

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by Eerie - 26 Apr 2023 23:36

I would add, there are so many people in the world at large that suffer unhappiness in their sex lives because of their exposure to porn, and the expectation that they will experience something similar in the bedroom. You gotta learn the facts: Porn is fake. Porn is unnatural. Porn stars kill themselves because they do unnatural things, and they can't live with themselves. The women

there do things that they detest, but they are getting paid. Stop thinking that the bedroom of any sane, healthy human being looks anything like what goes on in the screen. You are no porn star, and neither will she be. Learn what real intimacy is supposed to be, learn that the real enjoyment is connecting to someone on such a deep level, in caring about someone so deeply. And then you will see that the girl that stands before you may be a perfect candidate.

hatzlacha on all your dates! May Hashem be with you!

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Re: OivedElokim-I'll never give up

Posted by Looking_to_improve - 27 Apr 2023 01:11

[OivedElokim wrote on 25 Apr 2023 23:08:](#)

Day 3

Went on my first date, went pretty well BH. I have several reasons to think that it's not gonna work for me, but I'm keeping an open mind and am going forward with a second date. We'll see how it goes...

I won't get into the details of the date, except for one thing that is directly relevant to GYE and the fight we're all in here:

After over a decade of being steeped in the lustful imagery so prevalent in our modern, decadent culture, the "Looks Factor" really holds a lot of sway over me. She's not ugly but she ain't pretty either...

Before everyone pounces on me: I may be lustful but I'm not delusional. I don't think any frum girl (who shares my values and connects with me emotionally/romantically) will ever hold a candle to the supermodels and p-stars that I've been flooding my vision and imagination with over the past 12 years or so. If I do end up with a very pretty girl it will be sheer luck, or hashgacha. Whatever. I've noticed that (in real life, not in lengire ads) pretty women are pretty rare (pardon the pun)...

However, it's still a struggle for me. The concept of monogamy in general is a hard pill to

swallow (many people with beautiful wives still cheat and watch porn etc) , and it's especially when it's not with the most gorgeous woman known to man. I would be interested to hear the oilam's input, especially those of you that are married. I imagine this has probably been hashed out in some older threads, but I'd like to reopen the conversation.

My question is: How does one come to terms with the fact that you have only one kosher sexual outlet in life, which is an average looking woman?

I feel like it's easier for a bochur that struggles with this because he's not committed to anyone else but himself. Marriage probably makes things much harder...

Thanks for reading. I hope this post sparks respectful dialogue (and not people shooting angrily from the hip).

Anyways, all the best!

OivedElokim

I heard this from a local Rabbi, hopefully I'm telling it over correctly, I'm still figuring it out myself while I'm dating. He said that no picture can quite capture the tinkle in someone's eye, or their radiant smile. When you interact with someone, and get to know them, you start to appreciate these things about them more, it shapes how you view and perceive them. Although on paper, their body size may not match up to whatever exacting standards that we may have from porn, there are qualities and features don't exist on paper, they only come out when you are dating and get married. I don't think 'twinkle in someone's eye' is a common search term on porn websites, but I think many people in a solid relationship will get pleasure in seeing that twinkle in their spouses' eye. (Eye/ eyes?) It's probably true of other non physical characteristics as well. We might make up a list of 10 things we want in a person and someone may only have 7 or 8, but the more you get to know them, the more you appreciate those 7 or 8 qualities, and realise that a relationship isn't about ticking off lists of top 10s. I don't think physical attraction is unimportant, I don't think you ignore it entirely, but I heard from a different rabbi that if her looks don't bother you, even if they aren't amazing, then it shouldn't be an issue. I think it is probably related to this point, that as a relationship develops, it will start to shape how you appreciate the features and qualities (both physical and non physical) this girl has.

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Re: OivedElokim-I'll never give up

Posted by 5Uu80*cdwB#^ - 27 Apr 2023 02:32

Thank you for your genuine post, OivedElokim.

The longer it's been since a person quit lusting, the more beautiful real women will be to him.

