

introduction

Posted by joereede - 25 Jan 2017 01:15

Hi,

I am a married man. I don't watch pornography everyday, as at least I am careful to not have a smart phone or unfiltered internet, but whenever I get the chance, I am a slave to it. I have no choice. Being motzie zera livatala invariably follows.

I also have a big problem with looking at women and fantasizing. Neighbors, people passing by, anybody really- I have fantasized.

All aveiras aside (if there could be such a thing) I love my wife so much and it kills me that by doing these things she becomes less attractive to me.

I need help. I want to be as attracted to her as I once was. I want to not feel like a slave. I want to know that this is something I can help. I honestly dont see it happening. There are too many woman around my neighborhood, wearing too many tight skirts.

Help.

=====
=====

Re: introduction

Posted by neshamaincharge - 25 Jan 2017 01:27

Welcome! Thanks for having the courage to share. A lot of people found hope and solutions here when they felt hopeless starting out. Hatzlacha!

=====
=====

Re: introduction

Posted by Markz - 25 Jan 2017 01:29

Welcome!

Perhaps gye could distribute flyers for all members to hang all over their neighborhood asking women to adhere to a better dress code

Will this reduce your high exposure?

=====

Re: introduction

Posted by joereede - 25 Jan 2017 01:47

I would definitely be game for that.

=====

Re: introduction

Posted by Hashem Help Me - 25 Jan 2017 03:37

[joereede wrote on 25 Jan 2017 01:15:](#)

Hi,

I am a married man. I don't watch pornography everyday, as at least I am careful to not have a smart phone or unfiltered internet, but whenever I get the chance, I am a slave to it. I have no choice. Being motzie zera livatala invariably follows.

I also have a big problem with looking at women and fantasizing. Neighbors, people passing by, anybody really- I have fantasized.

All aveiras aside (if there could be such a thing) I love my wife so much and it kills me that by doing these things she becomes less attractive to me.

I need help. I want to be as attracted to her as I once was. I want to not feel like a slave. I want to know that this is something I can help. I honestly dont see it happening. There are too many woman around my neighborhood, wearing too many tight skirts.

Help.

Welcome to the place where you will get better with Hashem's help. Sign up for chizuk emails and connect with the people here. We will be rooting for you.

=====

=====

Re: introduction

Posted by neshamaincharge - 25 Jan 2017 03:40

Cords told me over two years ago:

the road to recovery is thru yourself

=====

=====

Re: introduction

Posted by Markz - 25 Jan 2017 03:47

[neshamaincharge wrote on 25 Jan 2017 03:40:](#)

Cords told me over two years ago:

the road to recovery is thru yourself

He tells lots of people lots of things

The wise guys listen to him like you do and that's what has you do yourself Monstah trucking thru yourself by yourself cos your neshama is in charge mode

=====

=====

Re: introduction

Posted by ngc51853 - 25 Jan 2017 04:24

Hey. Welcome to GYE.

my 2 cents - start small. dont rush into crazy kabalos and commitments. take little victories and build on them.

have you tried talking to a rebbi or therapist? maybe try to discover if there is an underlying

reason?

also - always remember - Hashem would not have said "and do not stray after your heart and eyes" (not gonna sit here and futz around with a hebrew keyboard...) if it was impossible. as humans, we have been given the bolt cutters of life. its just a matter of building up the strength to finally snap the chains of enslavement.

good luck bro -

keep us posted

=====
=====

Re: introduction

Posted by Singularity - 25 Jan 2017 09:04

[Markz wrote on 25 Jan 2017 03:47:](#)

[neshamaincharge wrote on 25 Jan 2017 03:40:](#)

Cords told me over two years ago:

the road to recovery is thru yourself

He tells lots of people lots of things

The wise guys listen to him like you do and that's what has you do yourself Monstah trucking thru yourself by yourself cos your neshama is in charge mode

lost me

but i sorta get it

Welcome, Joe! You've come to the right place! browse around, discover some tools, see if they work for you.

=====

Re: introduction

Posted by tzomah - 25 Jan 2017 14:15

i feel for you i would invite you to my neighborhood but i noticed a few tight skirts here also

=====

Re: introduction

Posted by GrowStrong - 25 Jan 2017 14:23

[Markz wrote on 25 Jan 2017 01:29:](#)

Welcome!

Perhaps gye could distribute flyers for all members to hang all over their neighborhood asking women to adhere to a better dress code

Will this reduce your high exposure?

Im not sure advising GYE members to "hang around neighborhoods" is so smart.

=====

Re: introduction

Posted by cordnoy - 25 Jan 2017 14:54

[neshamaincharge wrote on 25 Jan 2017 03:40:](#)

Cords told me over two years ago:

the road to recovery is thru yourself

Great quote.

Good memory.

Recovery will not come thru sign hangin', tzitzis wearin', wife swappin' or her mood changin', gartel donnin', quotin', postin', eschewin', countin', thinkin', hyperventilatin', or other stuff.

=====

Re: introduction

Posted by gibbor120 - 25 Jan 2017 17:41

Welcome! Check out the handbook. Check out the dov quotes (link in my signature). Keep posting. We know what you are going through, cuz we are going thru it too.

=====

Re: introduction

Posted by Hashem Help Me - 25 Jan 2017 22:44

joereede do you see how many responses you got?! We really care and want you to join the club and get out of this mess. It can be done

=====

Re: introduction

Posted by cordnoy - 25 Jan 2017 22:52

[cordnoy wrote on 25 Jan 2017 14:54:](#)

[neshamaincharge wrote on 25 Jan 2017 03:40:](#)

Cords told me over two years ago:

the road to recovery is thru yourself

Great quote.

Good memory.

Recovery will not come thru sign hangin', tzitzis wearin', wife swappin' or her mood changin', gartel donnin', quotin', postin', eschewin', countin', thinkin', hyperventilatin', or other stuff.

Wonder if anyone will remember this quote in two years.

=====

=====