

PLEASE HELP ME

Posted by military613 - 28 Apr 2021 16:32

Married, don't find my wife so attractive

=====
=====

Re: PLEASE HELP ME

Posted by Mount whitney - 09 May 2021 03:58

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

Married, don't find my wife so attractive

i have the exact same problem my wife gained a ton of weight during shana rishona and hasnt lost an ounce. its really tough and frustrating trust me i understand your pain. however it is possible to stop your "activities" even before you change/solve this issue, in my situation i bh have been very successful stopping to masturbate even though i still have a very hard time accepting the way my wife looks. the honest truth is unless you have a direct line with hashem and get whatever u want from him she probably isnt gonna lose weight anytime too soon. all the eitzos people gave take time they dont work overnight of course you should follow through with them and work on them but dont wait to stop whatever you have been doing till then. for me personally being in touch with someone over the phone has been amazing and helped me tremendously in stopping and in refocusing on my wifes good qualities. i dont know you or your wife i could tell u what works for me. hatzlocho rabbah and please if you find some magic pill let me know!!

=====
=====

Re: PLEASE HELP ME

Posted by sleepy - 09 May 2021 04:57

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

Married, don't find my wife so attractive

i feel for you , what exactly is the problem, you feel that youre acting out because of that?please

explain , we would really like to help you.

=====
=====

Re: PLEASE HELP ME

Posted by wilnevergiveup - 09 May 2021 10:41

I think the point that is trying to be made here whether the issue of not finding ones wife attractive is connected to GYE problems or not, as well as if it may even be because of GYE issues.

It's a good question, and many guys here have different experiences with this. The way I see it, if a person has something that they feel is an issue, than it's an issue regardless of whether others objectively feel otherwise. It will increase stress and cause a person to need help figuring it out. The stress of expectations not being met and the like are real and can make life difficult.

The question I have is, are we trying to say that acting out is because ones wife in unattractive?

Before marriage we acted out and had no wife to blame. What, you mean you thought marriage was the answer? Is this just your bubble being burst? You cannot blame your wife (who was pretty enough for you to marry) for your lust issues.

Are you just nervous that your wife will never lose her baby weight before the next one, gain another 30 pounds, keep it till the next one and then another 30 etc.?

Well, it's a real concern. Not one you can do much about either.

There is a way out, but it takes work. The truth is that most good things in life take work. The work that needs to be done is to learn how to be attracted to things that are not physical, things that will hopefully become more beautiful as time moves on. Learn to be attracted to positive traits, like kindness, compassion, sacrifice, love and so on. It will enhance your marriage tremendously. It need to be worked on, you need to do exercises that promote this thought process. You can try making list of all the positive aspects of her, start with say 15 and add a

new one every day for a fill month. Then work on putting them in order, i.e. if you could only have one which one would you choose. There are many other such exercises that can have a powerful affect on how our outlook in life.

Either way, wishing you much success and mazal tov on the upcoming simcha.

All the best,

Wilnevergiveup

=====
====

Re: PLEASE HELP ME

Posted by Grant400 - 09 May 2021 14:34

[Grant400 wrote on 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.

Maybe I was not clear and a little harsh. Let me explain my point.

Before I do, I just want to say that I am not speaking from experiencing your exact situation. Just sharing what I learned from being around here. (Although no matter how pretty a wife is there is always going to be a prettier one somewhere at some point, so technically it applies to everyone, but obviously not on the level you are describing.)

Sometimes we exacerbate the issue when we are entrenched in the world of internet. Seeing woman that are the stuff of dreams (yes, I am referring to nightmares) engaging in the stuff of dreams (dreams - because it ain't real. Never was, never will be) and then comparing and contrasting them to our poor wives, highlights the flaws or imperfections that are there.

Meaning, yes many wives are not the prettiest in the neighborhood, many aren't like they initially were, but when one loves a person in a real and not just superficial way, like we love our wives, (if not then there are bigger issues at play) those feelings shouldn't make a difference. It doesn't mean to bury our head in the sand and deny facts, it just means that we don't care, because it doesn't effect true love. (Obviously this is a level and understanding that isn't reached overnight, see WNGU's posts on this subject.)

But when joined with pornographic content, it trains us that it is entirely about physical beauty, and it constantly highlights the differences between the pieces of dirt on the screen and our loving wives, making appearance take a much higher value and play a bigger role than it would otherwise.

