

Why is it so hard?

Posted by Geshmak! - 21 Oct 2022 04:30

I'm almost by 90 but it soooo hard!! Like I'm going crazy! Shouldn't it get easier and easier?!?!

Are these urges ever gonna go away ... like I feel I can't anymore....

please can someone that has been all the way in and got out tell me that it will get easier and I'll bhy be able to live a calm life with out just thinking lustful thought a whole day...like all I see is...women's behind bouncing up and down like can't I grow up and not live so low. I want to live higher happier etc. so started 90 days and thought that when I get there I'll be a changed man but I'm pretty close(86 bh) and it just so hard still. I'm starting to get disappointed and feel like given up so I would love to hear from real people that went through this that it will get easier and life gets better,and that I just need to give it some more time.

It will be greatly appreciated!!

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 02 Feb 2023 02:54

[Ybird wrote on 01 Feb 2023 16:08:](#)

@Geshamk!

thats good to hear!!!

?!?!

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 02 Feb 2023 02:55

[Shmuel wrote on 01 Feb 2023 15:39:](#)

[Geshmak! wrote on 01 Feb 2023 14:46:](#)

Let me try to be a little more clear.

basically I have done crazy dangerous silly foolish stuff because of my sex drive. Which means that I'm a addict(I can't go into details but things that could've destroyed my life and the life of my family) but I bh never hooked up with anybody (even though I was close) and at sa a lot or maybe most have been with others and by me being there and hearing how others did it and how they felt before (I won't even hear the second half how they felt after) I will get very triggered and probably will cv fall into the worst. But in a way if I'm addict I need to know how to control myself and how to live life as an addict. Like if I'm gonna be in a situation when I have access to bad stuff or worse will I be able to control myself??? So what a ??? would do is go fall 20 times do the worst of the worst and hit the rock bottom and then see for himself that he can't live with out sa 12 step. But I'm bh a yid and I can't do that. So I was really stuck and I couldn't decided what to do so I spoke to people with a lot of experience and I am in touch with them. But yes I wish to join sa and get helped it for now it won't help me it probably will make me worse r'l... but I'm not giving up on a clean life! Yes addicted or not I'm a Jew and my father in haven which made become a addict gave a Torah with rules and this apply even for addicts. And he will give me the kiach j need to fight my addiction (cause I CANT do it myself) H' which split the ?? ??? will split my problems and let me free of my ??????. Bhy!!

but I have to do mine to be careful and watch that I don't fall again so I was mekabul on myself for the next 40 days to say ????? and in the week days the ??? from before putting on my ????? in side my ???? and think the words and have in mind what I'm saying.

Thank you everyone for just being here to listen to me. This platform is not stam just that a person can type hes problems and get it off hes chest is enough (besides all the chizuk and ideas that come out of this Heligah site!!!) Kol tov!!

My experience in SA has been VERY different then what you describe.Happy to chat if you'd like.

Wishing you tons of Hatzlacha

???!!!

What do you mean by chat, Pm?

=====
=====

Re: Why is it so hard?

Posted by Shmuel - 02 Feb 2023 09:49

[Geshmak! wrote on 02 Feb 2023 02:55:](#)

[Shmuel wrote on 01 Feb 2023 15:39:](#)

[Geshmak! wrote on 01 Feb 2023 14:46:](#)

Let me try to be a little more clear.

basically I have done crazy dangerous silly foolish stuff because of my sex drive. Which means that I'm a addict(I can't go into details but things that could've destroyed my life and the life of my family) but I bh never hooked up with anybody (even though I was close) and at sa a lot or maybe most have been with others and by me being there and hearing how others did it and how they felt before (I won't even hear the second half how they felt after) I will get very triggered and probably will cv fall into the worst. But in a way if I'm addict I need to know how to control myself and how to live life as an addict. Like if I'm gonna be in a situation when I have access to bad stuff or worse will I be able to control myself??? So what a ??? would do is go fall 20 times do the worst of the worst and hit the rock bottom and then see for himself that he can't live with out sa 12 step. But I'm bh a yid and I can't do that. So I was really stuck and I couldn't decided what to do so I spoke to people with a lot of experience and I am in touch with them. But yes I wish to join sa and get helped it for now it won't help me it probably will make me worse r'l... but I'm not giving up on a clean life! Yes addicted or not I'm a Jew and my father in haven which made become a addict gave a Torah with rules and this apply even for addicts. And he will give me the kiach j need to fight my addiction (cause I CANT do it myself) H' which split the ?? ??? will split my problems and let me free of my ??????. Bhy!!

but I have to do mine to be careful and watch that I don't fall again so I was mekabel on myself for the next 40 days to say ????? and in the week days the ??? from before putting on my ????? in side my ???? and think the words and have in mind what I'm saying.

