

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

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I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by cordnoy - 22 Jul 2015 21:17

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[Bigmoish wrote:](#)

daven.

Didn't realize you were sleeping.

Aren't we all?

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Re: Bigmoish's path to tahara  
Posted by Pidaini - 23 Jul 2015 03:57

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[Bigmoish wrote:](#)

Didn't realize you were sleeping.

My apologies.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 09 Aug 2015 19:07

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[Bigmoish wrote:](#)

I am feeling down. I know that all that really matters is that I do my best, but it still bothers me that I have a strong attraction to my sister in law. I can't constantly share these feelings with my wife (although she knows about them) because they make her feel inadequate or at fault in some way, which is far from the truth. I feel bad that she suffers even though she does everything she can to try to help me.

[serenity wrote:](#)

I'm far from an expert, but I can't see any time that you should ever share that feeling with your wife. I'm pretty sure that your attraction to your sister-in-law is pretty normal. The fact that you let that attraction consume you, may not be. What does your therapist say about it?

[Bigmoish wrote:](#)

He (or she) doesn't exist

The situation at hand doesn't appear to be changing.

I won't be going to therapy until my wife wants me to.

She wants to constantly know "how I'm doing," but she only wants to hear that I'm doing good. Oh, and she also doesn't believe me no matter what I say, and she certainly doesn't want to hear that I'm still attracted to her sister, even if I am dealing with it much better.

Since I have to lie to her anyway, I feel like it might just be better to basically cease my activity

here (and gmail and calls and texts and whatsapp) and at least be honest with her that she's the only one I discuss it with.

Will the fantasies stop? No.

Will they ever stop? At this point, I doubt it.

Still, I feel like I'm doing a disservice to my wife by not being completely one minded with her.

Not sure if this makes sense, but nothing really does anymore.

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Re: Bigmoish's path to tahara

Posted by shlomo613 - 09 Aug 2015 19:44

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Hi BigMoish,

I've just now read the most recent posts on your thread. I'm sorry I haven't got time to read everything at this moment but I will BN catch up later.

I'm sorry to hear that you have this difficulty with your SIL. I'm sure glad that mine isn't attractive. And that I'm not attracted to my brothers' wives who are good looking.

Is there a way you can drastically minimise meeting her say to once a year or so? (I just happened to see in Sefer Chasidim siman 173 this morning that someone who can't get a certain woman out his mind, his takana is to move somewhere else.)

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 09 Aug 2015 20:00

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Once a week would actually be an improvement, but that is somewhat besides the point of this conversation.

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Re: Bigmoish's path to tahara

Posted by shlomo613 - 09 Aug 2015 20:04

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Man, You're seeing her far too often. You're being bombarded.

I'd assume the point of this conversation would be strategies to minimise your temptation?

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Re: Bigmoish's path to tahara

Posted by stillgoing - 09 Aug 2015 20:12

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## **Bigmoish**

Since I have to lie to her anyway, I feel like it might just be better to basically cease my activity here (and gmail and calls and texts and whatsapp) and at least be honest with her that she's the only one I discuss it with.

Will the fantasies stop? No.

Will they ever stop? At this point, I doubt it.

Still, I feel like I'm doing a disservice to my wife by not being completely one minded with her.

Not sure what bein' on gye has to do with bein' honest to her

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 10 Aug 2015 00:00

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I just get the feeling that she resents the fact that I share my feelings with others, but not her.

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Re: Bigmoish's path to tahara

Posted by ZemirosShabbos - 10 Aug 2015 17:07

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Bigmoish, you have my sympathy, it is tough being attracted to someone in the close family circle.

I can identify with some of your feelings. back when i started on gye i got heavily involved, posting and chatting and emailing with friends and it took so much of my time and mind that i felt bad hiding it from my wife. (it is ironic and telling that I didnt feel that way about porn...). so i spilled the beans to her one day about gye and my need for it.

one thing i would suggest is that you weigh the decision to stop on gye carefully, if it is your only forum for interaction and sharing about this sensitive topic you might shooting yourself in the foot by doing so. my 2 cents.

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Re: Bigmoish's path to tahara

Posted by newaction - 10 Aug 2015 20:15

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I agree with zemiros; this decision has to be guided by a (sorry) therapist or rav.

Whenever you close down one option you need to have another option available. And if your wife nags you about her sister it can very well be that she herself needs to talk to a therapist. I do not think (i am no therapist, just my opinion) that the topic of your sil should be routinely discussed by your wife and you. if there is anything that can be done about this issue let it be done and be in the process of being taken care of. But for it to be a topic for continuous conversation between wife and husband its not good for neither of you.

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Re: Bigmoish's path to tahara

Posted by peloni almoni - 10 Aug 2015 20:32

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[ZemirosShabbos wrote:](#)

one thing i would suggest is that you weigh the decision to stop on gye carefully, if it is your only forum for interaction and sharing about this sensitive topic you might [be] shooting yourself in the foot by doing so.

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Re: Bigmoish's path to tahara  
Posted by cordnoy - 10 Aug 2015 21:34

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It is nice to see pleasant, thoughtful and insightful responses.

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Re: Bigmoish's path to tahara  
Posted by Bigmoish - 26 Aug 2015 13:59

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So, I have clearly not quit GYE (or whatsapp, hangouts, chat, conference calls, etc), and at the advice of others, decided instead to be more open with my wife.

She is still getting used to it, but I think she understands that honesty is the path to recovery, and that I can greatly improve my life by committing to a program and not hiding it from her.

Some time yesterday, the image of a certain sexual goddess popped into my head, and I was able to recognize for a short time that she is an actual human being, not a doll.

I have not been able to replicate the results of that success yet (nor have I been trying, as I try to keep my thoughts on real life), but I do feel a glimmer of hope that, with effort, I will eventually be able to recognize that women are people and not toys.

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Re: Bigmoish's path to tahara  
Posted by cordnoy - 26 Aug 2015 14:08

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[Bigmoish wrote:](#)

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Amen!

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