

need help

Posted by shmules - 25 Aug 2019 14:43

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Hello im married for 6 years now with 3 kids. ive been struggling with m and p for a number of years. My issue is when i see women in the street that i find attractive i get all horny and then later i go watch something. Even though im married having relations with my wife doesnt really make my urges go away. Also for some reason the women i saw arouse me so much more then my wife does. I feel it might be in my mind . when i do watch it makes me motivated to stop until i watch again and wanna stop again

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Re: need help

Posted by redfire - 25 Aug 2019 14:51

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Welcome.

You came to the right place.

GYE has helped me tremendously.

I have struggled a long time in my marriage with the nagging thought that women on the street seem more enticing then my wife, i have over the past several years been working on this point and I have been having some success. But, i dont want to say my story here, i want to hear about you! I have started many threads with similar topics, in fact i have one going right now called "my wife is the only women in the world" in the baal habatims forum. Check it out, and perhaps search my user name, i have started many similar to this.

?I have a question for you: (this is the question I started with on myself) why do you check out women in the street, if you have one at home available to you? When you were single, wouldn't you have been more than happy to just have just *one* women permitted to you? And now you do! So what gives?

Please give this thought serious consideration.

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Re: need help

Posted by gyehelp2017 - 25 Aug 2019 17:28

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[shmules wrote on 25 Aug 2019 14:43:](#)

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Hi shmules,

First of all welcome aboard, GYE is a great place for people like us that have these struggles.

Secondly, for most of us there is no one time solution, its rather a possess and journey that we are on. We take it 'one day at a time', or as others say even 'one hour at a time'. Each one of us individually has their own specific things that get them aroused, and therefor we each try different ways/ideas/tools to stay clean and not fall. so please stay in touch and ask for advice when in need, and try whatever possible to see what works best for you.

Regarding your struggle with keeping your eyes to yourself on the street, have in mind that lots of times our problem comes because we view woman not as humans, but rather as objects that we can enjoy. So try prying for those woman that you are attracted too, such as 'Please Hashem give her a happy and easy day'. lots of people have said that praying for those woman has helped them is two ways. 1) we start thinking of them as human beings not as objects. 2) instead of taking from them and using them for ourselves, we use ourselves for them - to pray for them.

Keep on posting and stay in touch. There are lots of helpful people around here.

All the best!!!!

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