't eat it.

When we lust over a woman, even an image, even an object, we are consuming that. In turn, it will consume you. You blow it out of proportion and trap it in a box with yourself and your thoughts. Everything in the world that Hashem created has a distinct part in this world. When we abuse the things we see or think about, we are distorting and corrupting their purpose.

Better if you can listen to the talk (Hashem, thank you for increased playback speed), but this is what I took away from a portion of it.

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Re: My ENTIRE story

Posted by iwantlife - 27 Sep 2024 14:43

Though I'm no expert on Dov's talks, I think I did listen to that one, and it was a real eye-opener. However, I think R' Muttel is making a slightly different point here. It's not about "chazer being treif", rather adding some **context** to what you're ~~obsessing~~ about to obsess over when you stare at a woman's body parts. Not bad or ????, just the true, full picture, not the narrow view that lust / the YH wants us to have in those few seconds, amplified by the fake context I mentioned earlier that modern culture has tried to swap out for the truth.

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Re: My ENTIRE story

Posted by Muttel - 27 Sep 2024 14:56

[iwantlife wrote on 27 Sep 2024 14:43:](#)

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Thank you iwantlife! I was debating if I should respond, elected not to, but then saw this post spelling out exactly what I intended.

I didn't mean to "scream women are ??????" or anything dehumanizing. I simply meant to convey that they aren't just ?????????????? sex toys for us to devour. rather there is a whole person there, parts to enjoy, and parts that would push us away.... Not a being we should lust over....

All the best chevra,

Muttel

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Re: My ENTIRE story

Posted by cande - 27 Sep 2024 14:57

[iwantlife wrote on 27 Sep 2024 14:43:](#)

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when your obsessing @ staring a girls behind, its aint gonna help you thinkin' that she uses the restroom

this approach is awkward and creepy weird.

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Re: My ENTIRE story

Posted by cande - 27 Sep 2024 15:00

[iwantlife wrote on 27 Sep 2024 14:43:](#)

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when your obsessing over a girls behind, its aint gonna help you thinking' that she uses the restroom.

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Re: My ENTIRE story

Posted by Muttel - 27 Sep 2024 15:02

That may be true, but knowing they use the restroom can help you avoid obsessing over their behind, ????.

It may not help you, but it helps me.... Just want to spread as many tools as possible....

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Re: My ENTIRE story

Posted by iwantlife - 27 Sep 2024 15:05

[cande wrote on 27 Sep 2024 15:00:](#)

[iwantlife wrote on 27 Sep 2024 14:43:](#)

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I agree. Perhaps obsessing was the wrong word. I'll fix it. We all know, once you're at that stage, it's probably too late. Again, I'm not holding by this ??? yet, but I imagine this is a tool to use when you take that first look, to hold you back from going for seconds, and the fantasizing that the second look often brings...

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Re: My ENTIRE story

Posted by mggsbms - 27 Sep 2024 15:22

[chaimoigen wrote on 26 Sep 2024 23:27:](#)

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

[Bennyh wrote on 26 Sep 2024 16:02:](#)

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, *aaaaaaaaaaaaaakshully*, 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.

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

I like the original post, Benny's riposte, and Muttels clarification. But I want to add a point. To address Benny's response here

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.

I disagree with this point. And I want to explain. I know that humanising women that you see doesn't work for a lot of people, but it does work for me.

Part of why it works for me is because of the line I bolded in the post above. To me, the point isn't that women I meet have bad breath and flaws. That doesn't do anything for me. However, because **Im not 17 anymore**, once I see a person as a person, the pull that I would feel to her, as a person, would be the pull of **attraction**, (flavored and spiced, of course, by sexual desire and lust). Attraction has to do with a a relationship with the whole person. Now for an healthy human male, it's obvious that there will be a greater potential pull of attraction if the woman is pretty and sexy.

But, as I said, **I'm not 17 any more**. And I have a great wife, who I'm attracted to. So once my brain is feeling the pull of attraction , it's easier to for the other part of my brain to kick in, help me back off and say: I don't know her, and don't really want to, and she's probably not that nice at all (and I'd **never** want to wake up next to her!).

