

Can't stop seeing zoinos

Posted by HolyYoely - 12 Jun 2023 15:17

Hi all fellow strugglers and ex strugglers,

I'm a first time poster although long time member of GYE.

I'm married and happy enough... Really try and work on my shmiras einayim and often for long periods of time I'm successful

A while ago I was working away from home in a different city and my marriage wasn't so great at the time and I started seeing zoinis. I used to be in such a turmoil about it and would mamish feel ill driving to meet up with one... But I was nichshol so many times and I would hate myself and feel terrible for ages afterwards

But then guess what, a while later I was back at it...

BH after a few years I got a new job working nearer to home and I hoped that this was the end.

Bkitzur I'm still struggling with this addiction. It's something that (in the clear light of day) makes me feel sickened and hate what I've done...

But when the lust descends I am almost like a different person. I won't listen to reason...

I have made a promise to myself last time that I would watch a vayimoein video before I did anything that day...

Sometimes it works but other times (like today) it didn't....

Tachlis I want to kick this behaviour out of my life along with all the other BS like porn and cams but....

I'm hoping that being an active member here will help me to be more aware of when my YH is about to take over because it really does feel like I have a split personality.

What I'm also so sad about is that unfortunately I've done it so many times that its almost like 'naaseh lo kheter'

I don't even feel ill going anymore. Just guilty afterwards.

I need to stop this before it destroys my marriage, my job and my Parnossa and of course how can I have any kind of relationship with Hashem when we know how much he hates this kind of behaviour...

Feeling like any support would be appreciated

Anyone who can give me help - please comment below.

Thank you

=====

Re: Can't stop seeing zoinos

Posted by Crabapple18 - 13 Jun 2023 04:17

My friend is a difficult place to be.

I think it is important to contact one of the moderators named Dov.

This is more than your marriage and parnassa . This is you're own well being here.

I don't believe this is a simple as going to the ocean and throwing out the Yetzer Hora.

Cams and the other stuff you mention are a lot of work.

=====

Re: Can't stop seeing zoinos

Posted by fightingthefight - 13 Jun 2023 10:24

I am somewhat of a newbie here and hesitate to give advice, but I see that your problem arises primarily when you are away from home and your wife. I suffer from a similar problem. When I work from home and/or my wife is away, the YH pulls me into porn and masturbation. I also feel like a totally different person. The YH comes in quickly and stealthily and takes over.

Your issue is far more severe, and the chances of terrible things that could happen are significantly increased. If I could ask, How is your life at home these days? Are you and your wife still intimate, and are you also getting along with her outside the bedroom? In addition to going on this site and doing everything available here, I would suggest taking a closer look at your relationship with your wife and seeing where you could improve that. If you are in a loving and giving relationship and respect her, it would be another weapon to help fend off the YH.

I wish you nothing but the best, and coming on here is a significant step forward... You can do this...one day at a time.

=====

=====

Re: Can't stop seeing zoinos

Posted by baalnisayon - 05 Nov 2023 19:56

Hi Holy Yoely

This is my first posting and this the first time I am saying; I have been there and done that but the done is not over. The cycle just repeats and repeats despite how far I think I have climbed and it can be instantaneous. I had a Shabbos where I was able to learn over six hours.; I was on a high. A few hours later I was on the street. I feel that sometimes I can identify what I call the point of no return, which to me means that "acting out" is a given and I feel I can't stop it. Can anyone identify with that feeling? Please let me know. (By the way over the years I have tried religious therapists to help me through the rough times and have been told countless times that I am not an addict and no need to join SA.)

As I am scrolling though and seeing other people's challenges, I feel that 99% of the participants are Boruch Hashem JUST struggling with thoughts and keyboard actions. I wish you all Hatzlacha in recognizing the issues at the Machshava stage and am mispallel that you will win the battle now. it is much harder at a later stage. I am not belittling the Shemiras Aynaim challenge in any form. Each time I leave the house, it is a struggle. Just to get to shul is sometimes as bad as a stroll on the boardwalk.

