

Learning to Love in dating

Posted by aaron - 17 Nov 2010 16:55

Dearest chevra,

over the course of the past few months, H' has blessed me to not fall as often as i once have. it is quite infrequent that i do fall and even when i do, i find myself not falling into patterns that are dangerous.

there are a couple of reasons i think that allowed me to step out of my old patterns. besides the fact that hashem completely removed the internet from my life, i was also put in a situation where i was forced to give 24/7 for nearly 6 weeks straight. this built within me a great deal of self-confidence and allowed me to appreciate my own intrinsic value - a vital step in coming closer to H' and no needing lust as an escape. Being at ease with myself allowed me the comfort of not needing to run to any specific drug.

but once more pressures of life began to return, i found that a degree of lust had returned. not merely lust for the physical, but rather lust to be a taker. specifically, mean within the realm of dating.

H' has blessed me with the most incredible person. **She has tremendous midos, great drive, similar goals and values and a great hashkafa. but i found myself nit picking at her characteristics** and being bothered by things which my rabanim said were not important. I know that she is a smart girl, but i chose to demand someone smarter than myself. i know that she is understanding - but i chose to demand someone who can more fully understand me. Its strange because on some level, i know that she understands me more fully than most of my friends. **i have let these things bother me so much - constantly analyzing them and evaluating whether or not she fits my criteria - that i have not allowed myself to love her for the person i know she is.**

i have been told and understand a little bit, that marriage is really a relationship solely based on giving. **the characteristics that the spouse possesses that one searches for during dating eventually end up not mattering nearly as much.** intellect will not create a better family so long as she can manuver in the world we live in. rather - i have been told - that **trust, love, integrity, commitment and devotion to goals are what really count.** all of these things i know she excels in but **it has been so hard for me to let go of my demands that i came to the realization that she had become my replacement for internet lust.**

this might explain why it is that i have had such a hard time seeing her as my equal - but almost as a daughter of mine. i find myself speaking to her as an innocent, pure toy that is meant to make me happy rather than as a partner for life that i know she is fully capable of being.

when i have pain, i have turned to her. and when i have need an escape she is there. she fills that gap within me that i fear to leave revealed - **and i think it is for that reason that i have not been able to respect her fully.**

what makes this relationship more troubling is the fact that **i have known her and desired her for years. i always dreamed of her being mine** - primarily physically. it is for this reason also that **i struggle to stop perceiving her as an object of my desires rather than the wife of my dreams.**

Our relationship has (obviously) been free of physical contact and the content of our conversations has been clean, but i still find myself being aroused by her and occasionally thinking inappropriate thoughts.

i want to love her so badly - i cry and daven on numerous occasion that i be zoche - but something seems to be standing in the way. i want to appreciate her for the person that she truly is instead of the object i have created in my mind.

my questions for the chevra that i so direly need advice on are the following:

1. how can i begin to love her and want to give to her rather than only be interested in what she can give to me?

ie - what suggestions do you have to stop lusting after her?

additionally (more technical of a problem) - **i find that when i speak with her or go on dates, i come to sz'l naturally** - even when not thinking inappropriate thoughts. i see this as a good sign that i am not respecting her as i should be and that my old way of perceiving her as a object of my desire has yet to completely leave me. **i think that my guilt feelings for spilling accidentally make me angry at myself which also reflects onto the relationship.** although this is becoming less frequent, i want to rid myself of this mentality as much as possible.

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2. how can i stop coming to sz'l on dates?

3. (random - if anyone knows) - is it mutar to make brochos when the zera is dry? how about if it is simply wiped away with a tissue but still stained the underwear?

4. am i the only one who comes to sz'l simply by talking to a girl for a long period of time?

5. is it legitimate to be angry at myself for this natural reaction? would it be assur to continue speaking or dating her? (sounds extreme - especially seeing as how i cannot envision ever getting over this problem)

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thanks so much for your help....

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Re: Learning to Love in dating
Posted by Eye.nonymous - 13 Dec 2010 20:41

Did we lose our confidence?

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Re: Learning to Love in dating
Posted by tehillimzugger - 11 Jun 2013 19:17

to help out with the indexing

guardyoureyes.com/forum/1-Break-Free/208811-question

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Re: Learning to Love in dating

Posted by Markz - 08 Sep 2016 22:51

[yechidah wrote on 17 Nov 2010 19:14:](#)

this may sound a little strange to you ,but you need to be alone and think about this and write this down

1-why do I want marry this girl?

2-If tommorrow morning she would be afflicted with a terrible condition that would destroy her looks,or perhaps make her look not ugly but perhaps just quite average looking to you,perhaps put on an extra 20 pounds,would you still wish to spend the rest of your life with her?

3-write down all her non-physical maalos.

4-those characteristics that seem to bother you.If you can see that they are part and parcel of her personality,would you be able to accept her as she is,and not harp on them at all,but accept them (and not just tolerate them begrudgingly)

5- is trying to control another person part of your personality?Are you committed to let go of any unhealthy control?

6-would you be able to break your ego to the extent as to be machnia yourself,humble yourself to what she truely is and needs to be?if some of what she wishes to be or if some of her

aspirations seem not perfectly aligned with yours,are you willing do still give to her.

can you picture yourself doing very mundane and even boring and even personally distastful acts of chesed for her,just to help her,and doing this,consistently, even if you will not receive in return?

7-if you would not need her as a crutch right now,and you no longer need her to fill a void in you,or you just met someone who now seems much better looking,finer middos,etc.,how quickly would you dump her?

You need to understand if you really care for this person,**what is inside this person**,or if you really don't,and your feelings of love is a form of dependency because she makes you feel good when you are around her.

This last point is a very difficult one that must be adressed

because if you end of marrying her,sooner or later all the superficial aspects will wear off, and you will be left with the real person behind the persona that you are viewing.

and that is the deep soul-searching that you need to do now-for your sake and for hers.

It's clear that she has a strong physical and emotional effect on you

strip that away,what is left?

That is what you need to focus on.The real person that is before you,know her well,not just externally,and see if you accept her as she is or not.

there is no quick solution to remove the unhealthy lust towards her. But doing the above will help.

also know that lusting her not only hurts you, you are hurting her as well.

she deserves to be known for who she is, and the lust prevents one from viewing her a person, as a whole entire human being.

So you need to start knowing her from the inside and focus on that as best as you can

hatzlacha rabbah my friend

I wish you the very best

This is a nice thread to bump

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