

Frustrated

Posted by seinayim - 14 Jul 2019 19:52

Wife is in nidda. Help?

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Re: Frustrated

Posted by ColinColin - 15 Jul 2019 00:59

Not easy but you have to divert your energy.

Walk.

Exercise.

Do housework.

Paint the house.

Cook a nice meal.

Clear out the garden shed.

Above all - do something which will benefit your wife and Shalom Bayit.

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Re: Frustrated

Posted by farblunjet - 13 Aug 2019 22:47

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Re: Frustrated

Posted by strive613 - 14 Aug 2019 05:04

What works for me: I can't say 'ok, I just need to hold out for two weeks and then she'll go to mikvah'...Because I'm creating an undercurrent of 'I need this' and anticipation. If I need this, I need it now, I can't wait two weeks!

I need to tell myself 'I don't need to have sex today. I need to find something for today to fill that void.' Two weeks time will only come into being...in two weeks time!

Good luck!

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