

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

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I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by Muttel - 26 Sep 2024 18:10

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[Bennyh wrote on 26 Sep 2024 17:17:](#)

[Muttel wrote on 26 Sep 2024 17:04:](#)

What I'm saying is that your primordial brain will inevitably view them sexually, whether you tell yourself otherwise or not, because it is ???? ?? in the ????? for your brain to view them that way.

This shprach of "just humanize them" implies that it's *wrong/immoral/misogynistic* if you view a woman sexually. And while to a certain extent that's true, because they're certainly not *only* sexual beings, they still very much are *sexual beings*.

When you view them sexually, you're interpreting the situation correctly. Twisting your mind into pretzel to tell yourself that they're "full human beings" will not convince your lizard brain that it doesn't see what it sees.

We can agree to disagree :-)

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Re: My ENTIRE story

Posted by cande - 26 Sep 2024 18:30

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Dov's Recovery Talks

The struggle of looking at "Her"

Lust kills love...why?

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Re: My ENTIRE story

Posted by chosemyshem - 26 Sep 2024 18:55

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[BenHashemBH wrote on 26 Sep 2024 17:49:](#)

I appreciate your response Shem, and I'm trying to understand where the line is.

What is considered on display?

A kallah under the chuppah wanting to look beautiful for her wedding

A wardrobe malfunction

A woman who naturally has a certain body type and just isn't wearing a garbage bag to hide it

I forgot to close my window shade

Just like if I was in my house, these are things I would not want others to observe with lust.

Is it fair game because they made a choice or mistake? What's the distinction between looking with no fence or through a hole in the fence? If it's the thought of the perceived that they have privacy, then it should apply also to a (non negligent) wardrobe malfunction. I can't figure out where precisely invasion of privacy shifts to on display.

Thank you

I think fundamentally I'm arguing that it doesn't really matter what I, or she, wants. The question is if I have harmed her. And violating someone's "wants" alone is not a harm. (Or if it is a harm, it is certainly nowhere near the level of stealing something from them.) A harm is an objective standard, set by the Torah, society, or some random moral feeling depending on your worldview.\*

You raised some interesting edge cases, all of which I think would not be considered a harm, barring the example of the open window. And for *me*, trying to associate my gaze with stealing from her just won't do anything.

\*And this is a frum forum, and we all agree that the Torah is what defines a harm. I'm no rabbi, just someone with an artscroll bava kama, but I'm pretty sure the Torah considers embarrassing someone or looking into their private spaces types of harm, but not gazing with lust at a woman. I concede that drawing attention to a woman's wardrobe malfunction by staring at it would likely embarrass her and therefore be a type of harm. But let's assume no one else notices, then I think you didn't harm her an iota al pi halacha.

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Re: My ENTIRE story

Posted by odyossefchai - 26 Sep 2024 19:02

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Reb Muttel, we have never shmoozed but you are an inspiration.

A real warrior.

I have through your 'entire story' and watched you grow while sharing your deepest emotions.

I do agree with the 'women are human' concept.

In my yeshiva in the early 2000's, someone had a picture of a famous singer on his wall (yes it  
!

Anyways, she looked beautiful, perfect makeup and flawless skin. In my teenaged mind, she was perfection. The fantasies were.....better left unsaid!

And at some point I realized, she as human as the rest of us. She used the bathroom and it probably doesn't smell so great afterwards, she has morning breath, and for sure doesn't look so good without makeup. And the picture is definitely touched up with Photoshop.

Basically women aren't some kind of goddesses, they are human like the rest of us. They have body hair and need to shower, they need to work on their hair otherwise it's a mess. Just humans.

Sometimes the lust takes us down a silly path of putting these women on pedestals, but the guy married to the pretty woman in the grocery store is definitely not having as much fun as we imagine he is having. He's probably dealing with the same shalom bayis issues all men are dealing with.

The vast majority of people on this site find their wives attractive and that doesn't make them want to sleep with us any more than we imagine a pretty woman is with her husband.

