

Hello from GuardOnesEyes

Posted by guardoneseyes - 12 Jun 2018 17:24

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Hi,

I just signed up yesterday. I'm a modern Orthodox married man in his late 20s who has been viewing inappropriate imagery and masturbating for as long as I can remember.

I thought maybe I'd stop after I got married, but I didn't. I go through phases where I masturbate more and where I masturbate less but I rarely go more than a week without doing it.

Sometimes I'll intentionally seek out erotic material, and sometimes I'll just stumble across it (e.g. I'll be on a news site and see a link to an "article" about a celebrity who was seen dressed not tzniusly, or I'll be on YouTube watching random videos, and will come across a music video containing sexual imagery).

I have a strong guilt complex. Throughout my life, whenever I've masturbated, I've always been worried that HaShem would then punish me, whether by making me fail exams, or anything else. Anything that would go wrong, I'd blame on the fact that I masturbated recently. It got to the point where I couldn't live being that guilty, so I just learned to accept this as a fact of life.

I am also conflicted as to whether masturbating is even bad at all. According to the Jewish world it's a sin, but according to the larger world it's a perfectly natural thing like eating and sleeping.

It doesn't appear to be affecting my marriage or sexlife.

I realise this is a bit of a rant, but I'd be interested to hear people's thoughts.

Thanks

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Re: Hello from GuardOnesEyes

Posted by mzl - 12 Jun 2018 17:40

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I think it's okay to rant.

It sounds to me as if the question whether it's allowed or not for the Torah or, lehavdil for idolaters doesn't really matter. You clearly hold that it's not okay, and you would quit if you knew how.

I'm very happy for you because it's not affecting your sex life.

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Re: Hello from GuardOnesEyes

Posted by Markz - 12 Jun 2018 17:43

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Welcome to the club!

Before we deal with important matters, have you mastered the "[60 ways to appear frum & intellectual](#)" yet, by jerusalemsexaddict?

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