The lizard brain you've talking about, for me, kicks in, in its raw untrammelled form, if I have the misfortune to see a mostly naked body. My brain blares a trumpeting of pure lust and wants to react with pure physical sexuality. Hard to fight that. BH, with Siyata Dishmaya and carefulness I do my damned best to avoid that kind of thing these days.

What Muttel is saying, and/or what works for me, is this. If I erroneously look at a woman I meet as a naked body that happens to be surrounded by inconvenient clothes, the lizard brain kicks in.

When I train myself to see instead, a person- e.g. a mother feeding a child, a daughter hurrying to catch a bus, or a wife shopping for her husband, I can know that they aren't mine, and more easily react accordingly, even if they are highly attractive women.

This is not incorrect biologically either, because Hashem wired us to want to get married and connect and love a woman, not just bed them. Tapping in to where the former instinct lands is a way to avoid the latter lizard.

lot's of important points to think about in this post (and all the others on this topic), this clarifies the whole concept of ??? ?????, and why someone could have "pas besolo" without any redactions and still lust his brains out, (case in point, me).

(As a side note, not sure if I should write this but I will, the whole concept of "I'm not 17 anymore", is part of the culture of lust, that when one is young one has the need and the license too indulge, from my experience it doesn't have to be that way. This mindset is a big part of my struggle that i feel like I missed out on that, the Dr Jekyll in me wishes I was 17 when I had lust in check and was able to control my desires, and the Mr Hyde in me wishes I was 17 for other reasons. The gemara in b"b in the recent "daf yomi" talks about days in ??????? where boys and girls would play on the streets and not sin, to me the gemara is telling us something about human nature, conditioning has an effect).

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Re: My ENTIRE story

Posted by odyossefchai - 27 Sep 2024 15:55

Also, we have to remember that when we see a pretty woman in the street, we aren't really seeing 'her'.

We are seeing the face she chose to show, or the face she has on that day.

Similar to a picture on social media.

A couple standing close in a romantic location.

It doesn't tell us what's really going on.

It could be that the couple hate each other and just smiled for a picture. We don't know how much filtering or touching up was used.

When you see a pretty woman in the street, remember that there is much more than the pretty face you got to see that day.

The way I look at it is, I try to imagine that she has the same sex drive as my wife! Aka zero!!!!

Pretty face/body don't help you much when she isn't interested in you!

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Re: My ENTIRE story

Posted by richtig - 27 Sep 2024 16:36

The Gemara seems to touch on the points made (??? ???.)- ??? ?? ????? ??? ????? ?? ??? ???
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Re: My ENTIRE story

Posted by BenHashemBH - 27 Sep 2024 17:12

Yes, thank you richtig!

Desire for women is in our nature because Hashem made it this way. Logically, it doesn't really make sense.

Though there are tribes that have different social norms and seem to be desensitized to the things that would trigger us. I wonder how that fits in?

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Re: My ENTIRE story

Posted by eerie - 27 Sep 2024 17:25

Reb Avigdor Miller used to say that if you want the romance to end, just marry her. Not because then you'll see that she has disgusting parts to her. Just because then you'll see that she has

more to her than just her looks and body

I want life, you said it very well. What Muttel meant was that we can train ourselves to realize (and as time goes on it definitely gets easier) that there's a **whole** picture. Sexuality is but one small part of her. Not that the rest has to be disgusting, but the rest is not very sexy. And when we realize that yes, we are wired to desire woman, but even that is only a small part of us, and that a woman is a lot more than just a person that one has sex with, it helps us reframe our interactions with them. It helps us walk through the world without going nuts at every woman out there.

Thank you Muttel for bringing it up! And thank you CO for explaining it so well

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Re: My ENTIRE story

Posted by Markz - 27 Sep 2024 22:16

[cande wrote on 27 Sep 2024 14:13:](#)

[Markz wrote on 26 Sep 2024 23:30:](#)

[cande wrote on 26 Sep 2024 19:35:](#)

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cande

I try to support and was responding kindly to your comment.

I guess you meant something very different in your comment?

Because you seemed to say quite clearly that when you humanize a woman that makes you lust after her.

If you didn't mean that, please clarify.

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