Someone who guards his eyes and mind carefully (by simply moving on to the next task at hand when a lustful thought or image comes by) will come to actually find a very large percentage of frum women to be very physically beautiful, and I'm not exaggerating. We actually have that much control over what the bar is for beauty in our mind. On the contrary, you can actually reach a level where you will find tzanua, frum women to be very beautiful and prutzos to be disgusting. Do not think for a second that such a level is beyond your reach. I assure you it is within your reach if you guard your eyes, train your mind to move on from lustful thoughts, and daven for Hashem's help in it.

Hatzlacho.

Remember, lust is the killer.

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Re: OivedElokim-I'll never give up

Posted by monseyid41 - 27 Apr 2023 17:02

[Eerie wrote on 26 Apr 2023 23:29:](#)

If I may add my two cents to the very beautiful posts above. I found it interesting to hear the perspective of a few unmarried guys, but can ask you all, what is marriage? One thing for certain, the idea of "it is not good for man to be alone" does not mean that we get married to have a sexual outlet. Marriage is a relationship, a heartfelt connection unlike any you have experienced in your life, where two people commit to live their lives together, cry together, celebrate together. When they grow together there will be growing pains, and they'll do that together, too. Someone above mentioned about people getting bored after time goes on. My friends, in a real, healthy marriage the relationship gets deeper and means more to each party as time goes on. Of course, these things take time and real effort, and sacrifice. When I say sacrifice I mean to sacrifice your silly self-serving nature. You learn to care, truly care, about someone else. It's all hard work, but this is what it is, and it is well worth it. There will come a day that beH that your relationship with your wife will mean everything in the world to you, you will feel something in your heart when she is nearby. In your heart, not your pants. That, my friends, is what you are in for. That is what you are looking for.

Of course, there should definitely be a physical attraction, because the way Hashem made us is

that we need all our faculties to be in to build that relationship, and we can't get emotionally excited when our senses are repulsed. But we are NOT looking to create a porn show. So, while no frum Jewish girl looks like the stars we have seen on the screen, that should not be much of an issue. It's like saying, I'm looking for a secretary, and she is not drop-dead gorgeous, what should I do? What's the connection, right? Since when does a secretary have to be beautiful? She has to know how to answer phones, take messages, etc. Yes, your wife will be your sexual outlet, and intimacy is a part of the glue that brings you together, that helps you build your relationship, but you are not looking to create your own porn website in your bedroom.

If you reassess, and refocus, I'm looking for someone that will build a relationship with me, one that will mean the world to me. I'm looking for someone who shares my values, who wants to build a life with me. Again, you should feel attracted to her, because that's a necessary ingredient in this type of relationship. And that relationship will be meaningful to you even when all the beauty she has at 20 is long gone.

It's hard to believe that a single post can contain so much truth and wisdom. I would like to suggest that, for the married members who have taken upon themselves to read a chapter a day from "The Battle Of Our Generation", maybe add on one sentence a day from this post. For any Bochorim out there who are looking for a clear, articulate, and meaningful understanding of what marriage is actually about, you've just found it.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 22 May 2023 00:45

Goodbye Post

Hey everyone. I feel bad that I left for so long without an update (I don't like it when other people do it...) so here goes:

My faith crisis has been worsening and it ended up affecting my practical behavior, though not on a massive scale. At least it hasn't yet.

I don't believe in Judaism anymore. At all.

I will not go into why or how that happened here, as this is not the appropriate forum for that kind of talk.

I will just say that my loss of faith is deeply saddening to me and I don't know where to go from here. I sincerely wish it didn't happen.

And no, please do not bombard me with Kiruv arguments and give me shiurim to listen to. I've been through all of that already. It has not worked.

I plan to continue working on my porn and masturbation habits but not from a religious point of view. I therefore don't think that GYE is the place for me to try to do so. I'm really grateful to all of you for the help and concern and advice you've shared with me over my 7 years here. I've made many good friends here and I hope to continue to keep in touch with them, if they're willing to.