If only there was a great big kashering pot for our filthy brains!!!! (Maybe that's what GYE is. I'm here to find out)

Anyways Reb muttel, Hatzlacha on your journey.

May Hashem bless you with the koach to continue SHTEIGING in destroying the yetzer hara and being metaher yourself.

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Re: My ENTIRE story

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Sometimes the Lust takes us down a silly path of putting these women on pedestals, but the guy was that type of yeshiva. Her name is BS if anyone is asking. Married to the pretty woman in the grocery store is definitely not having as much fun as we imagine he is having. He's probably dealing with the same shalom bayis issues all men are dealing with.

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not sure why realizing that girls use the bathroom, turn you off.....

BS is the name.

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Re: My ENTIRE story

Posted by cande - 26 Sep 2024 19:34

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[odyossefchai wrote on 26 Sep 2024 19:02:](#)

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realizing there human, just makes them more sexy,

i dont go for toys.....

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Re: My ENTIRE story

Posted by cande - 26 Sep 2024 19:35

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[odyossefchai wrote on 26 Sep 2024 19:02:](#)

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me too! that just makes them more sexy.....

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Re: My ENTIRE story

Posted by BenHashemBH - 26 Sep 2024 19:42

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[odyossefchai wrote on 26 Sep 2024 19:02:](#)

Sometimes the lust takes us down a silly path of putting these women on pedestals, but the guy married to the pretty woman in the grocery store is definitely not having as much fun as we imagine he is having. He's probably dealing with the same shalom bayis issues all men are dealing with.

Perfect spot for a Cordnoy post:

"cordnoy" post=406494 date=1704465911 catid=1

5. Bears repeatin', when you see a woman in shul Shabbos mornin', tight dress, long shaitel, breasts clearly defined, heels, (stockin's with a seam in back), makeup perfect, etc. and you begin to get jealous as you think about your wife with shlumpy shaitel, overweight, baggy outfit, pale as can be, etc. Know this: the other woman probably didn't have sex Friday night (and don't argue with me please, and by the way, my wife is the latter AND we didn't have sex either).

If you look around and imagine how everyone has got it better than you, that's likely the false reality you'll see.

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Re: My ENTIRE story

Posted by chaimoigen - 26 Sep 2024 23:27

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[Muttel wrote on 26 Sep 2024 17:04:](#)

[Bennyh wrote on 26 Sep 2024 16:02:](#)

I'm very skeptical of the long term efficacy of this mehalech. It goes against human nature and how Hashem created us. Hashem *designed it* so that we are drawn and are attracted to the female physique and everything about them. There's nothing rational about that attraction.

Are you horny for a female rabbit? No? But male rabbits sure are! But there's nothing sexual about them! It's just a rabbit! The male rabbit looks at your hot neighbor and can't understand what your struggle is! There's nothing sexual about her at all! It's just another scary human! Who was once a baby!

There is a reason why nature works this way, of course. To work against that and convince yourself that, *aaaaaaaaaaaaakshully*, women are disgusting/smelly/cranky/poopy/human, is like trying to swim upstream while masturbating.

Maybe it can help in the beginning stages of breaking free to help shake off the ingrained habits, but I don't see how going against nature could be successful in the long term. For you might try to train your brain to say ew ew ew, but in a weak moment your oblivious groin will say yum yum yum. And then you'll beat yourself up for desiring something so "disgusting", as you've trained your brain to think that way.

What I found that works for me is being very aware of how I will feel like *after* I indulge. I will feel like garbage. It will hurt how I think about my wife. I will desire something that I'll never have. So why torture myself? That kind of self talk directly addresses the *emotional* pull of lust, instead of trying to intellectualize it.

Again, perhaps different strokes for different folks, but count me skeptical.

I wasn't clear. When I speak of parts of women unattractive, I am not trying to say "don't be attracted!" I am attracted to my wife even with her very human tendencies. Rather, I am trying to drill into myself that they are deeper than skin deep sex toys. They are a complete human beings with *parts that I don't like that just make them human-like*. Not to say they aren't attractive, but if I can see they are a complete human, I won't view them sexually.

**Being attracted is different than viewing someone sexually.**

Hope I'm clearer now!