Thank you everyone for just being here to listen to me. This platform is not stam just that a person can type hes problems and get it off hes chest is enough (besides all the chizuk and ideas that come out of this Heligah site!!!) Kol tov!!

My experience in SA has been VERY different then what you describe.Happy to chat if you'd like.

Wishing you tons of Hatzlacha

???!!!

What do you mean by chat, Pm?

Sure.

or publicly.

happy to answer any questions

=====

Re: Why is it so hard?

Posted by Geshmak! - 05 Feb 2023 01:13

A gut vuch!

I wish there would be a special forum for people that are sex addicts. Like I need to hear from others that are going through what I am not just having a bad habit etc but guys that can't live with out sex lusting away. I guess the reason is cause all of the sex addicts here go to sa and get chizuk there. Whatever.

but I'm just wondering if someone can give me chizuk on what to do when thoughts of just giving up thoughts of just running away from wife kids community and just do what I want... like I have such thoughts way to often and I'm sure other addicts have them too. Any chizuk or ideas to fight these horrible thoughts off my mind will be greatly appreciated!

=====

Re: Why is it so hard?

Posted by sleeepy - 05 Feb 2023 05:16

[Geshmak! wrote on 05 Feb 2023 01:13:](#)

A gut vuch!

I wish there would be a special forum for people that are sex addicts. Like I need to hear from others that are going through what I am not just having a bad habit etc but guys that can't live with out sex lusting away. I guess the reason is cause all of the sex addicts here go to sa and get chizuk there. Whatever.

but I'm just wondering if someone can give me chizuk on what to do when thoughts of just giving up thoughts of just running away from wife kids community and just do what I want... like I have such thoughts way to often and I'm sure other addicts have them too. Any chizuk or ideas to fight these horrible thoughts off my mind will be greatly appreciated!

why not start a thread entitled "for sex addicts only"?

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 09 Feb 2023 17:49

Update I'm on day 10 for not being mzl. I'm going through tough time now but I'll survive bhy!

I gotta remember that I can't drink in even a drop of lust just like someone addict to alcohol gets drunk from a sip I get drunk from one look yes I'm going crazy now cause I saw nice women walking In front of me for a minute to long I should've of crossed the street but I thought like big deal she's fully dressed what gonna happen if I look and enjoy a little. But now I'm fighting a

=====

=====

Re: Why is it so hard?

Posted by Geshmak! - 09 Feb 2023 18:20

It's really sad how I get turned on (triggered by anything) like my wife asked me to watch a cute baking video with her. I asked her if it's kosher. She said sure. Ok. So I watch and all I saw was the woman's hand (nothing else not body face, my wife wouldn't even know it was a lady) and that's all I was watching and thinking about (how she really looked and what she was wearing (like maybe she's naked)) and of course answering my wife that I thought it's soooo cute... but all was really thinking abt was sex. CRAZY ME! SICK ME!

the real word I want to use starts with a F but I try not the say or type that word so...

=====

====

Re: Why is it so hard?

Posted by Ybird - 09 Feb 2023 19:41

[Geshmak! wrote on 09 Feb 2023 18:20:](#)

It's really sad how I get turned on (triggered by anything) like my wife asked me to watch a cute baking video with her. I asked her if it's kosher. She said sure. Ok. So I watch and all I saw was the woman's hand (nothing else not body face, my wife wouldn't even know it was a lady) and that's all I was watching and thinking about (how she really looked and what she was wearing (like maybe she's naked)) and of course answering my wife that I thought it's soooo cute... but all was really thinking abt was sex. CRAZY ME! SICK ME!

the real word I want to use starts with a F but I try not the say or type that word so...

reminds me of the joke,

what word starts with a F and ends with a CK and has a U in the middle?

Warning: Spoiler!

=====

=====

Re: Why is it so hard?

Posted by doingtshuva - 09 Feb 2023 19:56

Thank you!!

=====

=====

Re: Why is it so hard?

Posted by chancy - 09 Feb 2023 20:26

Geshmak!