I'll probably continue to lurk and engage with the friends I met here offline, but don't expect to read any inspiring Chizuk posts from me anymore. I'm done with GYE. At least until the day I do Teshuva (doesn't look like it'll be happening soon so don't hold your breath).

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I guess we'll see about that. Till then, farewell!! I love you guys....

With a heavy heart,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Sapy - 22 May 2023 00:52

I will admit that this post saddened me.

I wish you sincerely the best in all your ways.

Hope you find menuchas hanefesh and a meaningful life.

Was nice to spend some time with you the past few years, and I'll be happy to hear how your doing anytime.

All the best, it's hard to say Goodbye....

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Re: OivedElokim-I'll never give up
Posted by dovberyl - 22 May 2023 01:01

[OivedElokim wrote on 22 May 2023 00:45:](#)

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OivedElokim

Oived, I myself am new here, and not totally familiar with the norms of GYE, but I have been thinking that my own "journey" in getting past porn and masturbation need not be a religious one. It is certainly an issue in the world at large as well, and they have reasons to quit besides for frumkeit. I think those reasons, or whatever *personal* reasons you or I may have, are worth considering. For me, frumkeit is not at the top of my list of *personal* motivations to stop, although I am a regular frum guy. I think this issue is primarily one of derech eretz (which is universal and not limited to the faith community), and then torah.

beryl4307@gmail.com

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Re: OivedElokim-I'll never give up
Posted by eyes - 22 May 2023 03:43

DEAR OE,

My heart is crying.

Although will not probe for details.

Every time I came on to GYE, I was hoping to find a post from you.

To me you were and will always be a source of light and hope.

I am sending a huge hug your way.

I am sure that we will one day meet up.

All the best

EYES

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Re: OivedElokim-I'll never give up
Posted by Trying The Best - 22 May 2023 05:12

[OivedElokim wrote on 22 May 2023 00:45:](#)

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OivedElokim

Dear OE!

I am sure you went through something very stressful and it's not you writing this post, it's for sure someone else. When someone is stressed and going through something, he's not acting himself. I understand the person wrote this post and I am sure it's not you it's the stressed person. Sooner or later he'll feel better. It's a matter of time.

I love you with all my heart and soul!

Give it a chance.

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Re: OivedElokim-I'll never give up
Posted by fightingthefight - 22 May 2023 09:39

Oived, I am sorry that I never got to know you. I am very new here, in addition to just wishing you luck going forward, I can honestly say that I also have had my own "Faith Crisis" and still struggle from time to time with it. I wanted to say that HaShem believes in you, even if you don't believe in him.

I feel that religion sometimes gets in the way of our relationship with HaShem, and maybe you need to step away from the religion for awhile in order to work on other parts of your life, like your battle with P and M. This is just my humble opinion. Personally, the religion has helped me in so many ways, but it is a personal journey and maybe stepping away is what you need at this point in your life.

Wishing you nothing but the best

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 22 May 2023 11:07

Sorry that you are obviously in a lot of pain buddy. You know where you can come to receive a non-judgmental hug - a big one. Hatzlocha.

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Re: OivedElokim-I'll never give up
Posted by excellence - 22 May 2023 13:29

@OivedElokim, I just want to say THANK YOU for all the chizuk I have received from your posts and that I hope to repay you one day. For now it is my fervent prayer that you find inner happiness in a smooth and healthy manner.

All my love,

Excellence

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Re: OivedElokim-I'll never give up
Posted by Grant400 - 22 May 2023 13:39

We will be here when you are ready to return.

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Re: OivedElokim-I'll never give up
Posted by cordnoy - 22 May 2023 14:48

OE, Godspeed to you regardin' recovery and life in general.

I wasn't the happiest with some of the postin's above dissin' or not respectin' your decision. If this would be a Chabad, Breslov or kiruv site, they would be within their rights, but it is a GYE site, albeit a Jewish Orthodox site, but that does not mean we proselytize - one way or the other. [Which reminds me that that there was another post, but not on this thread, that I need to comment on as well, I think.]

Anyway, wishin' you success in recovery

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