

Unwanted attractions

Posted by Fightingon - 16 Jan 2017 19:55

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Hello all, I am new here.

HOw does one rid himself of unwanted sexual fantasies? Does anyone have any good advise? It is nearly impossible for me to spend any time with my in laws, since after I do I spend the next few days fantasizing about my mother in law and sister in law. It is hard for me to be in their house, and even if I see them for a little bit elsewhere.

in the past, I have successfully abstained from being mz'l for over 2 years straight. Lately i haven't gone longer than a few months at most, since whenever I am doing well it gets stopped by the challenges I face spending a Shabbos by the in laws.

Simply telling myself that these are disgusting fantasys does not help me one bit. These are attractive women who I am enormously attracted to.

Can anyone help me with some advise?

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Re: Unwanted attractions

Posted by 360gye - 16 Jan 2017 23:06

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Hey,

I advise you to stick with one thread, it looks like guys are answering your thread in the intro section so stick with that. I offered some advise on your other thread.

Feel free to PM or email me

Good luck on your journey,

360gye([360gye@gmail.com](mailto:360gye@gmail.com))

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Re: Unwanted attractions

Posted by Unknowngye - 17 Jan 2017 22:33

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Can you please post a link to the place you're referencing? Ik not sure where to find it.

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