

Kidushashem Today:

Posted by kidushashem - 07 Aug 2011 23:45

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I am so depressed. I had a great, almost 6 month clean streak that ended a couple months ago and it's been a terrible down hill since then.

You would think that after such a long clean streak I would have strong mental barriers against viewing all the trash that I had viewed in the past. Instead, it takes only a few hours from the first fall for me to get right back to where I left off half a year earlier, doing the same stuff and much worse. My appetite isn't satiated any more through the old stuff and I need "bigger and better".

This is incredibly tough because I feel I haven't moved forward too much. Won't I ever recover that sensitivity that I had? It took about a year of masturbation for the YH to finally convince me to do legit porn.

In addition, the last 6 months do not seem to have given me more sensitivity to feel more ashamed and upset when I finally fell. To the contrary: I feel more comfortable that I ever felt with porn and I even feel completely comfortable with no fences in place. I don't want fences because I know that later I'm gonna want to view more garbage.

In the past, after every action I would feel terrible and set up some kind of fence to help for the future. Now I don't even care.

The reason I'm writing this post is because I care that I don't care. I'm sad that I'm not sad.

I want to finally break through and finish with this trash but I feel like I don't care enough right now. Like I should just continue with this trash until I care enough. But I want to care NOW! It's almost 9 Av and I'm in this disgusting situation. I feel like dirt.

Is there anyone out there who can identify and give me some unconditional love and chizuk?

That would be greatly appreciated!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 17 Aug 2011 13:48

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Hey out there!

I'm feeling a depression settling in! I think this might be normal for someone who's breaking free but this is the first time I've ever felt it this strongly. I'm over eating like crazy and I have no

interest in the activities that I normally like doing. I'm not interested in planning any trips for Bein Hazmanim and doing fun stuff. Even important things, I'm pushing off and ignoring. This is very unlike me and it's scary. I'm mostly scared of falling back into shmutz to make me feel better.

So far, I've only been medicating with over-eating which is not terrible - I'd rather that over P&M any time - but I'd like some advice and reassurance from people if you guys can help.

thank you my friends,

KH

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Re: Building up the Fort!(the post name will change as I do)  
Posted by shteighecher - 17 Aug 2011 14:37

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This is very normal, we all get this a few times during the time we get clean. Its reccomened that you spend sometime here on the forum, to post. Check out the fun threads here, yet, it can help change your mood. If you can connect to some people here by PM, Chat, talk, meet.

It will take some time, but, it will get better soon.

Keep on trucking. One day at a time.

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Re: Building up the Fort!(the post name will change as I do)  
Posted by Gevura Shebyesod - 17 Aug 2011 16:18

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You got the YH on the run and he's fighting back. Trying to get you depressed. It keeps happening to me too, especially if I am under stress from work, the kids, etc.

Get out there and do something active, listen to some lebedike music, work on some sort of project.

I find that posting here also helps a lot, by giving chizuk to others I'm really talking to myself too.

KOT!!!!

Gevura!

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Re: Building up the Fort!(the post name will change as I do)  
Posted by gibbor120 - 17 Aug 2011 16:21

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[bardichev wrote on 16 Aug 2011 01:34:](#)

brew your own borboun

Man, you have a knack for making me LOL ;D ;D ;D ;D ;D.

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Re: Building up the Fort!(the post name will change as I do)  
Posted by gibbor120 - 17 Aug 2011 16:23

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I once heard Rav Noach Weinberg ZT"L say that the best way to get someone out of a depression is to ask him to help you move furniture. Get your mind into something else. It's the best medicine.

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Re: Building up the Fort!(the post name will change as I do)  
Posted by Yosef Hatzadik - 17 Aug 2011 16:25

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[gibbor120 wrote on 17 Aug 2011 16:23:](#)

ask him to help you move furniture.

For someone like you who is constantly lifting weights, moving furniture is simple stuff....

(L'gabei Moshe. yir'eh milsah zutrassa hu!)

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Re: Building up the Fort!(the post name will change as I do)  
Posted by Gevura Shebyesod - 17 Aug 2011 16:25

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Bake your own Babkes?

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Re: Building up the Fort!(the post name will change as I do)  
Posted by gibbor120 - 17 Aug 2011 16:41

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[Yosef Hatzadik wrote on 17 Aug 2011 16:25:](#)

[gibbor120 wrote on 17 Aug 2011 16:23:](#)

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For someone like you who is constantly lifting weights, moving furniture is simple stuff....

(L'gabei Moshe. yir'eh milsah zutrasa hu!)

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Re: Building up the Fort!(the post name will change as I do)

Posted by gibbor120 - 17 Aug 2011 16:42

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[Gevura ShebYesod wrote on 17 Aug 2011 16:25:](#)

Bake your own Babkes?

... and then share some with me please. Can you put in some extra chocolate?! YUM!

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Re: Building up the Fort!(the post name will change as I do)

Posted by ZemirosShabbos - 17 Aug 2011 17:29

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you got some great advice, KH, from Gibbor, Shteig and gevura

reach out to someone, a friend, a family member, virtually, do something, go for a run, walk, or ride, close the door and dance for 3 minutes, call a heimishe leasing company and ask if they can get you a monster truck with 8-foot wheels delivered by Friday

keep us posted please

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Re: Building up the Fort!(the post name will change as I do)

Posted by Gevura Shebyesod - 17 Aug 2011 18:12

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[ZemirosShabbos wrote on 17 Aug 2011 17:29:](#)

you got some great advice, KH, from Gibbor, Shteig and gevura

reach out to someone, a friend, a family member, virtually, do something, go for a run, walk, or ride, close the door and dance for 3 minutes, call a heimishe leasing company and ask if they can get you a monster truck with 8-foot wheels delivered by Friday

keep us posted please

Hey, now I have to put bigger wheels on mine!!!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 17 Aug 2011 18:22

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:-\ ??? :D ;D

The above smileys represent my facial expressions,in order, spanning from before until after reading these last few posts...

thank you shteighecher, gevurashbyesod, gibbor120, yosefhatzadik and ZemirosShabbos!

I'm gonna go for a run now even though I really don't feel like it. I'll post again soon!  
:':(,

S'iz doch altz hevel havalim, ein od milvado

S'iz doch altz hevel havalim, ein od milvado

ah ah ah ah ayyayay

ah ah ah ah ayyayay

ah ah ah ah ayyayay

ah ah ah yay yay!

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Re: Building up the Fort!(the post name will change as I do)  
Posted by chazak - 17 Aug 2011 19:04

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enjoy your fun.

you asked why you are a tzadik.

we find in chazal that we compare people to give praise.

the gemoro says dovid hamelech said ?? ???? ???? ??? ???? ????? ?????..... ????  
??? ????????? ???? ?????? ?????? ???? ??? ??????. so we see that we compare people and thats  
how we find out how special duvid is.

My brother most people with your YH are not on this forum. and are not working on them selfs.  
and you are here struggling and working bitter hard on the way out and i shudnt call you tzaddik.

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Re: Building up the Fort!(the post name will change as I do)  
Posted by obormottel - 17 Aug 2011 19:18

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I've never tried this myself, but they say excersize is really good from depression. Also, B-group  
vitamins, red meat and red wine. Take yourself out to lunch to a steakhouse, and then jog  
home.

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