

single vs. married

Posted by Sturggle - 07 Sep 2009 09:42

ok, so there was a thread called being single that was posted in this past february...

i decided to just start a new topic.

there is a lot of talk about this all over the forum anyway. but im thinking...

im a single guy. and people keep saying that it is harder for married men, because they need to turn their sexual feelings on and off, while we single men can just turn them off. so, pas b'salo was mentioned in that thread from february, but people seem to leave it out a lot in their back and forths about the issue. halachic example (that might be a bit graphic...), when i got to the bathroom, i am not supposed to touch myself. im not sure anymore where i saw this... kitzur shulchan aruch? mishna berura? gemara brachos? a married man can touch himself b/c pas b'salo. there is even a question of when he's not going to be home if it still applies or not. so a bochur cant touch himself but a married guy can cause it's easier for the married guy?!!!

im not speaking from experience so i could be off, but i think as a married man, if i was feeling an urge..., it would be easier to apply the idea of pushing it off for a bit, not right now, b/c i know i'll be with my wife at some point..., whereas as a single guy, im feeling an urge..., and when will i ever get release?!!! after all it is a natural feeling..., so what do i do with it?

thanks for listening..., any thoughts?

struggle,

a single guy, not having an easy time...

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Re: single vs. married

Posted by bardichev - 07 Sep 2009 20:34

URI

DAVAR BI-ITTO MAH TOV!!

(EASY FOR MR TO SAY MR.MARRIED GUY)

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Re: single vs. married

Posted by cleareyes613@gmail.com - 07 Sep 2009 20:37

My thoughts -

For singles - the urge is stronger in the early years. Also less real life distractions. No parnassa and family who depend on you.

For married - after years of feeding the addiction over the years, your not just fighting an urge but also negative conditioning. Even if the against a slight urge, ur helpless to act out. Its the only way you've acted the past 10+ years.

I don't think there is a clear winner. They are both difficult fights and take place on different playing fields. The only thing that is certain. If you've been losing as a single, you will not win married. If you win as single, you have a great chance to continuing clean in marriage.

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Re: single vs. married

Posted by battleworn - 07 Sep 2009 21:16

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Re: single vs. married

Posted by the.guard - 07 Sep 2009 21:24

I vote for cleareyes. Pshara.

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Re: single vs. married

Posted by BruceWayne - 08 Sep 2009 01:22

[Uri wrote on 07 Sep 2009 20:29:](#)

Women do not always want to have sex.

You really didn't know that?

If they did, married men would certainly have an easier time and there would be no discussion here!

Here's another one: I've heard rumors that women LOVE chocolate.

OK, that's about all I know about women.

BTW I still vote that it's harder for us single folk.

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Re: single vs. married

Posted by BruceWayne - 08 Sep 2009 01:33

[cleareyes613 wrote on 07 Sep 2009 20:37:](#)

My thoughts -

For singles - the urge is stronger in the early years.

Good post, but it depends what "early" and "later" are. Because, as we age, our (meaning men's) hormonal profiles eventually become almost indistinguishable from grandma's. So yeah, there wouldn't be many urges by that point.

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Re: single vs. married

Posted by TrYiNg - 08 Sep 2009 05:43

I vote for single. You're never allowed release.

Bruce, your posts makin a lot of sense... Are they the longest you ever posted? :D jk

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Re: single vs. married

Posted by Momo - 08 Sep 2009 06:11

Trying,

It might be different for women. I don't want to sound sexist, but I don't think a married woman will ever hear from her husband "Not tonight, I have a headache.", so it may very well be harder for single women.

I agree that for men, each stage has it's difficulties, and hormones are much stronger when we're younger. Also, working 9 to 10 hours day saps some of our strength, and that usually happens around the time we get married.

I totally agree that if single guys don't get it together, getting married won't help, you'll only bring your problem into the marriage. That's a major chidush for a lot of single guys.

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Re: single vs. married

Posted by Rage AT Machine - 08 Sep 2009 20:19

Alright here's my two cents even though its worth only one:

They each have different challenges.

This addiction feeds off of guilt, despair and hopelessness and the buffet is loaded of all that when youre married.

On the other hand, at least for me, you dont see the graveness of your situation when youre single...when youre single you tell yourself that its normal and healthy to bate, that pr0n is a part of normal adult life that youll stop when you get to 20, to 30, to 40, that marriage will make a difference, etc etc...when youre married you can tell that this is an addiction and needs to be tackled as such.

Also, when you're single you need to be at singles functions and other social functions and cant be a social outcast which makes it harder to stay away altogether from girls...when you're married you are out of the game and that is normal behavior...

on the other hand, when youre single you can shut it down for long stretches, when youre married you need to turn it on, turn it off, tonight yes, tomorrow no...sometimes you think tonights gonna be fireworks instead you get a hug, a backrub and a warm cup of tea...now what are you supposed to do? I think some of you touched on this...

also, when youre married youve been in this holding pattern for years and years and years, which makes it harder to change...its harder to change a 5 year habit, even harder to change a 10 year habit and near impossible a 15 year habit..

in all, my struggle has gotten harder after marriage

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Re: single vs. married

Posted by Rage AT Machine - 08 Sep 2009 20:25

one last point, when a married guy gets to "relieve his frustration," as some of the single guys so romantically put it, it lasts all of 5 minutes and then it begins again...so in terms of having an outlet, when youre addicted, the outlet only helps a tiny tiny bit...

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Re: single vs. married

Posted by jerusalemsexaddict - 08 Sep 2009 20:55

just pointing out that if you look at the wall of honor chart,theres only one or 2 single guys

just putting that out there...

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Re: single vs. married

Posted by bardichev - 08 Sep 2009 21:39

URI YOU A 2 FUN=E

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Re: single vs. married

Posted by Dov - 08 Sep 2009 21:55

[Uri wrote on 08 Sep 2009 20:55:](#)

just pointing out that if you look at the wall of honor chart,theres only one or 2 single guys

just putting that out there...

There are many thousands of spiritually (and mentally) very unconnected people out there who are heroin addicts in my town. Yet they don't use the heroin any more. And they owe it all to:

Methadone

No recovery - trust me, they are just as sick in the head and horrible as before, just not dead. (jury's still out on that one, though...)

So, maybe lots of us married guys learn how to use marriage to survive without our using addictive *behaviors*, kind of like lust methadone. Except that the methadone probably only works for heroine users who do realize that they'll die if they use heroin again. Do we all have that

"advantage"? I think the lucky ones do.

If we abuse marriage that way, we definitely get better much, much more slowly, which is too bad (especially for the spouse!!), but perhaps it is easier to keep the sobriety count going. Nu,

yet another reason not to put too much stock in that counting business...

Uh oh. I'm thinking too much again. Help!!!

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Re: single vs. married

Posted by Momo - 09 Sep 2009 05:22

[Rage AT Machine wrote on 08 Sep 2009 20:19:](#)

on the other hand, when youre single you can shut it down for long stretches, when youre married you need to turn it on, turn it off, tonight yes, tomorrow no...sometimes you think tonights gonna be fireworks instead you get a hug, a backrub and a warm cup of tea...now what are you supposed to do? I think some of you touched on this...

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