

Help me please brother!

Posted by wannachange - 28 Mar 2025 03:05

Hi all! Feeling down now....I was up for a long time going strong...fell recently again and again....help me please! Could use some chizuk. SSA fantasies drive me nuts, I dont even have a smartphone or an unfiltered computer but still manage to fall....ugh feeling horrible now. Sorry not sure where the right place to start posting is but I guess here is a good place to start. Married with kids BH. Succesful job, making money. Learning solid. I managed a very long streak for a while but now my mindset sort of shifted that whatever this is the way I am get over it. I want OUT and never to return to this nutty SSA craze. Help me please. Could use some chizuk. Going to start recounting, Tomorrow is a new day, Day 1 BeH!

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Re: Help me please brother!

Posted by wannachange - 28 Apr 2025 19:05

[chancyhk wrote on 28 Apr 2025 17:43:](#)

Oi Vy!

First of all, please dont call yourself sick! You are not Sick BH. You have desires and fantasies and dreams and what not. That doesnt make you sick.

Ill tell you a secret, it very highly possible that you are not even so attracted to that guy, ive seen lots of times when we try to fight the desire because it makes us feel sick and we keep fighting it, then the thought will persevere, and eventually it will find a way in. Ive seen this over and over.

its the same with regular SA. Sometimes you can see a women and my first response is oh god am i attracted to her? And i will try to find a reason to not be attracted but my mind will then find something that does attract me. The best trick is to tell yourself "Maybe that person is attractive, maybe not. I will never find out not do i really want to. Yes, there is a part of me that wants to feel that pleasure and thats ok, but i dont need to go and follow that thought all the way to hell.....

Its the same way someone with a eating addiction would think when seeing a delicious dessert.

Yes, it looks great, i know how it feels, but i dont need to go there. I can move on with my life.

Its just our brains are stuck in this mode of seeking that pleasure. We just need to train the brain different ways of thinking.

Love

I dont know....sure felt like an attraction to me....

Would love to be able to utilize this "trick". Little hard to imagine though. Basically just to think that oh its ok I have the attraction but I dont need to chase it and thats ok, thats life. Oh well. I guess I need to work on my selfcontrol because that sounds really hard

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Re: Help me please brother!

Posted by wannachange - 01 May 2025 02:20

Hey holy brothers.

BH on day 9!

SHOUT OUT TO CHANCYHK - I tried what you said- accepting that its ok to have an urge but doesnt mean I need to follow up with it....and....drumroll please.....it worked!

So now I can look at whatever I want to and I just have to think dont carry through with it- KIDDING.

Either way, feeling lonely now - came home exhausted and just didnt have the patience for my kids that I wish I did. I think that triggered me and is making me feel like a horrible person and I used to run to p&m as an unhealthy outlet but now.....

maybe its because im tired? Any ideas?

Random thought - my wife is forever making friends, keeping up with old ones.

I was thinking in the car tonight how nice it would be to just have a friend to call and shmooze with and communicate with..

but honestly I think the last time I kept up with a friend was a couple of years ago.

But now with work and getting home exhausted and trying to give me kids some attention, and my wife....

theres no time for friends.

Maybe if I had time for friends, to just get out and chill, talk and shmooze, it would make things easier and would take away the lonely feeling?

Anyone relate any feedback?

Thanx

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Re: Help me please brother!

Posted by shlome685 - 01 May 2025 02:54

keep strong

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Re: Help me please brother!

Posted by chancyhk - 01 May 2025 16:47

[wannachange wrote on 01 May 2025 02:20:](#)

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Dear WC,

Happy to hear that it works. I will explain a bit more.

Being addicted to sexual arousal is just as or more addictive than Alcohol or Drugs. The body/brain gets a incredible dose of "feel good" hormones. And that makes us feel relaxed and high at the same time..... So of course we want more and more of that. Its not just our minds wanting it, its more that the brain/body crave it, so by fighting it and telling yourself "dont look, what if you get aroused, what if you act on it" or any other scare tactics, you wont get anywhere. Its already in you, if you fight it, you are thinking about it more not less. The trick is to be cool and logical.

Yes, it feels good, my brain and body will get that sweet sweet drug that will make everything taste better.....

