

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by markz - 03 May 2016 00:53

[Yesod wrote on 03 May 2016 00:48:](#)

So you figure if you get down on them gd won't see them and he'll like you more?

And if you get down on your nose, all is forgiven?

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Re: HELP ME

Posted by Ecstatic - 03 May 2016 01:27

[Fb2016fbt wrote on 02 May 2016 16:00:](#)

. The next time that I stumble upon a trigger, what's gonna stop me? I'm curious what the oilam thinks, is just staying clean make me better, or do is the ikkur changing my views?

its hard to change views bec logically I know it's obviously not good and I feel horrible afterwards, but we all know how hard that is to implement when you're going through the nisayon.

Staying clean makes a strong impression on you. ??? ????? ??? ????????, a person is influenced by his actions. Psychologists discovered what the ??? ?????? told us all along. When you act a certain way, you tend to change and follow the path you created with those actions.

All the same, when faced with a trigger, a very powerful force grabs you by the neck (not the knees to be sure) and unfortunately does not allow you to take a few minutes to think it over. Your decision is made in a fraction of a second.

What makes it devastatingly dangerous is that you can have only one thought, one opinion going through your mind at a time. The struggle of the ??? ??? and the ????? is such that ??? ? ? ? ???? , when one has supremacy, the other falls to the side.

What you have to do is to be ready for the trigger. **That means that you have to have in place a plan for what you will do when exposed to the trigger.** Someone here (I forget who) claps his hands, I believe. I personally do my finger snapping which I discussed elsewhere on the boards.

But you're right, changing your views is not a realistic goal. Changing you behavior, on the other hand, is not only realistic, but easily attainable if you are willing to work

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Re: HELP ME

Posted by Shlomo24 - 03 May 2016 04:15

Getting on my knees is act of submission for me. I am submitting myself to my Higher Power, which is God. The act itself is a declaration of powerlessness for me. I utilize it when I need it. Many members do it every day, multiple times a day.

I'm still waiting for your question. But I won't answer it if it's not asked straight out.

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Re: HELP ME

Posted by Yesod - 03 May 2016 04:54

That explains it, whatever works for you.

Hatzlacha

PS

A patent for a 'surrender rug' is what Markz might be thinking about right now.

But I'll leave that for the cornfield

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Re: HELP ME

Posted by Shlomo24 - 03 May 2016 05:56

Is this good?

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Re: HELP ME

Posted by Workingguy - 03 May 2016 13:43

[Shlomo24 wrote on 03 May 2016 00:35:](#)

Ok, what's so controversial about that? Knees are still ugly.

Usually. I remember I was out with my wife and two other young couples from the family and one of them didn't completely cover her knees and I was so surprised at how much her knees seemed attractive (and I'd have to say that if not for this story I actually agree that knees are knobby and strange). So you just never know.

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Re: HELP ME

Posted by Shlomo24 - 03 May 2016 13:51

Yeah, I hear that. I wouldn't put it past me to lust after anything, so knees also. Good point. I can lust after a blank wall.

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Re: HELP ME

Posted by Fb2016fbt - 05 May 2016 17:34

When I start shidduchim, I feel like I was exposed to a lot from watching inappropriate things and now I'm going to have expectations with girls physicality when I go out with them.

I try telling myself that it will be fine but I honestly don't know how it will play out

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Re: HELP ME

Posted by Sasha 2 - 05 May 2016 18:08

yeh, I was really worried too!

The person i spoke with gave me an idea that I write down all the things i want, and sit down afterwards and see if they match.

Also, a month ago my mind was still warped and i couldnt see anything clearly... B"H now after being clean for a while (although I am not healed!!) I am somewhat back to normal, I finally see

things regular (as they really are) and i feel confident that I will be ok in shiduchim be"H!

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Re: HELP ME

Posted by Fb2016fbt - 06 May 2016 19:38

But specifically the physical aspect. Obviously in p***, the women are very attractive and made up..... I'm assuming most girls aren't like that and the being the case, I'm nervous that my mind is warped and I won't find any girls I go out with to be attractive.

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Re: HELP ME

Posted by inastruggle - 06 May 2016 20:14

I worry about the same thing.

I have some thoughts but it's probably better that someone married tell us more about this.

So married guys, can you give us some advice?

Will it be hard to be attracted to anyone?

Will we be very disappointed?

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Re: HELP ME

Posted by markz - 06 May 2016 20:23

[inastruggle wrote on 06 May 2016 20:14:](#)

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So married guys, can you give us some advice?

Will it be hard to be attracted to anyone?

Will we be very disappointed?

Yes - if we are looking for porn, you may be sorely disappointed in marriage, even if your wife is a Model

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Re: HELP ME

Posted by cordnoy - 06 May 2016 20:31

[inastruggle wrote on 06 May 2016 20:14:](#)

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So married guys, can you give us some advice?

Will it be hard to be attracted to anyone?

Will we be very disappointed?

There is something that the single guys don't know about marriage!?

Damn!

And I was hoping they could help us on this.

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Re: HELP ME

Posted by Aryeh821 - 06 May 2016 20:48

[cordnoy wrote:](#)

[inastruggle wrote:](#)

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What can you do we all make mistakes

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