

shame on me

Posted by mr.clean - 29 May 2015 20:38

Hey guys I need some help. I had an intense life situation that ended yesterday and had been clean for 3 weeks. After all the stress subsided the lust light in my brain turned green and I did something I've never done before and something that's making me very depressed. I did what some call (I think) voyeurism. I took some pic of women who were triggers for me while I was walking down the street. It was obviously very discreet and it wasn't many just a handful most of which didn't even come out. I woke up this morning and I realized how low I stooped and right away felt very depressed. And full of shame. I can't imagine "normal" ppl would do something like this. I feel like I am now one of the weird perverts or for lack of better term crazies. Does anyone else here have experience with this or something that caused them to feel like this (the shame) and if yes how do you deal with it? Thank you guys.

p.s. I'm obviously gonna take this as a lesson and not do it again and learn how to better protect my lusting in the future but even once is too many times for my (fragile) self confidence.

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Re: shame on me

Posted by skeptical - 04 Jun 2015 01:09

shlomo613

I also don't know how my suggestion can possibly fit in with some of the things we say in tachanun and elsewhere "boishti vegam nichlamti"

There are set times to reflect on the past and to express regret.

At all other times, we must be happy, and focus on the now.

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Re: shame on me

Posted by mr.clean - 05 Jun 2015 20:55

wow shlomo i think youre defiinitely right that its more pathological then good ol fashion logical. i have noticed that i tend to feel this "shame" more then others. and i hope its becasue its so painful for me when i do it, although that doesnt seem to be enough to stop me.. not that it should be. thanks

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