

Why do you feel so bad after?

Posted by Geshmak! - 02 Oct 2022 03:51

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Got a question. Please answer what you think or put a link to a post that answers my question.  
Thx!

Ps I think I know the answer but I want to hear what other people think first and if anybody is  
michaven to me...

here's the question: Why does a person feel so bad and depressed and worthless after he's  
Mzl like there are so many terrible averis l.h. Machlukes etc. and we don't feel half as bad after  
we do them. What is it that makes us feel so bad??!

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Re: Why do you feel so bad after?

Posted by abieham - 02 Oct 2022 05:02

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when I fall it hurts me in two ways. One that I am following an animalistic desire. Sex with your  
wife is holy. Porn is based on lust and is animalistic. Running after the girl that you just can't  
find. Scrolling and scrolling until you find a good picture and then going right to the next one. It  
makes me feel low and ruins my neshama. A few times I pounded food late at night and it's a  
similar feeling. Acting like an animal. The second feeling I get is "I got so excited over that? a  
girls behind? its gross . How can that make me so excited. I feel dumb. These are just my  
feelings.

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Re: Why do you feel so bad after?

Posted by Geshmak! - 02 Oct 2022 05:31

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Nice answer I was thinking along the same lines... I was basically thinking like this: H' made  
every thing for a reason... he wants us to have children and fill this amazing world he made so  
how's he gonna do it(kivuchul)? He makes a man wanted to connect with a woman so basically  
when you see someone pretty and you get hard it's because you want to connect with that  
person and become close and attached to them so after you just let it out with out getting closer  
etc u just feel more alone more by urself u wanted to get connected and you just standing here  
alone and got nowhere... there are many real reasons that are brought down in holy seforim but  
this reason actually helped me many times- I would tell myself when getting hard do u really  
want to connect with this lady do you want to have a something with this dirty shiktzah and  
would think and if my y.h. Would say ya you do! I would think that I can't really get really

connected with her so I'll just feel bad that I'm trying and not getting there so just let go! Not saying it always worked but it helped me many times bh!

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