Yes, its normal to feel this way, everyone has desires to one degree or other, maybe mine is higher or maybe not, no way of knowing for sure.

But, I know the facts of what and whom im hurting by looking or continuing the fantasy in my mind, everyone. Hashem, Myself, My wife, kids, parents, Kedusha in general.

Now, I have a choice to make, do I look/fantasies and have that short lived enjoyment and than

pay the terrible price.

Or, I will move on, knowing that NOTHING will happen if i do. Normally, you will forget about the trigger in less than a minute.

However, when we are stressed/tired/angry/lonely, etc, its harder to stay cool calm and collected. so its easier to fall into the laziness trap where we do whats easier in the moment an throw caution to the wind. So being prepared before going someplace where u know might be challenging will make it much easier.

Practicing this over and over will completely rewire your way of thinking about triggers. Eventually, it will become natural.

i agree with you that having friends is a very important thing in life, especially for people like us.

Many guys on here say that they dont have friends. These things are connected.

P.S. I have 0 friends.....

Good luck

Chancy Hakuten

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Re: Help me please brother!

Posted by Muttel - 02 May 2025 13:30

[chancyhk wrote on 01 May 2025 16:47:](#)

P.S. I have 0 friends.....

Good luck

Chancy Hakuten

I'm happy to be your first..

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Re: Help me please brother!

Posted by wannachange - 06 May 2025 01:25

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Good luck

Chancy Hakuten

Chancy you call yourself a kuten! Spot on!Thanx for the response buddy!

BH Today is day 14.

Hashem has a plan. I know it as fact. I believe it, and I live it as much as a can.

But Im crying as I write this.....its hitting home, and this is personal, not directly related to shmiras ainayim but its a trigger for me so Im expressing myself....

My wife and I had a miss.

Tears, questions, denial, anger, and finally.... deflation.

obvs theres a lot of details not going to go into....

but it hurts....

Totty, why?

Hope, excitement begins to build. Shining light breaking forth....

In a second comes crashing down...

numb from the pain.

Cant move, cant think. Just keep busy....

and now im crashing.....

Hashem You are in charge.....

please dont leave us in this state.

Confused, stressed, dont know where to turn.

I need a shoulder to cry on.

And now I move forward. Wife is out of commision now BH. So that means besides for work, also running the house myself BH. Laundry, meals, prepping kids for school...BH. Overwhelmed is not the word. Stressed is not the word. Totally beyond.

Sooooooooooooo.....as of now this loneliness still didnt trigger me.....and if it does, thats ok. Normal even. Doesnt mean I have to act on it (I hope).

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Re: Help me please brother!

Posted by jewizard21 - 06 May 2025 01:43

You are a hero. This is what it means to be an upstanding person. You have my upmost respect for staying strong against all odds.

one day at a time.

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Re: Help me please brother!

Posted by chancyhk - 06 May 2025 20:03

Chancy you call yourself a kuten! Spot on!Thanx for the response buddy!

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Oi Tatte!

I know there is nothing i can write to make you feel better or take away from the pain and the overwhelmingness of it all.

But ill still try.....

I know you are in pain, it hurts like a 1,000 be stings at once. Allow yourself to feel the pain. You are human and this is what it means to be human. We care, we love, we hope, we cry, we are alive and we need to feel it. Thats what makes us so great.

Focus on love- Whenever it becomes too much, realize that its only because we care that we feel pain.

LOVE HURTS. So instead of focusing on haw much work there is in the house, rewire your

brain to see the beauty of it.

You are doing laundry for your kids whom you love with your whole heart. Its impossible to overstate how rare that is, a father actually taking care of his kids? They are very lucky to have you.

Same thing with food, school, etc. All chores can be viewed with a different perspective to make us appreciate it.

Focus outward- dont think so much about how you feel, and what makes you triggered and how you will be able to overcome, leave that somewhere in the back recesses of your brain. Its just taking up your energy. Focus on your kids, your wife, your life outside your pants.....

We all are rooting for you dear Brother.

Love

Chancy Hakuten

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Re: Help me please brother!

