

We have everything to fear about counterphobia!

Posted by daledadar.3 - 20 Jun 2017 17:27

...Which is what those with an anxiety disorder will do: Bizaare counterproductive just plain really dumb sexually acting out -for no apparent reason. COUNTERPHOBIC!!!

The misah with the Eigel which involved znus was an example-High anxiety... "Where is our leader Moshe ? Then sex.

Personally I am beginning to realize that some of the things I have done, or have attempted to still do are just that -

"counterphobic".

People may not like labelling Jews ..-But labelling activity with one word often works.Trust me

ie I feel an urge. I am thinking like an "idiot" and the lamebrained rationalizations are flyig fast and furious. My legs are doing the walking to the object of my desire or place of desire .I just want to act out act out act out. Nah I will skip it let the urge anxiety and senselessness pass. I am just counterphobicing Most Hatlacha to us all

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Re: We have everything to fear about counterphobia!

Posted by Dov - 21 Jun 2017 20:52

Hi chaver, nice post, thanks.

Not sure exactly what you mean by counterphobia, but I think it is a thing I have written and spoken about for GYE over the years. Thanks for sharing that.

I just felt you might want to know that if you are interested, you can email me to discuss recovery that many hundreds of frum yidden the world over are doing for addiction in the area of sexual acting out. I am bH clean one day at a time since 1997, deep in the trenches working with fellow addicts who are newbies (including many chabadniks, satmerers, yeshivishe kolel guys, mechanchim, businessmen, etc, etc, in EY and everywhere else) and would be happy to

share what I've been given (sobriety) with you if you are interested and think you might actually be an addict.

Hatzlocha!

- Dov

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