

struggles

Posted by neshomo kedosha - 15 Apr 2025 12:06

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I'm struggling with fantasies about issurei kares

And when I'm hungry it's worse

Anyone else relate?

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Re: struggles

Posted by anili - 15 Apr 2025 13:10

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Kind of.

Ever since I was a child I've used eating as a vice when I was in emotional pain. And even though it didn't do anything except for the crunching drown out the voice in my head, I still hit the pantry anytime I'm having a hard day.

Perhaps this is what you mean? Perhaps is not harder because you are hungry, maybe you are 'hungry' because it is harder?

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Re: struggles

Posted by chosemyshem - 15 Apr 2025 18:13

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[neshomo kedosha wrote on 15 Apr 2025 12:06:](#)

I'm struggling with fantasies about issurei kares

And when I'm hungry it's worse

Anyone else relate?

I think everyone can relate to being hungry now. It's pesach!

Leitzunus aside, are you asking about relating to fantasies about kares or about fantasies being worse when hungry?

I think I can relate to both. I think I've fantasized at some point about something punishable by every possible punishment the Torah's got for arayos. And certainly fantasy/urges get much worse during HALT environments (Hungry Angry Lonely Tired). [HERE](#) is a random link discussing that.

Re: the content of the fantasies. I've learnt to not beat myself up for the random garbage that pops into my head. Acknowledge it, say a polite but firm "no thanks", and move on. Spending time feeling wicked or disgusting for having the fantasy just lets it live in our heads longer.

Being hungry is also somewhat easy to avoid (except on pesach. I mean, I was forced to eat a carrot today out of sheer hunger.) But even if you can't do anything about the situation just being aware of the reasons you're feeling the way you are can be very helpful.

Hatzlacha!

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