

Introducing Myself - "Nerdy"

Posted by nerdy - 09 May 2017 19:10

Hello readers.

I am new and not sure how "vivid" is vivid. That is, I am not sure what may trigger in others. Feel free to edit.

I was born in 1963 making me 53 years old. My upbringing was rather stiff as my father was very controlling. In the late 70's , when I reached puberty, I started masturbating. Unfortunately, my struggle has been ongoing. TV in those days would be super clean compared to what children see today but shows like Charlies Angels and Wonder Woman gave me material to feed the masturbating habit.

My first marriage started when I was in my early twenties and lasted 27 years. My marriage starting going downhill after only a few years. there was sex 2 or 3 times a month and much masturbatng throughout. With the introduction of the internet, words are not needed to mention the material that fed my habit.

My second marriage started a little after a year of separation. During our dating she was bold enough to ask if I see inappropriate material on the net and I was honest to say yes, although masturbating was never brought up and even now we never spoke about masturbating during our marriage. She asked to me to speak to my Rav and therapist and I did and she was convinced the issue was under control. In our current marriage we do not have a TV or internet at home, but still I see things at the library. I told my wife i have a strong sex drive and would like like sex almost every night. She is reluctant to engage that often, but we do have sex 7 or 8 times a month.

My Rav used to take an active interest in helping me but has gotten so busy , he doesn't have time to reach out. My therapist is a "generalist" and not giving solid enough advice to help my problem.

I am hopeful GYE may help.

Thanks for reading

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Re: Introducing Myself - "Nerdy"
Posted by MayanHamisgaber - 12 May 2017 10:09

Thanks for the share

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Re: Introducing Myself - "Nerdy"
Posted by gibbor120 - 18 May 2017 21:46

Welcome! Why don't you change therapists? Also, therapists can only do so much. You have to do the work. They are there to guide and support you. Check out the handbook. You say that you need lots of sex. Did you ever consider that the more you have, the more you want. Maybe you need less sex in order to get this "under control". Check out the dov quotes link in my signature.

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Re: Introducing Myself - "Nerdy"
Posted by bb0212 - 19 May 2017 03:53

[gibbor120 wrote on 18 May 2017 21:46:](#)

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That will likely be very difficult although I agree with that general idea. More sex = more desire.

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Re: Introducing Myself - "Nerdy"
Posted by nerdy - 19 May 2017 16:51

I agree with bb. Dramatically reducing sex probably wouldnt work, due to my strong desire.

I saw my therapist today for the first time in months because my I got back on insurance. Since I live out of town , there are fewer therapists available. There is one frum sex therapist here, but she is seeing my son, so it may be inappropriate for me to see her.

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Re: Introducing Myself - "Nerdy"
Posted by nerdy - 19 May 2017 16:55

Hi Grow Strong.

I am still very new to GYE, but read some of your thread with interest mainly because you have a history of 30 years. Mine exceeds 40. Perhaps you can help me?

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Re: Introducing Myself - "Nerdy"
Posted by cordnoy - 19 May 2017 19:31

[nerdy wrote on 19 May 2017 16:51:](#)

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I saw my therapist today for the first time in months because my I got back on insurance. Since I live out of town , there are fewer therapists available. There is one frum sex therapist here, but she is seeing my son, so it may be inappropriate for me to see her.

Actually, you and bb are sayin' somethin' different, I think. He said that it's (reducin' the frequency of sex) a good idea, but difficult to accomplish. You said that your strong desire wouldn't allow you to reduce sex.

Either way, your thinkin' (along with mine and many others before we began recovery) is inherently wrong. That is exactly what we are supposed to do and that should be our goal, especially when your/our wives are not willin' participants to our desires. Although some don't like my next sentence, I will modify it to speak only about myself: if I engage in sex with my wife when she is not completely interested, I view that as rape.

So there.

B'hatzlachah

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Re: Introducing Myself - "Nerdy"
Posted by GrowStrong - 21 May 2017 07:48

Few excerpts from the White Book.

I put down lust as one would put down heroin or alcohol. For me that meant not feeding it through the eye or in the mind. I also abstained from all sex, including with my wife. The second marriage was on the verge of collapse anyway. I wasn't even afraid sexual withdrawal would kill me, as I had felt before. I simply knew I had to stop, no matter what the cost. A strange thing happened; I didn't die! Why hadn't anyone ever told me that sex was **optional**?