Muttel

I like the original post, Benny's riposte, and Muttels clarification. But I want to add a point. To address Benny's response here

This shprach of "just humanize them" implies that it's *wrong/immoral/misogynistic* if you view a woman sexually. And while to a certain extent that's true, because they're certainly not *only* sexual beings, they still very much are *sexual beings*.

When you view them sexually, you're interpreting the situation correctly. Twisting your mind into pretzel to tell yourself that they're "full human beings" will not convince your lizard brain that it doesn't see what it sees.

I disagree with this point. And I want to explain. I know that humanising women that you see doesn't work for a lot of people, but it does work for me.

Part of why it works for me is because of the line I bolded in the post above. To me, the point isn't that women I meet have bad breath and flaws. That doesn't do anything for me. However, because I'm not 17 anymore, once I see a person as a person, the pull that I would feel to her, as a person, would be the pull of **attraction**, (flavored and spiced, of course, by sexual desire and lust). Attraction has to do with a relationship with the whole person. Now for an healthy human male, it's obvious that there will be a greater potential pull of attraction if the woman is pretty and sexy.

But, as I said, I'm not 17 any more. And I have a great wife, who I'm attracted to. So once my brain is feeling the pull of attraction, it's easier for the other part of my brain to kick in, help me back off and say: I don't know her, and don't really want to, and she's probably not that nice at all (and I'd **never** want to wake up next to her!).

The lizard brain you've talking about, for me, kicks in, in its raw untrammelled form, if I have the misfortune to see a mostly naked body. My brain blares a trumpeting of pure lust and wants to react with pure physical sexuality. Hard to fight that. BH, with Siyata Dishmaya and carefulness I do my damned best to avoid that kind of thing these days.

What Muttel is saying, and/or what works for me, is this. If I erroneously look at a woman I meet as a naked body that happens to be surrounded by inconvenient clothes, the lizard brain kicks in.

When I train myself to see instead, a person- e.g. a mother feeding a child, a daughter hurrying to catch a bus, or a wife shopping for her husband, I can know that they aren't mine, and more easily react accordingly, even if they are highly attractive women.

This is not incorrect biologically either, because Hashem wired us to want to get married and connect and love a woman, not just bed them. Tapping in to where the former instinct lands is a way to avoid the latter lizard.

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Re: My ENTIRE story

Posted by Markz - 26 Sep 2024 23:30

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[cande wrote on 26 Sep 2024 19:35:](#)

[odyossefchai wrote on 26 Sep 2024 19:02:](#)

I do agree with the 'women are human' concept.

me too! that just makes them more sexy.....

Brother,

I assume you are struggling and can't make 90 days clean.

In that case, you gotta remember that anything can be a trigger.

A doorknob or even

**Warning: Spoiler!**

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Re: My ENTIRE story

Posted by cande - 27 Sep 2024 00:50

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this whole thing, that girls, ???? are disgusting HUMANS, cause they smell and poop,

just ?????? ?????? there sexy ?? ?? all there ????????,

is FAKE NEWS!

im not saying im not wrong,

just putting it out there.....

love,

cande

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Re: My ENTIRE story

Posted by iwantlife - 27 Sep 2024 01:08

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R' Muttel, thank for sharing this thought with us! Truth be told, I've heard this a few times since joining GYE. First, I saw R' Chaimoigen mention it in passing, and I'm pretty sure I rolled my eyes all the way to the back of my head (goodness knows what's in there!). It just seemed lofty at best, at worst, plain unrealistic. Then a few days ago, I sat with HHM, he also mentioned it, as well as the point about porn stars just doing it for the money etc.. I didn't press him on it, I think I was in a bit of a daze from the whole meeting. But something about what you wrote triggered me, in a good way. Let me explain.

