

Does the pleasure even come close?
Posted by Eerie - 24 Nov 2022 21:38

Hi there dear friends!

Just sharing a thought. I have struggled sometimes with M. Like most married men, usually when my wife was not available for medical or halachic reasons. The last time I did it I suddenly realized that the pleasure it provided did not even come close to what I was seeking, the closeness, the intimacy, the deep emotions, the whole world that is married life, it wasn't even a shadow of the real thing. It literally took away most of the desire to it, and when the fire is lower maybe we can muster enough yiras shomayim to overcome the desire. I hope this helps someone out there.

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Re: Does the pleasure even come close?
Posted by Shtarkandemotional - 23 Dec 2022 04:09

The only thing that has seriously worked for me is realizing that if I want to succeed in this journey I must step out of the battle. Which is to Stop the thought in its place and not fantasize at all. Learn to manage your thoughts. like some others related once you've started thinking about lustful activity it's very hard to then convince yourself that your fantasizing is mistaken.

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Re: Does the pleasure even come close?
Posted by DavidT - 23 Dec 2022 14:57

[Shtarkandemotional wrote on 23 Dec 2022 04:09:](#)

The only thing that has seriously worked for me is realizing that if I want to succeed in this journey I must step out of the battle. Which is to Stop the thought in its place and not fantasize at all. Learn to manage your thoughts. like some others related once you've started thinking about lustful activity it's very hard to then convince yourself that your fantasizing is mistaken.

This is another reason why it's so important to have an accountability partner. Once you're in the mud, your thinking process get's fogged by the fantasies. Your partner or Mentor can help you sort out your thoughts as to what's real and what's fake.

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Re: Does the pleasure even come close?
Posted by ?????? ?????? - 24 Feb 2023 15:23

Thank you for saying that, I feel similarly. That is why I, for a cognitive approach to work it has to be used way before the urge comes up, to kind of get used to the idea that it doesn't really make sense etc. Then when the urge comes, ideally we are a bit more prepared.

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Re: Does the pleasure even come close?
Posted by Breakingfreefeelsgood - 27 Jun 2023 04:58

The Gemara talks about how for every thing that we are not allowed to to there is something that has the same pleasure to do that is permitted for pig , there is certain type of fist that tastes the same and for forbidden women the Gemara says that your wife is the same thing so next time the yatzer harah comes over to you telling you that it's so good, tell him that it isn't any better when you do it in a forbidden manner. In judaism there is nothing that is bad, rather for everything there is a time and place so all you have to work on is having a bit of patience!

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Re: Does the pleasure even come close?
Posted by justi - 27 Jun 2023 08:17

Does this factor in the added pleasure of "mayim genuvim yimtaku"?

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Re: Does the pleasure even come close?
Posted by chaimoigen - 27 Jun 2023 20:06

[justi wrote on 27 Jun 2023 08:17:](#)

Does this factor in the added pleasure of "mayim genuvim yimtaku"?

I think there are ????? from the Gemora that it doesn't.

But the pleasure of Mayim genuvim is to a large degree fantasy - and leads one down a rabbit hole....

On the Tzad Hatov there is the unmatched satisfaction of not needing to deal with the heartache and agony of ??? ?? ?????? ??? ?? ??????

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