

Tikkun haklali; now what,?

Posted by Improve - 05 Aug 2015 19:08

My friends, i want to tell you about my journey.

I have dabbled into becoming shomer habris a few times. I must say that i don't find it difficult not to act out, & I can go for weeks like that. But i often get bored & distracted...and i once had a big meltdown, after which i didn't tackle the issue for some time.

As I said, i can go without acting out fairly easily, but i will think a lot about serious filth (fetish), more than in periods when i act out. I like to think that I could live out some of these fetishes if i were married, that might be covered by halacha... But it s still bad to have these fantasies.

I have now started again 4 weeks ago. I started reading Tikkun haklali daily, and i feel that this spiritual framework was perhaps what was lacking in my previous attempts. It is particularly encouraging when i read it out loud. It gives a lot peace. Still lots of fantasizing.

This has proven already quite succesful in the sense that i have met a new girl...after a long time and quite unexpected...I thank Hashem for bringing me in touch with this special person. She has invited me to go in a date, but i have declined. This has been disappointing to her, & i have not given a good explanation to her. I have mixed feelings:

1-- i would like to meet & build a bond that would ideally lead to marriage

2--i feel unusually inadequate, nervous, embarassed, & think i shouldn't be in touch.?

3-- in other moments, i feel very confident & in control. And tell myself that Hashem will guide me in finding the right pace. I should approach it slowly (unfortunately she is impatient).

Any suggestions for short power tefilah to help me distract my mind?

Or any ideas to deal with fantasy?

Thank you

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Re: Tikkun haklali; now what,?
Posted by cordnoy - 05 Aug 2015 20:12

Welcome,

find someone who knows you, and discuss with him.

b'hatzlachah

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Re: Tikkun haklali; now what,?
Posted by shlomo613 - 05 Aug 2015 21:17

Hi Improve,

Thank you for posting. How I empathise with you because I remember being there. Being in a place where if didn't really know my own feelings, didn't know what it wanted.

You've said quite a lot of stuff in your post, I dont feel able to offer advice and so can't add any more than what Cordnoy said.

I'd love to say that shmiras habris is a pancea for all problems - that you would have the confidence and the clarity to make decisions if you have sobriety under your belt. Maybe you would? I do feel that when I was steeped in masturbation I had no confidence in my own mind. I wonder what others would say.

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