

Please help me undertand

Posted by butterfly - 06 Nov 2015 02:24

I just keep on falling with looking at porn and can not control myself.

People are telling me that's it's not a porn issue, it's a lust issue. Can anyone explain to me what the difference is and how in the wide world am I supposed to not lust after every woman on the internet and especially every jewish woman which dress way way too well and are all over the street. I also deal with lots of woman with my business.

Can someone tell me that if my wife would dress like all those attractive jewish woman out there it would not make it any easier for me. I really know that it won't make a difference but I keep on thinking that I wish my wife would wear that long wig or that skirt....

Please help me I need chizuk

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Re: Please help me undertand

Posted by serenity - 06 Nov 2015 03:08

I can't tell you that it's not a porn issue for you. Maybe it is. For me porn was merely a symptom of a different issue. (Without discussing when and how my addiction started). I became addicted to lust. That means that I don't react to it like a normal person and (when I was not in recovery) I was obsessed with the notion that I could react normally. So despite losing control time and time again, I was still convinced I could control it.

That doesn't exactly answer your question and I will try to, but first let me define lust. "Lust is an attitude demanding that a natural instinct serve unnatural desires". SA White Book.

Rather than me answer the question, let me paste a few pages from the White Book.

Lust

Why in Step One do we say we are powerless over lust

instead of sex? Is not some form of sex what we are addicted to? Yes, we answer, but our problem is not simply sex, just as in compulsive overeating the problem is not simply food.

Eating and sex are natural functions; the real problem in both of these addictions seems to be what we call lust-an attitude demanding that a natural instinct serve unnatural desires.

When we try to use food or sex to reduce isolation, loneliness, insecurity, fear, tension, or to cover our emotions, make us feel alive, help us escape, or satisfy our God hunger,

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we create an unnatural appetite that misuses and abuses the natural instinct. It is not only more intense than the natural but becomes something totally different. Eating and sex enter a different dimension; they possess an unnatural spiritual component.

The addiction is thus to lust and not merely to the substance or physical act. Lust-the attitude itself-becomes the controlling factor in the addiction.

This may be why people exhibit lust in more than one area. Often, those of us addicted to substances or forms of behavior discover we are also addicted to negative attitudes and emotions.

"I remember that when I came off lust, alcohol, and tranquilizers, resentment burst forth like a

dammed-up volcano. I remember thinking that controlling lust must be like trying to control a piece of jello; you press in here and it bulges out there. Or like trying to rout a gopher; you plug up one tunnel only to have the beast go to work in another."

People may not be allergic to food and sex in the sense some people are allergic to pollen, strawberries, or cats, but we do become "allergic" to lust for food and sex. Misusing the natural instinct of sex for an unnatural end over and over again increasingly sensitizes us to the triggers of that association, until a simple thought or look elicits the compulsion.

For the sexaholic, lust is toxic. This is why in recovery, the real problem is spiritual and not merely physical. This is why change of attitude is so crucial.

What Is Lust?

A Personal Point of View

It's pretty tough to get a handle on it, but here's what lust looks like in my life. It's a slave master that wants to control my sex for its own ends in its own way whenever it wants. And it's like mental-spiritual noise that distorts and perverts

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sex, much as a raucous radio interference distorts a lovely

melody.

Lust is not sex, and it is not physical. It seems to be a screen of self-indulgent fantasy separating me from reality either the reality of my own person in sex with myself or the reality of my spouse. It works the same way whether with a girlfriend, a prostitute, or my wife. It thus negates identity, either mine or the other person's, and is anti-real, working against my own reality, working against me.

I can't have true union with my wife while lust is active because she as a person really doesn't matter; she's even in the way; she's merely the sexual instrument. And I can't have true union within myself while I'm splitting myself having sex with myself. That fantasy partner I've conjured up in my mind is really part of me! With lust, the sex act is not the result of personal union; sex doesn't flow from that union. Sex energized by lust makes true union impossible.

The nature of the lust-noise interference I superimpose over sex can be many things: memories, fantasies ranging from the erotic to revenge or even violence. Or, it can be the mental image of a single fetish or of some other person. Seen in this light, lust can exist apart from sex. Indeed, there are those who say they are obsessed with lust who can no longer have sex. I see my lust as a force that apparently infuses and distorts my other instincts as well: eating, drinking, working,

anger.... I know I have a lust to resent; it seems as strong as sexual lust ever was.

