

PLEASE HELP ME

Posted by military613 - 28 Apr 2021 16:32

Married, don't find my wife so attractive

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Re: PLEASE HELP ME

Posted by Grant400 - 28 Apr 2021 16:51

[military613 wrote on 28 Apr 2021 16:32:](#)

Married, don't find my wife so attractive

That sounds rough. I just have some questions.

1. Did you feel like this before you got married?
2. Do you find her attractive, but not as attractive as other people's wives or other women?
3. Did you start having internet issues only after marriage?
4. Was she more attractive at one point but she changed?

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Re: PLEASE HELP ME

Posted by DavidT - 28 Apr 2021 17:05

Hi

It's a big challenge when you don't find your wife so attractive but there are some points that might help you:

1- Every person has positive and negative aspects about them. You can learn to appreciate the pretty things about your wife even though you are not pleased with other things.

2- You can learn that there is nothing as exciting and fulfilling as actually looking into the eyes of a person who is totally *given* to you and loves you honestly. *These* treasures will not be achieved by connecting to anyone *else*, no matter how 'hot' they are, and ***will not be improved upon*** in any way by your wife losing twenty pounds or getting other additional accouterments.

3- Love needs to come from giving, not from taking.

4- We can't escape our destiny. You will only find happiness through acceptance. That means to surrender to God's will for you in this life. Accepting life on life's terms. Once you accept, you will find inner peace -- and even love for your wife...

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Re: PLEASE HELP ME

Posted by OTR - 28 Apr 2021 17:31

I hear that

Personally my wife was not gorgeous when we married. But she was pretty and I really appreciated the good things about her, middos warmth and all that. That is why I married her.

Fast forward about 2decades and change. And I only have a greater appreciation for those fine qualities. She helped me build a home with those qualities. Helped me learn to appreciate myself even with my addiction. We have a happy atmosphere in the house and yadda yadda yadda....

But Inside? I am always dying for her to lose about 30lbs, scared for her health and what it means for me having to take care of a spouse that became borderline obese, really not attracted to her anymore in any way physically and trying to figure out what to do. - Plus I really appreciate her smile and good heartedness....

Do I feel love and appreciation for her as a person? Totally. But it doesn't change the fact that I am not all that excited looking at her these days and have a hrd time not letting the disappointment I feel at seeing pictures from what she used to look like to what she looks like now.

So... I can't wreck my marriage and divorce because I want to get with some hot(ter) women. I cant go out and get that physical interaction without arousing major guilt and transgressing something which is wrong both religiously and humanistically.. so what do I do?

The only answer I can see is to realize and internalize that no one gets everything they want in life. And to just appreciate what I have. I could lose a lot of the great stuff I have in the blink of an eye and I have to believe that God has a better idea for me about what I need. Maybe having this is itself a kapara for all the illicit pleasure I had in life on my own or with others.... Midah kneged mida...

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Re: PLEASE HELP ME

Posted by the.guard - 28 Apr 2021 19:16

[military613 wrote on 28 Apr 2021 16:32:](#)

Married, don't find my wife so attractive

That's interesting, because I got an email from "someone" last year who wrote:

Hi Yaakov,

You've been such an amazing help to me over the years.

I just want to give you some nachas. I got married a couple of weeks ago to the most incredible yiras shamayim beautiful girl I can imagine. May we only share in Simchas.

Suddenly when we're married and discover that our wife is a "real person", she's no longer so attractive anymore, right?

Many people who come to our website for help claim the same thing: that they are not attracted to their wives and feel they need to get it elsewhere. But I will let you in on a little secret: when someone gets addicted to these things, even the most beautiful woman is not enough for them.

For example, here's an excerpt from an e-mail we got from a frustrated spouse:

"... The situation is getting from worse to terrible. These days, my husband doesn't only look at women, but he also tries chatting them up, even when we are together. He starts joking around with them and even made a couple of inappropriate comments. I don't know what I have done to deserve this! I'm tall with an amazing figure, and I always make sure to look stunning for him (and tznius). Am I not good enough for him?? I once asked him, 'If I walked around one holiday with you in a very immodest way, would you only look at me!?' He replied, 'I would be looking at you and all the other women around.' I asked him to explain himself, and he said men always want new things!"

I suggest reading some of these articles:

- [I love my wife – But I'm not "IN LOVE" with her!](#)
- <https://guardyoureyes.com/articles/tips-suggestions/item/its-never-enough>
- https://guardyoureyes.com/articles/rabbi-twierski/item/shekker-hachein?category_id=295
- <https://guardyoureyes.com/12-step/item/misinterpretation?start=1>
- <http://www.guardureyes.com/GUE/FAQ/FAQ41.asp>
- <http://www.guardyoureyes.org/?p=1733>
- https://guardyoureyes.com/articles/questions-and-answers/item/not-happy-with-my-wife-s-appearance?category_id=283
- https://guardyoureyes.com/articles/questions-and-answers/item/the-difference-between-lust-love?category_id=283
- <https://guardyoureyes.com/articles/tips-suggestions/item/einav-hita-aso-what-is-the-ikkar-of-marriage>

Hatzlacha

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Re: PLEASE HELP ME

Posted by military613 - 29 Apr 2021 17:25

1. Did you feel like this before you got married?

I found her good looking, not stunning.