The Vayemaen videos are helpful and I try and tell myself what is passing me is blood and fat or the complete lack of tznius means there are two dogs waking past me but one is not on a leash. then I try and physically stop and ask Hashem ; look I turned my eyes away because You said so. A soldier in an army does what the platoon commander orders . I did it even though I really wanted to look. Now You please help me in the next 24 hours not to look, not to think and not to do what I know You don't want me doing. Not always is the answer positive.

?Yoely we all are Holy. I just read a secularist comment accordingly, by saying "G-d don't make no junk". He is on the mark but i am sure he has no understanding of what it really means.

I know the feeling of going into shul and looking around and say there are 60 people here and perusing them one by one and thinking him, that guy, that Bochor that..... he can't relate to even 5% of what I am going through. His nisyonos aren't anything compared to mine. Why can't I have it that way too? But that is wrong. I don't know what his nisyonos are and I don't want them. My syllabus here on this world is tailor made for me. If I veer from it and try and take a course made for someone else; not only will I probably fail but at the grading time at 120, my transcript will show that I did not earn enough credits to graduate.

?My friends, we all want to graduate and we need to study hard and put into practice the lessons we have learned. GYE helps to fill the void in both the course material and how to put it into practice. I am struggling as a newbie in taking further steps. Any chizuk is welcome. I apologize for the long discourse; but thank you for letting me post.

=====

====

Re: Can't stop seeing zoinos

Posted by redfaced - 05 Nov 2023 20:51

[baalnisayon wrote on 05 Nov 2023 19:56:](#)

Hi Holy Yoely

This is my first posting and this the first time I am saying; I have been there and done that but the done is not over. The cycle just repeats and repeats despite how far I think I have climbed and it can be instantaneous. I had a Shabbos where I was able to learn over six hours.; I was on a high. A few hours later I was on the street. I feel that sometimes I can identify what I call the point of no return, which to me means that "acting out" is a given and I feel I can't stop it. Can anyone identify with that feeling? Please let me know. (By the way over the years I have tried religious therapists to help me through the rough times and have been told countless times that I am not an addict and no need to join SA.)

As I am scrolling though and seeing other people's challenges, I feel that 99% of the participants are Boruch Hashem JUST struggling with thoughts and keyboard actions. I wish you all Hatzlacha in recognizing the issues at the Machshava stage and am mispallel that you will win the battle now. it is much harder at a later stage. I am not belittling the Shemiras Aynaim challenge in any form. Each time I leave the house, it is a struggle. Just to get to shul is sometimes as bad as a stroll on the boardwalk.

The Vayemaen videos are helpful and I try and tell myself what is passing me is blood and fat or the complete lack of tznius means there are two dogs waking past me but one is not on a leash. then I try and physically stop and ask Hashem ; look I turned my eyes away because You said so. A soldier in an army does what the platoon commander orders . I did it even though I really wanted to look. Now You please help me in the next 24 hours not to look, not to think and not to do what I know You don't want me doing. Not always is the answer positive.

?Yoely we all are Holy. I just read a secularist comment accordingly, by saying "G-d don't make no junk". He is on the mark but i am sure he has no understanding of what it really means.

I know the feeling of going into shul and looking around and say there are 60 people here and perusing them one by one and thinking him, that guy, that Bochor that..... he can't relate to even 5% of what I am going through. His nisyonos aren't anything compared to mine. Why can't I have it that way too? But that is wrong. I don't know what his nisyonos are and I don't want them. My syllabus here on this world is tailor made for me. If I veer from it and try and take a course made for someone else; not only will I probably fail but at the grading time at 120, my transcript will show that I did not earn enough credits to graduate.

?My friends, we all want to graduate and we need to study hard and put into practice

the lessons we have learned. GYE helps to fill the void in both the course material and how to put it into practice. I am struggling as a newbie in taking further steps. Any chizuk is welcome. I apologize for the long discourse; but thank you for letting me post.

Quite the wonderful first post!

=====

Re: Can't stop seeing zoinos

Posted by Vehkam - 06 Nov 2023 05:08

There are people here who faced and overcame all levels of nisyonos. The tools are generally the same.

Best wishes

Vehkam

=====

Re: Can't stop seeing zoinos

Posted by Captain - 06 Nov 2023 14:20

Welcome!

Please check out these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

=====

====