In my experience, lust is not physical; it is not even strong sexual desire. It seems to be a spiritual force that distorts my instincts; and whenever let loose in one area, seems to want to infect other areas as well. And being nonsexual, lust crosses all lines, including gender. When energized by lust, my sexual fantasies or acting out can go in any direction, shaped by whatever I experience. Thus, the more I indulge in sexual lust, the less truly sexual I become.

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Therefore, my basic problem as a recovering sexaholic is to live free from my lust. When I entertain it in any form, sooner or later it tries to express itself in every form. And lust becomes the indicator of not only what I do, but what I am.

But there is great hope here. By surrendering lust and its acting out each time I'm tempted by it, and then experiencing God's life-giving deliverance from its power, recovery and healing are taking place, and wholeness is being restored-true union within myself first, then with others and the Source of my life.

Lust Is

Not being able to say no

Constantly being in dangerous sexual situations

Turning my head as if sex-starved all the time

Attraction only to beautiful people Erotic fantasies

Use of erotic media

Being addicted to the partner as I would be to a drug

Losing my identity in the partner

Obsession with the romantic-going for the "chemistry" The
desire to make the other person lust

Another Personal Perspective

Lust Kills. Lust is the most important thing in my life; it takes
priority over me.

Captive to lust, I cannot be myself.

Lust makes me its slave; it kills my freedom; it kills me.

Lust always wants more; lust creates more lust.

Lust is jealous; it wants to possess me.

Lust makes me self-obsessed; it drives me into myself.

Lust makes sex impossible without lust.

Lust destroys the ability to love; it kills love.

Lust destroys the ability to receive love; it kills me

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Lust creates guilt-unavoidably; and guilt has to be expiated.

Lust makes part of me want to die because I can't bear what
I'm doing to myself and my powerlessness over it.

Increasingly, I direct this guilt and self-hatred inward and

outward.

Lust is destructive to me and those around me.

Lust kills the spirit; my spirit is me. Lust kills me!

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Re: Please help me understand

Posted by butterfly - 06 Nov 2015 03:30

Thank you Serenity. You're the best!!

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Re: Please help me understand

Posted by waydown - 06 Nov 2015 18:38

Rav Butterfly,

Please allow me to share my own experience, I can only discuss my problem in the hope that maybe someone else shares my problems and both him & I can be helped. Others don't share my problem and so they may feel differently and I respect that.

In my case, I was not depressed, lonely, desperate or anything of that sort. I simply grew up in a television home where magazines of pretty women were all over the house. I started dosing on lust just like a kid tests cigarettes. Not because of depression or despair or loneliness, rather because why not it looks cool. The more I go into it the more I continued and developed a test. After all it's addictive. Now it's hard for me to fall asleep without my dose of lust just like an addicted cigarette smoker needs his cigarettes. A smoker always wants more and is never satisfied with just one a day. A luster always wants more and more. I always takes things one notch above the prior one.

Now to the crux of your question, at first I said ok no porn but I can still masterbate. After all porn is far worse. But there is a big problem with that approach. Lust is a beast. The day after I masterbate I itch a little more. My mind is constantly on the itch and thinking about women. I sit

all day fighting my mind not to view porn. But on days when I don't masterbate the night before, my itch levels are far lower. So my mind doesn't have to battle the notion of porn all day.

The differenece between porn & lust is that pron is the outcome of a more stronger inner desire.

Re how am i not suppose to lust. Thats a hard question. I share your battles. I try to make gedorim and build fences. I try to see what are my triggers. if i got to store XYZ will i see lots of pretty women there? If yes can I avoid it? If I masterbate at nite aside from the negativity of the moment how will that affect my next day? Its about planning ahead and being on my toes. Re business, that a tough one. I thank hashem that I have a minimum amount of interaction on a daily basis. Hatzlocha. And rembember Rome wasn't built over one nite!

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Re: Please help me undertand

Posted by Watson - 30 Dec 2016 14:45

Bump.

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Re: Please help me undertand

Posted by workingmyprogram - 23 Mar 2017 07:35

I think the only way you'll be able to know what lust is, is if you stay away from it for a while. I find that when I look at porn, every woman becomes a sex object and then I lust after them. When I don't look at porn, I can usually be around attractive women and not feel triggered. I also think it's normal and healthy to be attracted to women, so I don't think the goal is to kill that drive, rather it needs to be channelled correctly, which probably only can be done with Hashem's help. Hatzlocha, may Hashem help you with your shemiras einayim!

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