

Advice for single 30-something BT?

Posted by decidingtotry - 08 Oct 2014 19:18

---

I am a MO FFB who went on to live a mostly secular lifestyle for the better part of 15 years (basically since I graduated high school). In the past year I have become a BT and thank G-d have been welcomed into a wonderful community. I have gradually resumed being shomrei mitzvos, which has been an incredibly positive and meaningful experience, and I am now trying to work on being shomer einiyim and shomer habris.

I have compulsively masturbated and looked at pornography since I was about 15 (so over half my life, and my entire adult life). I have been in several committed long-term relationships (as they say in the secular world), and intended to marry my last girlfriend. She had other ideas, broke up with me, broke my heart in the process, and is now engaged to someone else.

I very much want to give up pornography and masturbation, and have taken some first steps towards doing so. My problem is that, as a single adult male who has been sexually active for a long time, in terms of both daily masturbation and ongoing sexual relationships, I don't have a halachically acceptable sexual outlet. It doesn't seem possible at this point to become celibate. I struggle with jealousy towards my friends who are married, and ultimately I hope to have a wife towards whom I can properly direct my sexual desires. I don't know when that will happen, however, and I have no idea what to do in the meantime.

I hope I'm posting this in the right place. Does anyone have any advice for someone in my situation?

=====

Re: Advice for single 30-something BT?

Posted by cordnoy - 20 Oct 2014 03:33

---

A belated welcome,

Alex, Joe, Inna and others have been sayin' good stuff.

Don't expect to understand it all in one or two days.

We can have sexual pleasure.

Our wives are not our outlets.

We can go on without it.

We should want our wives.

We should not obsess or fantasize over it.

Lust is the killer.

Hatzlachah on your journey.

=====

Re: Advice for single 30-something BT?

Posted by decidingtotry - 20 Oct 2014 15:59

---

[AlexEliezer wrote:](#)

Thinking about masturbating is also lusting.

And masturbating is lusting.

It's wrong because it feeds your addiction.

When the thought that you need to masturbate enters your head, surrender it to Hashem.

Ask him to take this desire from you.

With daily masturbation, just like with daily caffeine, cocaine, or morphine, you may have given yourself a physical dependence on masturbation.

The longer you go without it, the easier it will be.

This sounds counterintuitive while you're in the throes of it, I know.

But with time, you will see for yourself that it is true.

It certainly won't be easy in the beginning.

Others have done it. So can you.

Daven.

This is great advice. Thank you. The longest I've ever gone is 2 days. I'm starting the 90 Days Chart today. I know I can't completely change overnight but I'm going to try to do the best I can.

=====

Re: Advice for single 30-something BT?

Posted by cordnoy - 20 Oct 2014 17:17

---

It's not even about the focusin' on change (which also connotes the future); it's about doin' what's right and worth livin' at the particular moment before you.

=====

Re: Advice for single 30-something BT?

Posted by inastruggle - 20 Oct 2014 20:44

---

Great attitude, Go Get Em, Brother!

=====

Re: Advice for single 30-something BT?

Posted by decidingtotry - 21 Oct 2014 00:13

---

I want to thank everyone here for being patient with me, especially when I've expressed some

words of frustration. I'm obviously having a difficult time, and your support really helps. My overall goal is to become closer to Hashem, and shmiras habris and shmiras einayim is just one part of that for me. I've found it's a very important part because when I do "act out" I feel terrible about it afterwards and feel like my overall efforts to do teshuva are wasted.

=====

Re: Advice for single 30-something BT?

Posted by cordnoy - 21 Oct 2014 00:48

---

As you have stated your goal and purpose so clearly, I will state mine (and it is not a big chiddush for the others):

I am here to lead a sober life; actually to be sober for the moment before me.

If that gets me closer to God, that is somethin' that i'd gladly welcome as a side benefit.

b'hatzlachah

=====

Re: Advice for single 30-something BT?

Posted by AlexEliezer - 21 Oct 2014 20:02

---

I started doing this because I wanted my brain back.

I was tired of fighting a losing battle with lustful thoughts day in and day out.

My sick thoughts were inconsistent with who I really am.

Baruch Hashem for my sobriety.

One day at a time.

=====

=====