

A struggling bochur

Posted by Shnitzel and kugel - 26 Jun 2018 19:00

Hi, everyone I'm a 21 year old bochur, struggled with masturbation since 14! Went to Yeshivah and bh had no access to technology so it wasn't really a issue then when I got a smartphone 2 years ago the issue started again. Bh I discovered this website 3 weeks ago, then I installed webchaver and iml very careful now with Shmiras ainayim whilst walking in the street, and I've also joined the 90 day challenge and I'm currently 16 days clean! lyh many more day by day with the eibishter's help!

Any other bochurim out there in my boat?

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Re: A struggling bochur

Posted by Shteigen613 - 28 Oct 2019 13:44

If someone has advice (eitzah) for me, please feel free to post... it will be read and appreciated. Perhaps a different thread would be appropriate.

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Re: A struggling bochur

Posted by sleepy - 28 Oct 2019 14:02

[Shteigen613 wrote on 28 Oct 2019 13:42:](#)

I just wanted to elaborate on a certain point you raised:" marriage.. sometimes even makes worse."

not to vent too much, but that was my experience.

I expected marriage and intimacy to be great. Problem was, my wife wasn't into it, and didn't like it. No matter what I tried or spoke, physically or verbally. This went on for over ten years. She constantly blamed me for being too worked up, too masculine, too needy.

needless to say, this contributed greatly to the stage (@utlizing the amazing tools of gye) that I am in now. I take full responsibility for any wrong doing that I have committed. Yet, I kinda think

that had my wife been into things more, or at least had a positive compromising attitude, I would have been less likely to have sunk to my present position.

I spoke with some knowledgeable people, (chosson teachers, therapists) who say my marital issues are common amongst yeshiva people.

and yes, we have attended couples therapy.... For years...

even though she did recently turn around a bit, I still harbour resentment (unfortunately). That makes working on this relationship quite difficult.

So my friend, good luck on your marriage. My advice, keep expectations low for now, you may be presently surprised.

sorry to dampen the mood, i just wish someone would have told this to me when I was at your stage.

mazal tov.

important post for all chasanim and us old timers, thanks for sharing and mazal tov on reaching your 90 days, chazak!

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Re: A struggling bochur
Posted by sleepy - 28 Oct 2019 14:05

why do you think only yeshiva people have this problem and what do you think can be done? i think yeshiva people who are makpid on tznius between men and women with nigiah and guarding our minds are the ones who should enjoy a healthy ,happy and satisfying marriage

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Re: A struggling bochur
Posted by Dave M - 28 Oct 2019 14:14

I'm not sure if this problem is more prominent in the yeshiva community. But I will say this. There is somewhat of a mixed message that is taught in the Bais Yaakov system. For years, girls are taught tznius and how important it is. Then when they get married, they suddenly hear a completely different message when it comes to intimacy with their husband. It is extremely difficult to re-calibrate ones thinking that fast. I'm not sure if there is a better solution out there.

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Re: A struggling bochur
Posted by cordnoy - 28 Oct 2019 14:40

[Dave M wrote on 28 Oct 2019 14:14:](#)

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What?

Completely different message?

Some of us wish they were taught a different message!

Which kallah classes are they teachin' anythin' which is contrary to tznius?

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Re: A struggling bochur
Posted by sleepy - 28 Oct 2019 14:46

Dave M means that in bais yaakov they are taught to stay away from boys ,no touching kissing ,what you see in the street by goyim is evil and disgusting (which it is,and i never went to bais yaakov), and then when they get married they are taught to come close to men (their husband)etc.

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Re: A struggling bochur
Posted by Shteigen613 - 28 Oct 2019 15:40

1. Thanks for the responses. Regarding the main point of "yeshiva people having intimacy issues". My main point was not to exclude any other group from having intimacy issues. Certainly other sub-groups amongst the orthodox, and non-orthodox and non-jewish have intimacy issues, as evidenced by the multitude of books on the subject and scientific studies performed on the general population.

2. What makes the problem of the Yeshiva population unique, is exactly what "sleepy" wrote above: one would think that a community who a. Has a. access to education pre-marriage through chosson and kallah classes, AND b. Maintains this notion where intimacy stays within the realm of husband and wife would have great intimacy.

for many, however, it's a slow and difficult start after marriage. Girls who are raised "bais yaakov" may have an INNER fear or INNER discomfort with men, which they gleaned from either implicit direction (the hanhaga of separate seating. No mixed events for teens etc.) Or explicit direction (shmoozes from rabbanim about the dangers of mixing of the genders or "sitting by the same table or near tables at the pizza store.").

B.Y. girls imbibe this attitude FOR YEARS throughout their adolescence into adulthood.

