

A long walk to.... Nowhere.

Posted by noshimnosher - 29 Oct 2022 21:43

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Hi I am a young married man with a few small children, I have had a long past of different struggles and bad to worse habits. In the past couple of months I have been making some real steps to grow in some unhealthy area's. I recently past 90 days of no P & M, and it feels good. But I have a diff issue and idk what to do or what to make of it. I compulsively go on these long walks with no destination in mind. I don't know what I'm looking for and what I expect to see. Sometimes its through heavily frum neighborhoods, others its in very not frum neighborhoods. I usually end up speaking to at least one girl on my walks but its never a conversation or pick up line. There are times the thrill comes just from asking for directions I don't need, or for the time while I have my phone in my pocket. But other times I will just blatantly ask a women to have s\*x with me. The common denominator is none of these conversations will get me any s\*xual gratification. So I do not know what on earth I am doing, yet I can't figure out how to stop these long walks to no where.

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Re: A long walk to.... Nowhere.

Posted by Geshmak! - 28 Nov 2022 00:45

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Dear noshi....

what's up? How's it going? Any updates? Have you reached out to Hhm dov ???

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Re: A long walk to.... Nowhere.

Posted by BentchKvatcher - 06 Dec 2022 22:21

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Have you gotten any help in these crazy walks?

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Re: A long walk to.... Nowhere.

Posted by yud909 - 03 Jan 2023 12:17

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Wondering the same...

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Re: A long walk to.... Nowhere.

Posted by Human being - 03 Jan 2023 20:54

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[BentchKvatcher wrote on 06 Dec 2022 22:21:](#)

Have you gotten any help in these crazy walks?

WT..... h e double hockey sticks?

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Re: A long walk to.... Nowhere.

Posted by noshimnosh - 17 Apr 2023 21:10

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Hey all, it has gotten worse... I have gone into a married women's apartment

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Re: A long walk to.... Nowhere.

Posted by Horizon - 17 Apr 2023 21:40

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i just read through your thread to have context, i'm sorry you have it so hard.

i noticed many friends here commenting that you should go for help. although they're probably right, its never fun to be told that. it actually takes alot of strength to acknowledge that you might not be able to tackle this yourself, and to get over some of the stigma involved.

if you would like, i'll be happy to discuss with you more about getting professional help. you might be surprised about availability, insurance coverage, privacy and professionalism.

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Re: A long walk to.... Nowhere.

Posted by Horizon - 01 May 2023 19:36

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hi noshimnosher,

how are you? how is your family? haven't heard from you in some time, hope all is fine.

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Re: A long walk to.... Nowhere.

Posted by noshimnosher - 01 May 2023 20:20

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Ya family is good bh, the struggle is real. But so far the summer zman has been going really well. I started with a new therapist we r working on mindfulness.

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Re: A long walk to.... Nowhere.

Posted by noshimnosher - 09 May 2023 00:36

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Don't know how posting helps at all. But I just approached a regular from married lady. Kinda nervous my face will be plastered all over tom morn. She invited me into her apartment Bec I used some excuse. But I got scared and left. But I really really really wanted to try her her properly and see if she would o for it...

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Re: A long walk to.... Nowhere.

Posted by Dov - 09 May 2023 10:32

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Hi. 'noshimnosher'. I hear you loud and clear: I don't think posting alone is *supposed* to really help anyone w/a real problem out, after all! Anyone who suggested to "just keep posting," was probably unknowingly wasting your time - but with nothing else to do, at least notifying ppl here gives a feeling of connection and accountability for you and then. But to really help you quit and

live life differently? Nah. Posting to usernames isn't very real - you're 100% correct. Also, another thing you are 100% correct about is that your behavior is *not* normal behavior - for a person who wants a good life. If you *got* what you're lusting after, you'd add soooo much more craziness into your life than you already have. That's a sign of a messed up way of thinking and living life, chaver. You're right. All the patting on your back saying that "you're normal," contradicts the facts, and you keep saying that but some good ppl probably feel that if you judge yourself honestly then you'll just be depressed and get no help at all! That's be a bad choice for you, to hide even deeper and get an even crazier life. yep.

And the way you're going about getting what you feel you want more than anything else, is so unstable, yiddle! So if you want help, eventually your shame will be overcome by the mess you create for yourself (and maybe soon for others you get sexual with, too) and you'll reach out of your comfort zone to make a call in person to someone who understands and has been there. We will be waiting with a hell of a lot more than just chizzuk and a pat on the back. And we won't tell you sweet lies or anything just to make you feel better - we will share some sanity with you. And a better way of living you can choose. It's up to you. Your choice. You do not need to continue living and thinking in a nutty way any more. ??

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Re: A long walk to.... Nowhere.  
Posted by Dov - 09 May 2023 11:19

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In other words, I've been there and I know that when you are on the chase - busy doing the behavior you do - it feels very clear that there is absolutely no alternative...as though it's *completely sensible and any **alternative** is crazy*. Meaning to say: if anyone would tell me during the 20 years that I was busy acting out (in-between trying *not* to act out) my fantasies that I was perfectly normal, I would just laugh - I knew I wasn't. And if they told me while I was busy that I had to stop...well, I'd cry (and laugh). It seems to me that eventually you will have to prove the truth to yourself and no one else can do it for you. Posting alone, will probably just delay the inevitable for you. Like pretend help. But once you finally prove it to yourself, you will be ready to get home and you will get real help face to face, for your problem. There are plenty of people who would be happy to meet with you face to face (and also talk with you directly on the phone) who have been there before, know what it's like to be doing the stuff you are doing, for years...and are free from The nuttiness now. Inside, you are just as good as any of us, and part of you is still just as normal and healthy. But it has moved pretty deep inside by now...

Hatzlocha!

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Re: A long walk to.... Nowhere.

Posted by Markz - 09 May 2023 15:18

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[noshimnosher wrote on 01 May 2023 20:20:](#)

Ya family is good bh, the struggle is real. But so far the summer zman has been going really well. I started with a new therapist we r working on mindfulness.

This is great!!

I hope you can freely bare it all and share everything that's going on with you to your shrink. Don't keep secrets from him / her. It's not worth it ;-)

(lady next door)

[noshimnosher wrote on 04 May 2023 02:04:](#)

But I want her

It helps to say things as they really are. Don't hold back.

What part of her do you want?

Do you want to marry her and leave your woman #1?

Say what you mean.

Although as Dov mentioned, you're probably not going to gain very much if you do on this forum. It's something to keep in mind.

Keep up the good work, because you are on a good track!

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Re: A long walk to.... Nowhere.  
Posted by Dov - 09 May 2023 15:51

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Wait a sec... This is perfect advice - regarding the *therapist* he is working with on mindfulness.  
Back to the ba'al ha-thread: Have you been sharing - *with this therapist* - all the information you wrote in the entire thread of messages you wrote above to your friends here?

Or have you been sharing only generalities about it with the therapist since the intention of you getting this therapy was for something else perhaps. Many people here don't even share any of this stuff with a therapist they are already seeing, cuz It's so incredibly embarrassing...so they only open up about it here.

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Re: A long walk to.... Nowhere.  
Posted by noshimnosher - 09 May 2023 23:00

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almost everything I have shared with him, I haven't spoken about the times I have gone into or almost into women's homes. But I told him about my approaching women on the street and asking them inappropriate things.

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