Posted by vehkam - 06 May 2025 20:41

That pain! so intense. and this from the one who is supposed to be the strength in the house. i cannot imagine what you are going through.

oh how i want to be that shoulder for you. it is not a time for words. words will come. but not yet. for now we just need to cry.

you will be ok. you will come out stronger. that is in the future. now there is only pain. we are here for you.

with tears

vehkam

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Re: Help me please brother!

Posted by cleanmendy - 07 May 2025 11:21

Wannachange, I never met you or spoke to you, but I just cried with you. Your post brought out such feelings. I cant imagine what your going thru.

Were all here for you.

CM

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Re: Help me please brother!

Posted by proudyungerman - 08 May 2025 02:47

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Re: Help me please brother!

Posted by wannachange - 09 May 2025 01:06

Thank you everyone for your loving words and strength. Sorry it took a few days to answer but what can I say , things are hectic.

Its truly numbing....Im still not really functioning normally like my regular self. Doing some soul searching.

Hashem thank You for everything You have given me. Please give me the strength and emunah to pass this nisayon with flying colors and not lose myself and have any unwarranted thoughts or questions.

Last night I fell. But it was a different type of falling. I wasnt having any lustful thoughts or fantasies. It wasnt a build up of urges. I was trying to relax from all the pressure and "by mistake" this happened along with it.

Buddy, feeling the pain along with you from a distance.

I have all the excuses right now. Boat loads of stress and pressure at home and from work

because of the situation going on now. But still....so I reached out to HHM who told me to count it separately. So Hayom yom 17 from lustfull fallings and day 1 from the whole shebang altogether.

Totty...please have rachmonus on me....dont forget about me,,,,ever.

Your son is crying out to you in pain....feeling broken, I want to lean on You for help....

sometimes I just dont have the words or the strength.....

Please please please....quickly, speedily....raise me up...let me see Your greatness.

A kush on the keppel, a Fathers warm embrace, Totty I want to come home. Im crying to You. Im in so much pain. I feel like I have no where to turn. Except. Except for You. So here I am now. Standing before you. Your beloved. Your son. Please dont turn me away. Bring me close to You.

Now and forever and ever.

Again, a true Thank you to all those who reached out and are following and helping me out on my journey, love ya.

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Re: Help me please brother!

Posted by wannachange - 09 May 2025 16:22

lol after that whole speech of 2 diff cheshbonos, I fell last night.

Better luck next time. Todays day 1!

Will BeH get through this

Have a great shabbos all!

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Re: Help me please brother!

Posted by wannachange - 12 May 2025 23:20

Hey all

Nothing new to report, except that today's day 2.

I can't judge myself now. Things are very stressful. I'm human get over it.

Just looking for an outlet to express my emotions,

Weird, but I'm feeling frustrated, like in general. Why, WHY.

It's not fair. I don't understand. Why are You turning away from me Your child for so long?

Is it my mezuzos, do I have to ask someone mechila, daven better??? Tatteh Tatteh...Why?

Not feeling motivated. Just overwhelmed, still, like I said before no new news. Nothing changed. No miraculous miracles.

And now I'm scared of getting punished for asking why.

I don't really mean it, I know everything is for the best

Totally I'm just tired. Oh and frustrated. And I need to take the car for an inspection, but there's no time.

I just want to be depressed and alone. It has a strange nice feeling in a way, to feel sad, like almost like I'm finally just giving in. Hashem everything is in Your hands. It makes no sense to me. Let's just try to get through this stronger.

Need to communicate something here. If you don't yet view me as a freak, please don't judge me on this.

I never really spoke out my history over here. Now's not the time, yet. But....

I grew up in a family where my father was extremely strong, didn't express enough love to me in a normal emotional or physical way. Always too high expectations, I never felt like I was able to make him proud enough. So my self-esteem went through the ground. Again, and again, and again. I believe that is where my SSA took root. Lacking a need on some level of a healthy male figure in my life- a father. Again everyone is different, but by me this is how things played out. So basically I channeled it in different unhealthy ways.

So even now.....years later. In a situation where I am in right now. Where I know I'm going through a very hard time. I crave the physical more than anything. That healthy male

companionship to heal with. A healthy hug. A normal non weird shoulder to cry on.

Deep breath, until next time BeH

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