I really feel your pain, I used to be exactly like you. What you are doing is called white knuckling. ~~YOU made me laugh~~
It means you are trying to force every bit of lust out of your mind. Let me help you there.
IT.WILL.NOT.WORK!!!

the more you fight it, the more power you give it, and your brain will keep on coming up with ways to arouse you because it sees that you really want it..... its like queezing a tight baloon filled with flammable material over a burning fire, the more you squeeze it, the more holes it will get and just increase the fire!

What you can do based on my experiance is to take a time out and take a few minutes to make a few things clear.

1. You enjoy the feeling of desire and lust- its a fact that you cannot and will not change.
2. You are normal and not sick, this has been the human condition forever!
3. You do not want to use that desire in a bad way, obviously or you wouldnt be here on GYE..... so you know what you dont want.
4. You can understand where the feeling of desire comes from and you are ok with the fact that its there, since you cant fight it anyway, just make place for it. so you are not in a fight with the actual desire anymore, that would be like fighting with your left hand because you want 2 right hands..... its there, just accpet that fact.

5. Now you can decide what to do when you see something that arouses you. You can think, i know i have desire and i understand it and i cant fight it, however, i dont want the desire to carry me away and then i will do something stupid that i will regret, and therefore, i am moving on from the desire and not continuing to pour oil on it.

This has been tremendously helpful for me, if you follow this for a few days/weeks, you will see a big difference, for example, that thing with the cute video, you couldve acted like this " my mind is telling me to get aroused by that image, i understand why im getting aroused becuase my brain is desperate for some stimulation and i appreciate my brain for working so hard to make me feel good, but I am a erliche yid and a good person and husband who doesnt want to take pleasure in that way and therefore i am moving on to something else, without guilt or blame and disgust.

I hope you understood what i was trying to say.

Hope this helps.

=====
=====

Re: Why is it so hard?

Posted by DavidT - 09 Feb 2023 20:37

[Geshmak! wrote on 09 Feb 2023 18:20:](#)

It's really sad how I get turned on (triggered by anything) like my wife asked me to watch a cute baking video with her. I asked her if it's kosher. She said sure. Ok. So I watch and all I saw was the woman's hand (nothing else not body face, my wife wouldn't even know it was a lady) and that's all I was watching and thinking about (how she really looked and what she was wearing (like maybe she's naked)) and of course answering my wife that I thought it's soooo cute... but all was really thinking abt was sex. CRAZY ME! SICK ME!

the real word I want to use starts with a F but I try not the say or type that word so...

It's true that some people are triggered more easily than others, but it does not mean that they are crazy. There is a reason that chazal teach us (Gemara in Berakhot (24a) R. Yitzchak said: A tefach of a woman is considered *ervah. Anyone who gazes **[even] at a woman's little finger** is considered as if he was gazing at her private parts.

And like you say "I gotta remember that I can't drink in even a drop of lust" ...

=====
=====

Re: Why is it so hard?

Posted by Eerie - 09 Feb 2023 20:44

[chancy wrote on 09 Feb 2023 20:26:](#)

Geshmak!

I really feel your pain, I used to be exactly like you. What you are doing is called white knuckling. It means you are trying to force every bit of lust out of your mind. Let me help you there.
IT.WILL.NOT.WORK!!!

the more you fight it, the more power you give it, and your brain will keep on coming up with ways to arouse you because it sees that you really want it..... its like queezing a tight baloon filled with flammable material over a burning fire, the more you squeeze it, the more holes it will get and just increase the fire!

What you can do based on my experiance is to take a time out and take a few minutes to make a few things clear.

1. You enjoy the feeling of desire and lust- its a fact that you cannot and will not change.
2. You are normal and not sick, this has been the human condition forever!
3. You do not want to use that desire in a bad way, obviously or you wouldnt be here on GYE..... so you know what you dont want.
4. You can understand where the feeling of desire comes from and you are ok with the fact that its there, since you cant fight it anyway, just make place for it. so you are not in a fight with the actual desire anymore, that would be like fighting with your left hand because you want 2 right hands..... its there, just accpet that fact.
5. Now you can decide what to do when you see something that arouses you. You can think, i know i have desire and i understand it and i cant fight it, however, i dont want the desire to carry me away and then i will do something stupid that i will regret, and therefore, i am moving on from the desire and not continuing to pour oil on it.

