

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!!

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Re: Why is it so hard?

Posted by Vehkam - 24 Oct 2022 02:07

[Geshmak! wrote on 24 Oct 2022 01:56:](#)

Yay I know that I have to keep myself busy when waiting the streets... but I don't want to have to... like why can't I just enjoy my walk enjoy the beautiful world we live in like must people don't think abt the things I do when the walk the streets and don't need all types of stuff to keep them busy... but as I said before this is my problem and I'm happy with it... but I still hope that one day I'll have a cleaner head cause the time when I don't have kiach to control my eyes my eyes just see ****

btw I put a lot of thought into this why do I think so sexy abt everything and most people don't first I thought it was a bad medah I had but after much thought I realized its actually a good medah I (we) have... (many people have sex drives cause they were exposed to it young age or have problems and it was a outlet for them) but I at the end off the day were all very worm people that love love and love connection love being loved we are people fall of life!! We are fall of DRIVE... we gotta just Chanel it to the right places...

the reason that I get so turned on when I see something sexy is because I'm alive I have a drive and a love and like to connect to people... the guys that don't get turned on they don't have such drive in life Perot. Not only for sex but also when they learn daven and dance etc.

just thinking feel free to argue...

based on my understanding i would say that some of the "getting turned on" is a distortion of healthy attraction. It's not about more drive or less drive.

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Re: Why is it so hard?

Posted by Geshmak! - 24 Oct 2022 17:43

I don't chap what you said...

can you please explain me in simple English why if there are two guys walking down the street one sees every immodest dressed woman and the other doesn't even notice... and if they both do one gets all fired up like I wish I could have sex with her etc. and the other just gets on with he's life????

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Re: Why is it so hard?

Posted by Markz - 24 Oct 2022 18:01

[Geshmak! wrote on 24 Oct 2022 17:43:](#)

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can you please explain me in simple English why if there are two guys walking down the street one sees every immodest dressed woman and the other doesn't even notice... and if they both do one gets all fired up like I wish I could have sex with her etc. and the other just gets on with he's life????

Ok?

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Re: Why is it so hard?

Posted by Geshmak! - 24 Oct 2022 18:22

lol!!

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Re: Why is it so hard?

Posted by Geshmak! - 24 Oct 2022 18:27

It's actually not so funny... I live in bp and most men here are the other guy(I think at least) so I feel like I'm the not normal one not them... like when I go to airport with a bunch of chasdim I'm the only guy make sure to be so careful with my eyes cause I know what will happen if I'm not but all (most) are just fine and chilled as if nothing going on around (they think like just don't look or like don't think into what you see... like big deal) but for me it is!!

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Re: Why is it so hard?

Posted by Geshmak! - 24 Oct 2022 18:41

So today is my 90th day that I was bh not mzl. last time I did it was jul. 27. last night was a real tough one I actually cried like a baby that I want to see stuff my wife thought im going crazy told her I don't like the life style I'm living want to just do what I want etc. but bh I just cried myself to sleep and woke up clean!!! So bh I get a BIG MAZEL TOV I MADE IT!!!!

thank you H'!!

H' should help me further and further-forever!

if you see this please answer with a mazel tov etc. and a bruchah thx. It will give me much chizuk to see how many other fellow yidden are happy and celebrating with me getting to day 90. (Even if never posted anything ever before let this be your first wishing someone on he's hatzluchah)

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Re: Why is it so hard?

Posted by Vehkam - 24 Oct 2022 18:53

[Geshmak! wrote on 24 Oct 2022 17:43:](#)

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i will try to explain. In healthy attraction a person walking down the street will notice a women that is attractive to him. His mind will then quickly filter that result based on the appropriateness of the attraction. e.g. if one of them is already married then she is off limits. He will not fantasize about her because it is not an option. If indeed she is an option, then he will go about courtship in a respectful and appropriate way.

Obviously if someone is dressed very provocatively this can play with your mind, but ultimately, someone that has a healthy way of feeling and processing attraction will filter the person out because they are off limits.

someone with a distorted and unhealthy sense of attraction, will walk down the street without this filter. Everyone they see has the potential of being the object of his fantasies. Instead of thinking that the woman is attractive to me, let me see if i can find out more about her, get to know her etc in an appropriate manner, he can jump straight into sexually fantasizing about her without knowing her at all and without knowing if he would enjoy having a conversation with her.

This is posted on a very simple level. There are many steps to healthy courtship. Fantasizing about sleeping with random women you see on the street is not one of them. There may be many people that do it and think that it is normal. It is not healthy and it is not an indication of having more sex drive, It is an indication of not knowing how to properly process and filter attraction.

I am not saying this in judgement of your feelings of attraction, rather i am trying to explain the clinical difference as i understand it between healthy and unhealthy attraction.

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Re: Why is it so hard?

Posted by Ki Sorisa - 24 Oct 2022 18:53

wow! mazal tov!!

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Re: Why is it so hard?

Posted by Vehkam - 24 Oct 2022 18:57

[Geshmak! wrote on 24 Oct 2022 18:41:](#)

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tremendous mazal tov!!! please celebrate with something nice.

Keep inspiring us.

best wishes

vehkam

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Re: Why is it so hard?

Posted by Kavey - 24 Oct 2022 19:06

Mazel Tov! Maa'la Maa'la!

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Re: Why is it so hard?

Posted by 5Uu80*cdwB#^ - 24 Oct 2022 19:46

[Geshmak! wrote on 24 Oct 2022 18:41:](#)

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Big mazal tov to you! We are all proud of your amazing accomplishment. Keep up the great work and keep up the willingness to suffer any physical pain you might experience in your ongoing journey of living a life of morality and rejection of pritzus. It is not always easy, but it is always worth it to do what's right.

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Re: Why is it so hard?

Posted by yechielmichel - 25 Oct 2022 04:18

Mz"t on your accomplishment

it does in a way get easier over time

i think a lot has to do with the way you go about it.

First of all, any yid, especially a Ben torah would want to keep his mind busy with divrei Torah at every moment... that itself elevates you and it's a major help.

Second, when you do notice a woman and find her attractive, what do you do with that thought? There is a whole spectrum of choices. You can take it further, and start to fantasize about doing things with her. Or you can reflect/obsess on the attraction without fantasizing. Or you can notice the beauty. You can obsess over that too, or you can think yourself, yes, this is a beautiful woman hashem created , ??? ??? ??? ?????....

At any moment you are free to turn away, and redirect your thoughts to whatever was occupying your mind the moment before, or divrei Torah... thoughts are like a running stream of water... the thought you had a second ago is now gone down the river...

*when I say " you can" above it doesn't mean it's mutar lhalach

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Re: Why is it so hard?

Posted by Geshmak! - 25 Oct 2022 17:59

I want to thank everyone that took the time to congratulate me. Than you very much!!

Someone sent me a message(pm)...I don't want him to think I'm ignoring him so I'm writing this... I can't use pm on gye (please don't ask why:wink:) so who ever you are and what ever you sent or any question you asked please feel free to post it here.

no need to worry know body knows your true identity anyway and I won't get insulted either.
Thx! Looking forward to see it.

ps please write that you are the one that pmed me so I should know (cause I'm so curious what it was)

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Re: Why is it so hard?

Posted by Geshmak! - 25 Oct 2022 18:18

Btw does anybody know how I could get my pm opened again like can I do teshuvah or it's too late I lost my chance?!?!?

like who can I connect or will it just open again by itself?

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