

Disgust cancels Lust

Posted by yiraishamaim - 09 Feb 2015 04:23

{I am reprinting this from another post I made today. I would appreciate your thoughts}

An emotional draw like lust needs an emotional counter force to be immediately effective. Please bear with me. The following is tough to do but eternally worthwhile. Picture a pool of excrement- in liquid- smell the stench- picture yourself sitting in it.

Do this for at least 30 seconds.

Good, Now every time the "tingle" comes your way -remember that acting out is actually worse than sitting in that.

After only a moment of success(by pausing and not acting out) picture that the creator, sustainer and supervisor of the entire cosmos is proud of you!!!

Hashem knows your struggle and knows full well how to reward you.

Hatzlocho Rabo

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Re: Disgust cancels Lust

Posted by Dov - 25 Mar 2015 03:00

[yiraishamaim wrote:](#)

Thank you

I have been moving on the last 135 days or so.

much happier, much more real more wholesome...

Wow! That is really fantastic. Thanks for letting us know. Please continue to share whatever is helping you with all us folks here. Have a good day.

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Re: Disgust cancels Lust

Posted by Hashivalisesonyishecho - 25 Mar 2015 04:13

Dov, I understand what you saying.(I think I do) Although there is a lot of truth and wisdom in your words and they are borne out in real life experience I'm not sure you're completely right. I'm also not sure you aren't. I'm considering another possibility. I wish I could clarify whether or not it has any merit. I can see from your responses to me that I haven't yet successfully presented my thoughts clearly to be understood. I don't know about speaking with a real voice. I'm not quite comfortable with that. You'r right that it's the more practical way of communicating but there is also an advantage of writing(This is wishful thinking because I'm not willing to go in person, but it still might be somewhat true) I don't know whether you feel that there is any value for you in having this discussion because maybe you have no doubt at all of the truth of your position and the lack of validity of mine so you are sure that all you need to do is show me that I'm wrong. If that's the case then in a way it's a waste of time for you so I don't expect you to expend the time needed to have this discourse particularly in writing. If you do feel that this conversation has some value to you then should we take this to private messaging between us?

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Re: Disgust cancels Lust

Posted by Dov - 25 Mar 2015 06:08

No problem. I gave you my email, just use it whenever you like. If you decide you have nothing to fear after a while, I will give you my cell# and you can call. Some guys end up calling from an unlisted secret number...it's all out of shame. But that does not bother me at all. It's just a loss because the realer it is, the realer the discussion is likely to be - the more masachim mavdilim there are because of shame, the more likely it is that the discussion will not be real either.

I have had the experience many times of pouring out my heart on line here with guys asking deep and important questions about lust in marriage and issues that might arise after a few months or years of sobriety - only to discover later that the guy I am communicating with is a 16 year old philosopher who has just quit masturbating (um...that very morning)! Obviously the guy was sincere, but it was not what he needed at all, and was really all about him pretending to himself (and me, for some strange reason) that his issue was 'recovery', when in reality his issue was just plain *sobriety*. He really just needed to admit he could not keep his hands off his penis lemoshol, then once he was clean for a few weeks, start dealing with philosophy or whatever. Till he is willing to DO something real, talk and thought are very, very cheap for all of us.

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