

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

=====

Re: Bigmoish's path to tahara

Posted by cordnoy - 19 Jul 2015 06:02

[serenity wrote:](#)

daven.

I'm far from an expert, but I can't see any time that you should ever share that feeling with your wife. I'm pretty sure that your attraction to your sister-in-law is pretty normal. The fact that you let that attraction consume you, may not be. What does your therapist say about it?

Not that i wanna get into a discussion, but "attraction" - yes; "consume" - no? I don't really get it.

=====

Re: Bigmoish's path to tahara

Posted by serenity - 19 Jul 2015 06:13

That's a good sign.

=====

Re: Bigmoish's path to tahara

Posted by neshamaincharge - 19 Jul 2015 12:25

I feel for you moish. Daven. We'll daven for you too. Many of us have a similar issue.

Wishing you much hatzlacha!

=====
=====

Re: Bigmoish's path to tahara

Posted by unanumun - 19 Jul 2015 12:25

Perhaps maybe set aside ten minutes a day (or less) where you write down reasons why you shouldn't be attracted to her.

Try to get to a point at least once every few days where for at least a few seconds you feel absolutely no attraction for her. And if she would walk into the room during those seconds, you still would feel no attraction.

Start small and eventually you might be able to internalize it for longer periods of time.

=====
=====

Re: Bigmoish's path to tahara

Posted by Bigmoish - 19 Jul 2015 13:41

I'm well aware of all the reasons I shouldn't be attracted to her. Thinking about her at all is usually a bad idea.

=====
=====

Re: Bigmoish's path to tahara

Posted by newaction - 19 Jul 2015 13:44

Your sil was not meant for you.

- she will not help you come to your shleimus, your wife will.
- you dont really know her deep inside , appearances deceive.
- she doesnt love your kids like your wife loves them
- she doesnt really appreciates you like your wife does , again dont deceive yourself

- deep inside your wife , you are the one and only man.
- your wife has molded herself to fit your likes and dislikes , not necessarily your sil.
- There are so many things i cant think about that G.od knows why he chose your wife for you.
- you want your wife to feel she is the one and only for you and in your heart
- your wife feels 100 % safe knowing you are there for her - in life
- it is in your capabilities to think big about your wife and small about sil
- Let's see a list of good (special) things your wife has that you like and
- everyday add something new to your list
- what makes your wife so special

I think your wife makes you a rich man , just by having her , the millions will come later.

Hatzlacha.

-

=====

=====

Re: Bigmoish's path to tahara

Posted by Bigmoish - 19 Jul 2015 13:48

[Bigmoish wrote:](#)

I'm well aware of all the reasons I shouldn't be attracted to her. Thinking about her at all is usually a bad idea.

- I am stopping here because i feel i want to meet your wife , not your sil.

=====

=====

Re: Bigmoish's path to tahara

Posted by newaction - 19 Jul 2015 13:52

Yes , i was just saying think about wife Mural size and about sil old stamp size or not at all. but i was writing what will i have done. Cant wear your shoes.

=====

=====

Re: Bigmoish's path to tahara

Posted by Bigmoish - 19 Jul 2015 13:55

I have done it many times, so the thought is a good one. I invariably end up lingering on the good qualities of the wrong woman for several days after such an exercise.

=====

=====

Re: Bigmoish's path to tahara

Posted by newaction - 19 Jul 2015 14:00

first of all i empathize and wish you hatzlacha.

about lingering on good qualities , deception is as real as reality;we deceive ourselves thinking many good qualities almost about anything in life until we , buy it , live it, drink it , etc. You cant ever know a woman in reality until you marry her then all the little surprises come to light. The same story applies to "the wrong woman". It is all a trick of the mind.

=====

=====

Re: Bigmoish's path to tahara

Posted by cordnoy - 19 Jul 2015 15:02

my thought is to focus on actions to increase love for wife....nothin' else (and not in contrast to anyone).....plus continue the steps.

b'hatzlachah

=====

====

Re: Bigmoish's path to tahara

Posted by Bigmoish - 19 Jul 2015 16:57

[cordnoy wrote:](#)

.....plus continue the steps

=====

====

Re: Bigmoish's path to tahara

Posted by cordnoy - 19 Jul 2015 17:09

[Bigmoish wrote:](#)

[cordnoy wrote:](#)

.....plus continue the steps

Was a much easier task with the daily phone call

will try this week - sorry.

=====

=====

Re: Bigmoish's path to tahara

Posted by Pidaini - 22 Jul 2015 18:54

=====

=====

Hi Moish!!!

Thanks for the wake up call!!