To address the statement above regarding how kallah classes should help..., it is amazing to me how we expect the INNER aversion of the B.Y. girl to a male simply after a period of 5-10 kallah classes.

Sure, the kallah may connect with her teacher, who she may describe as, "like totally amazing and understanding person, omg, the rebbitzen is like sooo with it, it's amazing."

Yet, if the kallah developed an INNER fear or INNER aversion over a period of YEARS, it seems unlikely that a few hours (3-20 hours, depending) with a rebbitzen or cool new-age kallah teacher will change that.

here's the kicker, once the B.Y. girl gets married, she also wants to have a child. That means . Pregnancy throws it's own wrench in the wheel of intimacy).

that immediate jump from celibacy to intimacy, to pregnancy is quite an astonishing feat emotionally, physically, and hormone"ally". (my own word).

A B.Y. girl may smile flirtatiously at her chosson or not she's dating. That's really cool and positive. However, that's only the "chitzoniyus" of intimacy, and in no way indicates that the smiley B.Y. girl is ready for physical or emotional intimacy with her chosson.

so... you ask, "shteigen, you've articulated THE problem so well, what's the solution??"

well, the sad news is I dont have an answer. I do not come to critique any system, just to share my thoughts and observations. Global solutions are beyond me, and maybe even the subject of this forum. (What, like mixed yeshiva and a beis yaakov night at the pizza store???)

on a local level, for each chosson, it is important to know that for you as a male, this may be an easy transition. (For some males it may not be, as per my conversations with experts on the subject, and the message boards at gye...) For your wife, however, chances are, that it will be a difficult transition to intimacy. For some, good intimacy comes right away. G-d bless you. For others, it takes years, and may never develop. NEVER.

my advice therefore is, take it slow, know what you're up against, KEEP expectations LOW, and don't take rejection personally.

I sign with a sigh of sorrow, not bitter about my personal circumstances, just accepting reality.

if anyone has any other advice or response, for me or the newly married, please respond or message. It is appreciated.

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Re: A struggling bochur
Posted by sleepy - 28 Oct 2019 16:00

wow, great post! thank you again.

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Re: A struggling bochur
Posted by SamB - 28 Oct 2019 16:03

I think that in the frum community because sex and intimacy is not talked about. There should be a mandatory follow up with chosson rebbe and kallah teacher, maybe 2 or 3 month after marriage, because its hard to explain to a frum jew specially a girl whats normal whats right whats wrong etc.

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Re: A struggling bochur
Posted by Shteigen613 - 28 Oct 2019 16:17

I agree that the lack of education in flames the issue and that communication will help. However... you assume the chosson teacher/Rebbe or kallah teacher are themselves competent in giving hadracha.

After my marriage, I did speak with "the usual suspects" and the advice I got was totally off the mark. It took me years to get to the bottom of the issues

not to generalize, but I think those giving hadracha , esp in my case, would benefit from some professional help. Without getting into detail Their advice hurt more than it helped.

I spoke with chosson teachers who say this is true about many teachers in their profession. My intent is not to smear or paint with a broad brush, just to say that there is a real issue with the system, B.Y. Girls in particular, combined with chosson teachers and kallah teachers who purport to offer good advice but may not be...

with the utmost respect, youre advice of mandatory calling a "Rebbe and kallah teacher" may do more harm than good, unfortunately.

From speaking to those in the business... some rebbes/chosson teachers are just plain "wacky" and out of touch, unfortunately. It's especially hard for the yeshiva bochur who has NO WAY (pre-marriage) of finding out that his hadracha is quite odd... he has no guidelines of normal...

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Re: A struggling bochur

Posted by i-man - 28 Oct 2019 16:23

Some good points - But lest we forget when we come into a marriage with years of building expectations from watching porn and fantasizing no one could really compete

(Im not taking away from people who have wives who have a real problem in this area)

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Re: A struggling bochur

Posted by Markz - 28 Oct 2019 16:27

Shteigen some points may be valid, maybe not, but this one threw me for a loop

"INNER fear or INNER discomfort with men, which they gleaned from either implicit direction (the hanhaga of separate seating. No mixed events for teens etc.) Or explicit direction (shmoozes from rabbanim about the dangers of mixing of the genders or "sitting by the same table or near tables at the pizza store.").

Separate seating and shmoozes from rabbanim create fear or discomfort?

btw have you read any Dov posts on the subject? Or asked a professional as to why Kalla's have fears?

And does anyone know if we are in the BB section currently

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Re: A struggling bochur

Posted by sleepy - 28 Oct 2019 16:34

[Markz wrote on 28 Oct 2019 16:27:](#)

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Re: A struggling bochur

Posted by sleepy - 28 Oct 2019 16:38

[sleepy wrote on 28 Oct 2019 16:34:](#)

[Markz wrote on 28 Oct 2019 16:27:](#)

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