

A girl that wants me

Posted by modeani99 - 01 May 2025 15:20

Hi,

I'm a married man with 4 kids. When I was single this goes back 8 years, I had an inappropriate relationship with a girl. It was my first time being with a girl. I broke it off after a while and after several months I shidduch dated my wife and the rest is history.

I never told my wife about this girl.

Secretly I never stopped thinking about this other girl, I probably think about her every day. This other girl had a very traumatic upbringing and deals with many many issues, She's very unhealthy.

She reached out to me several weeks ago that she wants to meet up with me. I told her I'm married and it would be very inappropriate for me to have a relationship with her. I ended up blocking her number and moving on even though it was very difficult.

She reached out to me again over WhatsApp last night saying that she misses me etc. I told her again that I'm married with kids and I can't be in touch with her. It would be very unfair to them. I'll admit that while i said that to her there is still a part of me pulling to her very strongly but I'm trying to not go there. She said "I hear you" but then started messaging me more questions like "But are you doing ok" and "how many kids do you have".

I did not respond.

I'm having trouble focusing on things today. I have an urge to respond to her.

I never stopped thinking about her

Any advice?

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Re: A girl that wants me

Posted by chizuk613613613 - 08 May 2025 00:06

To relate to a woman in a way that she is desiring and enjoys one connecting to them, listening to them, caring for them, is the shorsh of the yetzer nashim that mankind has. So remind yourself just to connect with her in anyway your mamash touching upon the tenuah of being ?? ?? ??????. Any connection especially if she's gone through trama and craves attention and love is terrible. Keep it up and stay away!!!

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Re: A girl that wants me
Posted by chaplin - 01 Sep 2025 19:38

Hi tzadik!

I had a similar story...

You did yours, blocked her number,now delete it so u wouldn't be able to contact her in the future if you'll have an urge etc. .. just form my own experienc, sometimes u may be so obsessed with her.. or feel guilt for her or pity her .. so u may have very strong urges to contact her.. and have an urge to follow your urge/feeling and not your logic and what you really want... From personal experience always be on alert to whenever it comes to a situation...to start thinking logical straight away!!! Although you'll have a special urge not too!!! Too I would highly recommend u to go to a therapist or even spk with a good trustworthy friend, without giving her name of course...

I don't know if that was helpful, there's very deep psychology behind this I just cannot bother typing so much

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Re: A girl that wants me
Posted by balancedgoldfish08 - 01 Sep 2025 20:46

Crazy nisayon I respect you for staying strong.keep it up

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Re: A girl that wants me
Posted by sdny - 01 Sep 2025 22:44

I am not much of a expert, but using willpower alone or "just" deleting her number will not work. You will need to have technique to get away from the nisyao. everyone has a different method that works for them. some of the "mind trick" videos on gye have been very helpful for me. maybe developing a better relationship with your wife may help. in doing so, the fight won't be you VS her which is essentially fighting the yetzer hara head on(wouldn't advise on that) but rather replacing her with a different girl aka your wife, Like bringing your wife on a vacation just you and her- as long as you aren't going to fulfil fantasies as some users here reported (story is posted somewhere I'll try to find it). same with porn- fighting it head on simply doesn't work the adrenalin has to be replaced. for ME (what works for me doesn't always have to work for everyone) making money gives me some of the thrills in a kosher way or going camping for a few days (a little unconventional but try having no cell service for a day or 2). go out there and find what clicks for you and the one and ONLY girl (wife) in your life. You give me encouragement by coming on here and telling your story. all the best

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