

Questions regarding my situation.

Posted by UnJovenConfundido - 27 Sep 2014 19:27

I was clean for a good time.

As many, I used to be some curious, and I have fallen into touching my intimate parts. Now this is not the main problem.

I'm 32, single man, with a girlfriend.

I have fallen last for five months into pornography and now i have six on the fight.

I have faced a month which I fall into temptation again.

I'm having help from my religious group but I want an extra help.

I'm avoiding to bother my girlfriend whit my problems, at this point she must not deal with it. She nows that I'm on this fight.

Now my questions are:

Is it normal to have (more than the emotional) desire (intimate) about my girlfriend?

Is it wrong to have sometimes fantasies with her?

and regarding touching the my private parts...

I now is wrong, I'm avoiding during the day and when conscious, but sometimes I have fallen into the practice at night into a almost sleeping and a lithe conscious. I recognize that in some times I go to bed with body desires and thinking with my girlfriend.

I'm not happy with it (touching myself) but I think is wrong doing it willingly, awaken, and conscious. Is it too wrong?

Please share your and suggestions.

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Re: Questions regarding my situation.
Posted by dms1234 - 28 Sep 2014 07:19

WELCOME!

I will let the others answer your questions expect over the one about subconscious falling. This pheneoman occurs to me a lot. It is not considered a fall because you didn't consciously start. So don't worry about it and just focus on what you are able to "Control"

Also Check out: [Skep's tips](#)

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Re: Questions regarding my situation.
Posted by cordnoy - 28 Sep 2014 09:17

Welcome

Fantasies are normal, but that doesn't mean you should engage in it.

it generally does not lead to good things.

We need to work on lust; it is not something that should play a major roll in our life.

don't be a stranger here.

b'hatzlachah

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Re: Questions regarding my situation.

Posted by UnJovenConfundido - 29 Sep 2014 05:28

Thanks for your answer! dms and cordnoy

It is comfortable to know that a kind of common situation.

And about avoiding lust, cordnoy, you are right it is something good to do...

I must work on it.

Good regards to both and to other whit the same problem... keep on going!

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