Sobriety involves a new and unfamiliar way of life, like driving in a foreign country without knowing the language or customs. Only this is a whole new inner terrain. Without the drug, we begin to feel what's really going on inside. It takes time to adjust to all this, and the support of others in the fellowship is vital. Journeying this new road together helps take the fear out of withdrawal. We see that others who have gone before us have discovered that sex is truly **optional**, once they surrendered lust and the expectation of sex. And their comfort and joy are

genuine; they are neither abnormal nor deprived. Married members discover they can go into periods of voluntary abstinence to recover from lust and find them surprisingly effective and rewarding experiences. Yes, there is life after lust! And life after sex!

We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed **optional**. There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others.

We also strive toward the positive sobriety of acting out true union of persons. The great blessing (or curse, as the case may be) of our condition is that unless and until we can give unconditionally and relate with others, the vacuum left inside us from withdrawal will never be filled. All along, we had thought we could make the Connection by taking; we see now that we get it by giving. Our whole concept of sex begins to change. Sex finds a simple and natural place it could never have before and becomes merely one of the things that flows from true union in committed marriage. And even here, we've discovered that sex is **optional**.

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Re: Introducing Myself - "Nerdy"
Posted by bb0212 - 21 May 2017 08:19

[cordnoy wrote on 19 May 2017 19:31:](#)

[nerdy wrote on 19 May 2017 16:51:](#)

I agree with bb. Dramatically reducing sex probably wouldnt work, due to my strong desire.

Actually, you and bb are sayin' somethin' different, I think. He said that it's (reducin' the frequency of sex) a good idea, but difficult to accomplish. You said that your strong desire wouldn't allow you to reduce sex.

Yup, what Cords said. That's what I was saying'. If you agree with that idea and you'd like to see it put to fruition, don't go down that path blindly. Talk it over with somebody who's been down that path (pretty sure Cords fits that description) perhaps get an accountability partner. One thing that you should know, however difficult it may be, you can succeed, and you will if you decide to! Once you do, the liberation and all that comes along with it will make it well worth all of the work.

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Re: Introducing Myself - "Nerdy"
Posted by nerdy - 25 May 2017 18:03

I realize the perfect Jew will only have sex with his wife to please her and not take into his account his personal desires. Perhaps that would be once a month.

However..... I am far from perfect.

hearing advice that I should cut down on sex frequency made me think of this example. Suppose someone is hooked on heroin or other dangerous drugs. This leads him to have many headaches and he takes way too much aspirin. Should someone tell him "hey, all that aspirin is wrong, man".? No way. The aspirin is the least of his problems. Similarly, I have bigger problems than desiring Kosher sex. I really want to cut down on the ejaculating sinfully as my biggest problem. My hope is that would decrease my libido .

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Re: Introducing Myself - "Nerdy"
Posted by Markz - 25 May 2017 18:18

[nerdy wrote on 25 May 2017 18:03:](#)

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Kosher sex is a loose term

[moderated words expunged]

What means kosher sex?

Sex with Wife wearing burka is Halal approved?

Why is forcing the wife kosher?

Of course we wouldn't want to do that, we would do the cajoling thing and she won't say no, but why is that kosher?

Im talking to myself - cos I've been there done that... till I joined gye

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Re: Introducing Myself - "Nerdy"
Posted by Bigmoish - 25 May 2017 18:36

[nerdy wrote on 25 May 2017 18:03:](#)

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In your example, the heroin junkie is using the aspirin to "wean" himself off harder drugs. Whether or not that works is not my concern.

Many here (aka, me) are of the steadfast belief that you cannot "wean" yourself off of lust. If you are using your wife as a receptacle into which you can masturbate and deposit your sperm in a "kosher" way, that is the same as shooting up on heroin. Perhaps from a Torah perspective, it would be better to "masturbate" into your wife than into a tissue, tube sock, toilet, whatever, but from a lust habit/addiction/"drug" perspective, it is a delusional way of convincing ourselves that we can allow ourselves to continue our perverse habit of sexualizing women and requiring sexual release on demand (not to mention marital rape).

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Re: Introducing Myself - "Nerdy"
Posted by Trouble - 25 May 2017 23:43

Marital rape!?

Is that not what she signed up for?

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Re: Introducing Myself - "Nerdy"
Posted by icandoanything - 26 May 2017 05:46

sorry for interrupting; quick q for bb: how do you quote a post and then reply in line to different parts of the quote like you did up above? i'm new at this and i can't figure it out. tx

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Re: Introducing Myself - "Nerdy"
Posted by bb0212 - 26 May 2017 05:56

[Trouble wrote on 25 May 2017 23:43:](#)

Marital rape!?

Is that not what she signed up for?

Isn't marital rape when a guy rapes a woman and is subsequently forced to marry her?

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