As I read your post, it hit me just how messed up the world we live in has become. (Note that the following is just a thought, a theory, if you think I'm mistaken feel free to tell me.) I believe that modern culture has (mostly) successfully convinced us that not only are women objects of pleasure for us, but, through movies, books, and particularly **porn** in all its forms, that women are **just like men?**, that they want what men want, they enjoy sex for it's own sake. They have convinced us that it's rational to assume that if you're lusting after someone, checking them out on the street, that there's something there, something you could have, **she wants it too**. Now, I know there's a GYE for women (so I'm told), and I know women have their own issues, sexual or otherwise. That's a separate shmooze. But, 9 out of 10 women on the street are **not** lusting after passing men (yes, I took that poll myself). To my understanding, women closely associate sex with what it's meant for, a way to express love, for a man to show how much he cherishes her and cares about her. Hence the pain they feel when betrayed by their husbands, even if it's just online porn. And their bewilderment at how their husbands can be attracted to a random girl on a billboard (to quote my wife 'I mean who says she's even a nice person'?!). So it's no wonder that we fantasize so easily, it all really seems realistic to us. And that's messed up.

All this is to say, that for me personally, (and maybe some of those who disagreed with you), I get it. Hearing all this talk of 'humanizing them' didn't do much for me. #lizard brain. But maybe that's changing. I strongly suspect that you, R' Muttel, and certainly the greats like R' Chaimoigen and HHM, and the many others in this great yeshiva, are different. Why? Because as you start to rack up the clean days, months, years, you actually start to be able to **think** differently. Whichever way you come at it, I believe the ???? of humanizing them is very much based on the point I mentioned above, that we've become accustomed to some serious wrong-think in the first place, ??? **them**. And while for me I think this ???? of humanizing is still in the "?? ?????" stage, as I too count the days, maybe, just maybe some light is starting to shine through; maybe one day I can think it too.

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Re: My ENTIRE story

Posted by jewizard21 - 27 Sep 2024 06:38

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[Bennyh wrote on 26 Sep 2024 17:17:](#)

[Muttel wrote on 26 Sep 2024 17:04:](#)

What I'm saying is that your primordial brain will inevitably view them sexually, whether you tell yourself otherwise or not, because it is ???? ?? in the ????? for your brain to view them that way.

This shprach of "just humanize them" implies that it's *wrong/immoral/misogynistic* if you view a woman sexually. And while to a certain extent that's true, because they're certainly not *only* sexual beings, they still very much are *sexual beings*.

When you view them sexually, you're interpreting the situation correctly. Twisting your mind into pretzel to tell yourself that they're "full human beings" will not convince your lizard brain that it doesn't see what it sees.

I get where your coming from but I have to disagree with your conclusions. The fact is that yes we are inevitably attracted to women in a sexual manner, but you are stripping the ethical part of yourself away if you say "it's in the briaah so it's meant to be". Free will is also in the briaah.

I'll give you a scenario. I'm walking on the street and turn my head and there's a woman in front of me which is where my initial glance happens to fall, or I notice her in my peripheral. How do I react?

With your logic it sound like your saying that I should continue staring/fantasize about staring and think that's OK bc it part of the briaah.

With my logic I glance away or focus on another thing to control my initial sexual attraction which is what is the ethical thing to do.

Do we need to go into a discussion of why that's the ethical thing?

Theres a difference between sexual attraction and objectifying women. Did you know that other people have emotions? They are not a shell. Objectification doesn't only apply to women in the sexual manner but people as a whole. The person behind the cash register is a person with a life, not just someone that may be a bit too slow to take your order.

I hope I'm not losing anyone on this point but the jist of it is that you can be attracted to someone sexually without acting on that sexual temptation. How we react is where the battle of this nisoyon lies.

Theres a lot more to say but ill leave it at here for now.

Keep on Trucking, One Day At A Time!!

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Re: My ENTIRE story

Posted by cande - 27 Sep 2024 13:01

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[Markz wrote on 26 Sep 2024 23:30:](#)

[cande wrote on 26 Sep 2024 19:35:](#)



[odyossefchai wrote on 26 Sep 2024 19:02:](#)

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A doorknob or even

**Warning: Spoiler!**

Hopefully you'll get out of this rut soon

not sure why you feel a need to attack me.

but whatever makes you feel good.

**Warning: Spoiler!**

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