

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuot to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

=====

Re: Singularity's Journey

Posted by Markz - 08 Feb 2017 17:26

[Workingguy wrote on 08 Feb 2017 14:42:](#)

Markz, or actually now that I realize that I know you I can call you....Markz! much better than your real name Getzel. Two questions-

1) How have you been so matzliach at no searches, YouTube, etc? You haven't shared your process in a while; can you?

Click on "My story" below. It's basically the same

I have a full time job (with overtime) which I enjoy although tough at times. and I try learn a little, and hold a second part time job, and spend time with my Fam, and participate on gye, so my hands are too busy to be goggling

Sorry it's no long psychological discourse

All my love

Getzel

=====

=====

Re: Singularity's Journey

Posted by Workingguy - 08 Feb 2017 17:28

Cords,

Personal question- would you do that even if she would never or almost never initiate? Serious not sarcastic question.

=====

=====

Re: Singularity's Journey

Posted by MayanHamisgaber - 08 Feb 2017 18:24

Singularity:

Sorry to here about the hard time I feel your' pain and completely relate to it as my wife too tells me she wants to be my wall/rock or whatever. I usually do not initiate and when we do it she is happy doesn't matter who started and when she asks if I need it and I tell her that I do not want to push her she appreciates it

You just have to find the right balance for yourself no one can decide for you

=====

=====

Re: Singularity's Journey

Posted by cordnoy - 08 Feb 2017 19:17

[Workingguy wrote on 08 Feb 2017 17:28:](#)

Cords,

Personal question- would you do that even if she would never or almost never initiate? Serious not sarcastic question.

Not only is my answer yes to the future, it is to the past and present.

Havel there been some days, weeks, months that she has somewhat initiated? Yes, but that is not the rule; it is the exception. And by the way, if you don't believe me, ask my wife; she will respond accordingly.

Dol I fall every once in a whilel and try to initiate? Yes. But usually, I end up beatin' myself up afterwards.

=====

=====

Re: Singularity's Journey

Posted by Shlomo24 - 08 Feb 2017 22:14

There are many people who have "asking their wife for sex" as a bottom line. While I don't have experience with this at all, I understand the logic.

=====

Re: Singularity's Journey

Posted by Shlomo24 - 09 Feb 2017 02:41

I would like to add, however, that this is true for addicts. Singularity, or whatever his real name is, is an addict. I've heard addicts say asking for sex is a bottom line of theirs. For people like Mark, it's a whole different story.

=====

Re: Singularity's Journey

Posted by Workingguy - 09 Feb 2017 03:00

[cordnoy wrote on 08 Feb 2017 19:17:](#)

[Workingguy wrote on 08 Feb 2017 17:28:](#)

Cords,

Personal question- would you do that even if she would never or almost never initiate? Serious not sarcastic question.

Not only is my answer yes to the future, it is to the past and present.

Havel there been some days, weeks, months that she has somewhat initiated? Yes, but that is

not the rule; it is the exception. And by the way, if you don't believe me, ask my wife; she will respond accordingly.

Do I fall every once in a while and try to initiate? Yes. But usually, I end up beatin' myself up afterwards.

More questions- asking really to understand and not "lekanter".

If you're wife doesn't initiate and you don't, chances are it obviously won't happen much. Is that the way you leave it, and do you think your marriage is affected negatively in any way?

Do you not initiate because it's bad for you to do so, or because she doesn't want you to, or both?

If she told you that she wants you to initiate, would you?

=====
=====

Re: Singularity's Journey

Posted by cordnoy - 09 Feb 2017 03:59

If you're wife doesn't initiate and you don't, chances are it obviously won't happen much. Is that the way you leave it, and do you think your marriage is affected negatively in any way?

Yes!, that is the way we leave it. At times it is adversely affected. Basically, it depends upon my moods.

Do you not initiate because it's bad for you to do so, or because she doesn't want you to, or both?

Probablyl both.

If she told you that she wants you to initiate, would you?

HELL yes!

=====

Re: Singularity's Journey

Posted by bb0212 - 09 Feb 2017 04:55

[cordnoy wrote on 09 Feb 2017 03:59:](#)

If you're wife doesn't initiate and you don't, chances are it obviously won't happen much. Is that the way you leave it, and do you think your marriage is affected negatively in any way?

Yesl, that is the way we leave it. At times it is adversely affected. Basically, it depends upon my moods.

Do you not initiate because it's bad for you to do so, or because she doesn't want you to, or both?

Probablyl both.

If she told you that she wants you to initiate, would you?

HELL yes!

Cords, kol hakavod to you. I'm guessing that's not what you want to hear but you give yourself credit where it's due. If you beat yourself up when you "slip", be fair to yourself and give yourself credit when you're strong. Even though I don't know the numbers (how often you actually do it) from the experience that I have, for a few months when my ex wouldn't go to the mik and I was going nuts. This was at a time when I was extremely depressed & had a very weak sex drive. I can't understand what you're going through, but keep at it, keep focusing on how much strength you've gained through the years of work that you've done.

Look back at the times that you fell. How much did you grow overall because of each fall? Please try to focus on how often you are winning and succeeding. If you need help, lmk I'll try to help you focus.

BB0212

ETA: Just realized this is Singularity's thread. Didn't mean to hijack it.

We now return you to our regularly scheduled programming.

=====

Re: Singularity's Journey

Posted by Hashem Help Me - 09 Feb 2017 06:56

[Markz wrote on 08 Feb 2017 14:09:](#)

Thank GD for gye I'm porn free for a year and a half - no second looks, no "random " google searches, no non kosher YouTube vids

But when natural instincts are awakened to be intimate with ones wife it's a different story.

