

I've tried everything.

Posted by donm - 14 Jul 2016 02:25

Hello my name is Don.

I have tried everything to stop fantasizing.

please help me.

Don M.

=====
=====

Re: I've tried everything.

Posted by Markz - 14 Jul 2016 02:28

Welcome

i hear you say

"been there DON that"

Do you mean to say you've amassed the arsenal of gyes 30 tools, and nothing worked?

=====
=====

Re: I've tried everything.

Posted by donm - 14 Jul 2016 03:21

No Markz, I tried SA F2F. They never called me back with a list of meetings. So I knew about GYE. So I came here.

I have Same Sex Lust which is driving me nuts, I have a life coach who doesn't help much because I am scared of changing. I am in a christian neighborhood for the time being. And this neighbor keeps trying to prosylitize me.

Which causes me to freak out.

I'll add more later.

Don.

=====
=====

Re: I've tried everything.
Posted by ehrliche.bochur - 14 Jul 2016 05:20

Why you living by nochrom? This is not good. ly"n you can find heimishe neighbourhood to live

=====
=====

Re: I've tried everything.
Posted by Mitgaber - 14 Jul 2016 11:54

Hi Don,

Happy you joined. For me what helps in this respect is thinking about the lowly nature of the human body. I.e thinking about the fact that there is excrement within us, blood and eaten food etc.

I can't really help with the SSL because I'm a straight porn addict. I always try to think that the women we see on screen are not the real women at all. The wicked producers use make up and photoshop etc. etc. to make them look as stimulating as possible. If you are struggling with porn that can help.

Second like the GYE book says, lust is often a way for us to zone out, a 'medicine' for the anxiety we feel because of life. We need to starting living a healthy life and be active, so we are satisfied and relaxed and we won't need the medicine. Try working out regularly.

Also, moving to a healthy Jewish environment can definitely be part of that. Pray every day and even many times a day. Ask HaShem to help you deal with the thoughts you are having.

I hope this helps a bit. Please, tell us some more about yourself.

Hatslacha rabah

=====
=====

Re: I've tried everything.

Posted by donm - 15 Jul 2016 02:51

I have bad perverse urges, around younger teens.

I just want this to end. I want to marry a Jewish girl someday, G-D willing.

=====
=====