

I don't really understand why

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This is my first day on GYE and after reading a lot I found myself perplexed because many of the motivators and triggers didn't seem to apply to me, at least not anymore, and yet I still continued to act out on a regular basis. This may sound crazy, but I almost think it could be categorized as force of habit because I have been doing it for so long. It began for me a very long time ago, probably 30 years ago when I was a boy. As technology advanced, it just became easier. I think from when it began until I got married it was at least partially to relieve sexual frustration. I think there may also have been a part of it that enjoyed the forbiddenness of it all as a form of rebellion. It also of course felt good. I have been married 17 years now and I'm not sure really why I still do it and that bothers me. I see with some people its a matter of lust or frustration during the times when one's wife is assu. That isn't my problem, I don't think my drive is so strong so its not the yetzer hara in that sense. Maybe it is the physical pleasure derived from it, but as I think about it, I wonder if now I do it because as its just "who I am". I've been doing it for so long, its almost a default activity when I'm alone. I don't find that there are external triggers. I don't feel the urge to do it because I have seen something arousing. I do have a fair amount of time alone during the day so the opportunity is there and it can fill the time. I suppose I enjoy it but I've never really made any real concerted effort to stop even though I have always known it was wrong. Maybe after committing an aveira for so long, I just felt that I wasn't going to win this one so focus on all the other ways I could be a good Jew which I basically have. What ultimately got me to GYE was when I realized how hurtful it would be to my wife if she ever found out. I read how deeply wounded people's wives were when they found out. I don't think I realized until recently why would be the case. I would never want to hurt my wife and she certainly doesn't deserve that. I suppose it has impacted our intimacy, which I do regret, and I know my wife has always wished it could be better. Its hard to know what it would have been like if I hadn't been doing this all the while but I do feel like I probably missed out on something amazing in life. But its probably not too late. If I stopped, maybe I could still have that. Rationally, there is no way I could ever argue that being able to do it was even remotely close to worth it given the hurt I could cause to many people if I ever got caught. So could it really be that I do it now because its just what I have always done? Maybe I do need to delve deeper as to why I do it or maybe it doesn't matter and I should just try very hard to stop and not fall into old habits. I would appreciate any insight from others who may have had similar feelings.

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