It's something I'm working on

But I don't buy the idea of waiting for her to initiate. You're going to an opposite extreme.

There has to be love and open communication. Husband is the initiator. BUT it has to be communicated clearly that "I don't need it. Don't do it for me. It's for us. You have to be ok with it. If you are not able tonight for whatever reason, we won't".

My wife was surprised when I told her that.

she was like "are you sure? I need to be available for you, else maybe you'll do porn" and I said "nope" I'm not gonna die if I don't get my fix

Sometimes some abstention is necessary to break the hyperfocus on having sex. But that is not the ultimate. There should be intimacy and if both are interested it should continue to healthy sex. If she isn't interested, nobody will die from not continuing. It will be hard the first few times but after a while you can be completely in control. Your wife will appreciate you so much for this mehalech and when you do have relations it will be so much more enjoyable - and you will feel great and proud afterwards - the way a husband who treats his wife well feels.

=====

Re: Singularity's Journey

Posted by bb0212 - 09 Feb 2017 07:24

[Hashem Help Me wrote on 09 Feb 2017 06:56:](#)

[Markz wrote on 08 Feb 2017 14:09:](#)

Thank GD for gye I'm porn free for a year and a half - no second looks, no "random " google searches, no non kosher YouTube vids

But when natural instincts are awakened to be intimate with ones wife it's a different story.

It's something I'm working on

But I don't buy the idea of waiting for her to initiate. You're going to an opposite extreme.

There has to be love and open communication. Husband is the initiator. BUT it has to be communicated clearly that "I don't need it. Don't do it for me. It's for us. You have to be ok with it. If you are not able tonight for whatever reason, we won't".

My wife was surprised when I told her that.

she was like "are you sure? I need to be available for you, else maybe you'll do porn" and I said "nope" I'm not gonna die if I don't get my fix

Sometimes some abstention is necessary to break the hyperfocus on having sex. But that is not the ultimate. There should be intimacy and if both are interested it should continue to healthy sex. If she isn't interested, nobody will die from not continuing. It will be hard the first few times but after a while you can be completely in control. Your wife will appreciate you so much for this mehelech and when you do have relations it will be so much more enjoyable - and you will feel great and proud afterwards - the way a husband who treats his wife well feels.

I'd imagine that's true to a point - if somebody's wife isn't interested in sex for two years, what then?

=====
=====

Re: Singularity's Journey

Posted by Singularity - 09 Feb 2017 07:31

Thanks everyone for the wonderful insights.

I feel I have a wife with very rare *middos* befitting a true *bas yisroel*. I thank Hashem for that, and thank you guys for helping me realise it.

On a lighter note, my wife and I had a fantastic day yesterday, had early supper with the kids. baked, sorted out clothing, made her feel accomplished. You know, normal things, things an addict dreams of.

And I didn't initiate this time! but there was a consensus, BH.

I understand I need to initiate sometimes. I don't believe my initiating or not affects my porn/masturbation addiction. That's just me. Just, I don't know the best way to go about it, and sometimes she really is tired, but I think it will be OK because is being tired an excuse? Every night is a different ball game; just gotta roll with it. It's hard to determine sometimes. And if I miscalculate, I end up feeling bad, and *that's* a potential trigger.

I need some more time to chew on it. But I'm in a better space, I feel, BH. Thanks everybody!

=====

Re: Singularity's Journey

Posted by will Succeed Beh - 09 Feb 2017 11:09

[Workingguy wrote on 08 Feb 2017 14:42:](#)

2) It's very true that you will live if you don't get your fix, and in today's day and age it doesn't seem to work that often that a woman is interested in being her husbands protection from sin and you're for being intimate with him.

As an *addict the white book* says "**sex is optional**", it is hard for me to agree with it, but i know that if sex is not optional, then it means its lust for me, and having sex with my wife even though its Muter will only feed my lust!!!

When i want to show love to my wife, there is dozens of other ways to show it... not by pressuring her emotionally in to something she isn't in the mood of right now!

With that being said - there is a Mitzveh of pleasuring the wife (not yourself), and Piryeh Verivyeh, and a person that purely means G-d's will, wont get agitated if his wife dosent want it now!

Protecting me from sin... i know as an *addict* - for me having sex with my wife **will not** keep me off porn...

=====

Re: Singularity's Journey

Posted by Singularity - 09 Feb 2017 12:12

[will Succeed Beh wrote on 09 Feb 2017 11:09:](#)

[Workingguy wrote on 08 Feb 2017 14:42:](#)

2) It's very true that you will live if you don't get your fix, and in today's day and age it doesn't seem to work that often that a woman is interested in being her husbands protection from sin and you're for being intimate with him.

As an *addict the white book* says "**sex is optional**", it is hard for me to agree with it, but i know that if sex is not optional, then it means its lust for me, and having sex with my wife even though its Muter will only feed my lust!!!

When i want to show love to my wife, there is dozens of other ways to show it... not by pressuring her emotionally in to something she isn't in the mood of right now!

With that being said - there is a Mitzveh of pleasuring the wife (not yourself), and Piryeh Verivyeh, and a person that purely means G-d's will, wont get agitated if his wife dosent want it now!

Protecting me from sin... i know as an *addict* - for me having sex with my wife **will not** keep me off porn...

I agree that no matter how much I get from the Mrs, it will help nothing against porn and stuff.
but in a *matzav* of being very aroused to the point of no control, what do ya do?

=====
=====