So instead of trying to remove these feelings and then to feel it possible to give up porn, it may work the opposite way. Give up garbage, and then we can start seeing our wives in the light they deserve.

=====
=====

Re: PLEASE HELP ME
Posted by mggsbms - 09 May 2021 15:08

[Grant400 wrote on 09 May 2021 14:34:](#)

[Grant400 wrote on 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.

Maybe I was not clear and a little harsh. Let me explain my point.

I don't think this

Before I do, I just want to say that I am not speaking from experiencing your exact situation. Just sharing what I learned from being around here. (Although no matter how pretty a wife is there is always going to be a prettier one somewhere at some point, so technically it applies to everyone, but obviously not on the level you are describing.)

Sometimes we exacerbate the issue when we are entrenched in the world of internet. Seeing

woman that are the stuff of dreams (yes, I am referring to nightmares) engaging in the stuff of dreams (dreams - because it ain't real. Never was, never will be) and then comparing and contrasting them to our poor wives, highlights the flaws or imperfections that are there.

Meaning, yes many wives are not the prettiest in the neighborhood, many aren't like they initially were, but when one loves a person in a real and not just superficial way, like we love our wives, (if not then there are bigger issues at play) those feelings shouldn't make a difference. It doesn't mean to bury our head in the sand and deny facts, it just means that we don't care, because it doesn't effect true love. (Obviously this is a level and understanding that isn't reached overnight, see WNGU's posts on this subject.)

But when joined with pornographic content, it trains us that it is entirely about physical beauty, and it constantly highlights the differences between the pieces of dirt on the screen and our loving wives, making appearance take a much higher value and play a bigger role than it would otherwise.

So instead of trying to remove these feelings and then to feel it possible to give up porn, it may work the opposite way. Give up garbage, and then we can start seeing our wives in the light they deserve.

While I won't disagree with the notion that one has to grow to love his spouse regardless of her physical beauty, I respectfully disagree with the premise that putting physical beauty at the forefront has its roots in Porn.

It is human nature to be attracted to physical beauty, regardless of one's indulgence in illicit activates, and we shouldn't deny that simple human nature.

=====
=====

Re: PLEASE HELP ME
Posted by Grant400 - 09 May 2021 16:04

[mggsbms wrote on 09 May 2021 15:08:](#)

While I won't disagree with the notion that one has to grow to love his spouse regardless of her physical beauty, **I respectfully disagree with the premise that putting physical beauty at the forefront has its roots in Porn.**

It is human nature to be attracted to physical beauty, regardless of one's indulgence in illicit activates, and we shouldn't deny that simple human nature.

I never wrote those words. **At all.**

I wrote that making it entirely about appearance, meaning, suddenly having issues with a woman you found formerly attractive, can be **exacerbated** by porn usage which places complete emphasis on appearance, by constantly highlighting the differences. Making it play a **bigger role than it would otherwise.**

=====
====

Re: PLEASE HELP ME

Posted by mggsbms - 09 May 2021 17:00

[Grant400 wrote on 09 May 2021 16:04:](#)

[mggsbms wrote on 09 May 2021 15:08:](#)

While I won't disagree with the notion that one has to grow to love his spouse regardless of her physical beauty, **I respectfully disagree with the premise that putting physical beauty at the forefront has its roots in Porn.**

It is human nature to be attracted to physical beauty, regardless of one's indulgence in illicit activates, and we shouldn't deny that simple human nature.

I never wrote those words. **At all.**

I wrote that making it entirely about appearance, meaning, suddenly having issues with a woman you found formerly attractive, can be **exacerbated** by porn usage which places complete emphasis on appearance, by constantly highlighting the differences. Making it play a **bigger role than it would otherwise.**

Your point is well taken, however the reason I take issue with it is because the issue of making physical attraction a major part of overall attraction in marriage is much more fundamental than the amount of Porn one indulges in, it is something that has to be tackled and worked on, and the lack thereof can be devastating. It would be greatly helpful if someone can articulate an approach to this.

=====
=====

Re: PLEASE HELP ME

Posted by Heeling - 21 Dec 2023 03:17

I can only hope that military613 has found some peace and harmony in his life.

I wish all of our GYE community members hiding in underground bunkers a lot of luck and I hope they keep on climbing. If only theyll share some of their wisdom, we might be starter.

=====
=====