This has been tremendously helpful for me, if you follow this for a few days/weeks, you will see

a big difference, for example, that thing with the cute video, you couldve acted like this " my mind is telling me to get aroused by that image, i understand why im getting aroused becuae my brain is desperate for some stimulation and i appreciate my brain for working so hard to make me feel good, but I am a erliche yid and a good person and husband who doesnt want to take pleasure in that way and therefore i am moving on to something else, without guilt or blame and disgust.

I hope you understood what i was trying to say.

Hope this helps.

I think our friend @chancy should give classes in this. So clear and well put! Thank you! and @geshmak, you have so many caring brothers here, they want to hear from you! listen to their advice, and connect to friends that care. Keep it up my friend! And let us know how you are doing

=====

Re: Why is it so hard?

Posted by Geshmak! - 10 Feb 2023 01:11

[chancy wrote on 09 Feb 2023 20:26:](#)

Geshmak!

I really feel your pain, I used to be exactly like you. What you are doing is called white knuckling. It means you are trying to force every bit of lust out of your mind. Let me help you there. IT.WILL.NOT.WORK!!!

the more you fight it, the more power you give it, and your brain will keep on coming up with ways to arouse you because it sees that you really want it..... its like queezing a tight baloon filled with flammable material over a burning fire, the more you squeeze it, the more holes it will get and just increase the fire!

What you can do based on my experiance is to take a time out and take a few minutes to make a few things clear.

1. You enjoy the feeling of desire and lust- its a fact that you cannot and will not change.

2. You are normal and not sick, this has been the human condition forever!
3. You do not want to use that desire in a bad way, obviously or you wouldn't be here on GYE..... so you know what you don't want.
4. You can understand where the feeling of desire comes from and you are ok with the fact that it's there, since you can't fight it anyway, just make place for it. so you are not in a fight with the actual desire anymore, that would be like fighting with your left hand because you want 2 right hands..... it's there, just accept that fact.
5. Now you can decide what to do when you see something that arouses you. You can think, i know i have desire and i understand it and i can't fight it, however, i don't want the desire to carry me away and then i will do something stupid that i will regret, and therefore, i am moving on from the desire and not continuing to pour oil on it.

This has been tremendously helpful for me, if you follow this for a few days/weeks, you will see a big difference, for example, that thing with the cute video, you could've acted like this " my mind is telling me to get aroused by that image, i understand why i'm getting aroused because my brain is desperate for some stimulation and i appreciate my brain for working so hard to make me feel good, but I am a erliche yid and a good person and husband who doesn't want to take pleasure in that way and therefore i am moving on to something else, without guilt or blame and disgust.

I hope you understood what i was trying to say.

Hope this helps.

THANK YOU SO MUCH!! So so clear!

I'm gonna try to do what you wrote ????? ????!!

=====

Re: Why is it so hard?

Posted by Geshmak! - 10 Feb 2023 01:18

[DavidT wrote on 09 Feb 2023 20:37:](#)

[Geshmak! wrote on 09 Feb 2023 18:20:](#)

It's really sad how I get turned on (triggered by anything) like my wife asked me to watch a cute baking video with her. I asked her if it's kosher. She said sure. Ok. So I watch and all I saw was the woman's hand (nothing else not body face, my wife wouldn't even know it was a lady) and that's all I was watching and thinking about (how she really looked and what she was wearing (like maybe she's naked)) and of course answering my wife that I thought it's soooo cute... but all was really thinking abt was sex. CRAZY ME! SICK ME!

the real word I want to use starts with a F but I try not the say or type that word so...

It's true that some people are triggered more easily than others, but it does not mean that they are crazy. There is a reason that chazal teach us (Gemara in Berakhot (24a) R. Yitzchak said: A tefach of a woman is considered *ervah. Anyone who gazes **[even] at a woman's little finger** is considered as if he was gazing at her private parts.

And like you say "I gotta remember that I can't drink in even a drop of lust" ...

You should know I really appreciate what you wrote. Thx!

btw it's really comforting to see how makpid the Torah is with kidushah(like not to walk behind women or even star at pinky or the whole ???? ?????...) like all these rules show that H' made hes Torah for as if all yidden are addicts. Like chzal were actually scared that people are gonna do ???? if not for all these rules. So I see I'm not alone or crazy. Like 2000 years ago they made rules for people just like me.

??? ???!!

=====
=====