

Crush on a girl

Posted by Patrick - 19 Jan 2017 18:24

Hi, I have a problem and I wonder what you can suggest. I used to teach high school girls a while ago, I have some frustration in my marriage, but nothing out of normal, and I love my wife a lot. But there was a girl in school who I got a crush on, and I regularly fantasize about her, especially when my wife is out or I am under some other stress. I would like to 'get her out of my head', but I don't know how to. Can you suggest anything? FYI, I used to have a big issue with internet porn, but I don't have that now. I did notice that when I was into internet porn, this wasn't an issue, but since I have been clean from porn, this is an issue!

Can anyone offer any advice?

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Re: Crush on a girl

Posted by 360gye - 19 Jan 2017 18:44

Welcome Patrick,

Are you able to unfrustrate(if that's a word) your marriage?

Do you currently have any contact with this girl?

Maybe when your wife is out take that time to reconnect with her emotionally and spiritually...

-360gye

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Re: Crush on a girl

Posted by Patrick - 19 Jan 2017 19:29

I try to unfrustrate my marriage as much as possible, but there are one or two bugbears that just won't go away.

I have no contact with this girl, but she lives somewhere in town and from time to time I pass her by, not very often. I did pass her a few days ago, so it brought the whole thing back!

Good advice about connecting emotionally when my wife is out, I will try and invest in that -
Thanks

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Re: Pat Rocks

Posted by Markz - 19 Jan 2017 19:40

Welcome

Hope you ok with me changing the title - it's a little triggering

You can change it any time

KOR

Keep

On

Rocking

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Re: Pat Rocks

Posted by gibbor120 - 19 Jan 2017 20:21

Welcome. Try to humanize her in some way. It sounds like you are worshipping her. Imagine her with the flu throwing up. Imagine her losing her temper and acting like a fool.

The best is to get involved with other things and not think about her at all.

Not easy, but doable.

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Re: Crush on a girl

Posted by Workingguy - 19 Jan 2017 22:02

There is a woman in my wife's family that is one of these got it all type of people that I've thought about- won't say fantasized but certainly idealized a lot- pretty, classy, nice- and then my wife hired her to do some work for my organization Innaway though that of course I wouldn't have what to do with her. Let me tell you – now that she's done some work for us I see that she can't communicate, that she spoiled, she's not so smart, and boy has it burst the bubble a lot. Not completely but by 75%

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Re: Crush on a girl

Posted by Singularity - 20 Jan 2017 07:35

That's a nice, clean percentage, WG!

Your *Nisayon* sounds so difficult, Patrick... Like my worst nightmare, high school girls. Especially the way society has "sexified" them...

I don't know what to say. An experience in my world that is somewhat similar is this girl where I work. She's not even Jewish, but 21. And very attractive. And we work in the same office. It's very difficult but when she stands around me, I try pray to Hashem. Something small. I am powerless. Please, I give the struggle over to You. I can't do this.

Something like that. It helps.

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Re: Crush on a girl

Posted by tzomah - 20 Jan 2017 09:13

maybe instead of crish on a girl crush the girl (from your head) i think a lot of us who deal with this

our brains latch on to a specific girl/experience to sort of create a trigger/excuse that causes a compulsive

need to act out or fantasize but if you can catch yourself before a full fledged fantasy comes on and do something positive that will drag you in a different direction it can start to fade and become less of a trigger

i also have/had some girls that triggered compulsive feelings but the more you change direction they lose their

attracion let's face it from a different perspective they can be seen as ugly(all relative obviously) much hatslocha

crush that girl!!

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