I love it when she wears good makeup and then its wow.

2. Do you find her attractive, but not as attractive as other people's wives or other women?

Yes

3. Did you start having internet issues only after marriage?

Yes

4. Was she more attractive at one point but she changed?

Yes- pregnancy [SourceSizeHide](#)

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Re: PLEASE HELP ME

Posted by military613 - 07 May 2021 08:53

I don't find my wife attractive anymore.

Pregnant

Not wearing any makeup at home

Please help me

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Re: PLEASE HELP ME

Posted by wilnevergiveup - 07 May 2021 11:54

[military613 wrote on 07 May 2021 08:53:](#)

I don't find my wife attractive anymore.

Pregnant

Not wearing any makeup at home

Please help me

Well, when my wife was pregnant, she was super attractive but wouldn't let me touch her. Go figure.

I guess G-d can be creative sometimes.

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Re: PLEASE HELP ME

Posted by Grant400 - 07 May 2021 13:42

[military613 wrote on 07 May 2021 08:53:](#)

I don't find my wife attractive anymore.

has anything to do with this .

Pregnant

Not wearing any makeup at home

Please help me

When you are ready to work on the real problem then we can discuss real options.

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Re: PLEASE HELP ME
Posted by sleepy - 07 May 2021 15:01

[military613 wrote on 07 May 2021 08:53:](#)

I don't find my wife attractive anymore.

Pregnant

Not wearing any makeup at home

Please help me

very common problem,i hope things work out.

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Re: PLEASE HELP ME
Posted by sleepy - 07 May 2021 15:03

[wilnevergiveup wrote on 07 May 2021 11:54:](#)

[military613 wrote on 07 May 2021 08:53:](#)

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Pregnant

Not wearing any makeup at home

Please help me

Well, when my wife was pregnant, she was super attractive but wouldn't let me touch her. Go figure.

I guess G-d can be **creative** sometimes.

well G-d does go by the name: The Creator

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Re: PLEASE HELP ME

Posted by sleepy - 07 May 2021 15:18

[military613 wrote on 07 May 2021 08:53:](#)

I don't find my wife attractive anymore.

Pregnant

Not wearing any makeup at home

Please help me

please know that its possible to have eyes only for her, but you have to really want it and Daven for it.

Its brought down in sefarim that Hashem lets a wife find grace in her husbands eyes if they are zoche, take Esther Hamalka for example ,she had a green/yellow complexion, was fasting for 3 days straight and probably looked like who knows what(you dont look pretty after fasting 3 days straight) and the Megila says that she looked beautiful in the eyes of achasveirosh,he was ready to kill her by coming before him univited, but Hashem put a grace of beauty on Esther. PLEASE Daven for it and you will see how things will change .I GAURENTEE IT!

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Re: PLEASE HELP ME

Posted by sleepy - 07 May 2021 15:35

[military613 wrote on 28 Apr 2021 16:32:](#)

Married, don't find my wife so attractive

so what exactly is the problem?

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Re: PLEASE HELP ME

Posted by sleepy - 07 May 2021 15:58

[sleepy wrote on 07 May 2021 15:35:](#)

[military613 wrote on 28 Apr 2021 16:32:](#)

Married, don't find my wife so attractive

so what exactly is the problem?

i forgot to mention that im happy to hear your good news Hashem should bentch you that everything should be gezunt and there should be a healthy mother and baby Bezras Hashem !

back to my original question,

- 1.are you sinning on account of this?
- 2.are you experiencing inability to have sex due to lack of interest in her ?

for #1. ,hopefully gye will be of assistance to you.

for#2. maybe something like viagra would help you, it is a little pricey,but if your wife wants sex even in this situation(not so common?) and you feel that youre unable to fulfill your duty due to lack of attractiveness to her, could be a **temporary** use of viagra would be an idea,it really

would help out in that area , im no expert but i have experienced such a situation.

hatzlacha , and please enjoy the great gift that Hashem has bestowed upon you in addition to your wife , may you only have Shalom, gila rina ditza vichedva, ahava achva vishalom virayoos!

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Re: PLEASE HELP ME

Posted by sleepy - 07 May 2021 16:02

[sleepy wrote on 07 May 2021 15:58:](#)

[sleepy wrote on 07 May 2021 15:35:](#)

[military613 wrote on 28 Apr 2021 16:32:](#)

Married, don't find my wife so attractive

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people may find my idea a little radical but i posted it nonetheless since im not running for the popularity contest here on gye, im only trying to help my brothers where i feel it could help

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