

**Depressed Over Falls / Computer Misuse**

Posted by Struggling in the UK - 24 Nov 2009 23:49

---

Hi

Too long a story to explain how I reached here. But b'kitzur, I'm married and in 30s with children kn"h. I managed to stay clean for just over two years. Then for certain reasons had a slip in July 2006 and since then have not be able to shake it off. I've tried a lot of different things and have driven myself mad. I even smashed my iPhone once to punish myself.

Anyway, I have bought a new laptop just over two months ago and - partly driven by my gashmius-loving attachment to my pride-and-joy new computer - had not looked at anything inappropriate on it. That's not to say I have been good because I used my wife's computer instead. However, having set up all manner of passwords that can never be got through short of reformatting my wife's computer, this morning I finally succumbed and misused my new laptop.

I am now devesated. First and foremost obviously because I am trying hard to overcome this problem. Secondly though because I feel I have now tainted my computer and feel like 'it' needs to go to the mikvah as much as me!! Is this totally insane? Has anyone else ever felt like this? I have been crazy all day about it wishing I could turn the clock back. I feel like I now have a 'dirty' and 'impure' computer.

Maybe this is me projecting my depression about my impure neshomo or impure eyes onto a third party. I don't know. But has anyone else felt this? Or am I just crazy? And what can I do about it? There is part of me wants to destroy the computer and another part wants to reformat it and start again but I know this is crazy and can't undo the aveirah I have done.

Please help

Struggling in the UK

=====

Re: Depressed Over Falls / Computer Misuse

Posted by imtrying25 - 06 Dec 2009 12:03

---

You know, i have the same feelings. I always dread davening maariv on MS cuz i know things just wont feel the same afterward. I really love shabbos. I dont know why but i look foward to shabbos the whole week.

=====

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 06 Dec 2009 17:49

---

it's not cos i love Shabbos - though i do.

It's just that on Shabbos there is no chance of me turning on laptop and going to bad sites. So I can't fall

=====

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 07 Dec 2009 13:22

---

i fell :-(

i feel sooo sooo sooo depressed.

I just really hurt my foot kicking a wall in anger and frustration.

I was on day 13 and was feeling really good about myself. I feel like all the progress I've made was for nothing. I feel like all the times I was walking around feeling shtark and good about myself and my connection to Hashem has been totally wasted.

I just want to cry

=====

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 07 Dec 2009 13:36

---

No way! 13 days of being holy and pure! That's a huge accomplishment, and nothing can take that away from you (unless you say that you regret having done it). It's like a solid investment in a bank that's there for life (and beyond), and no recession can hurt it!

Of course it hurts when you fall. And naturally, you feel down about it. But I think you have a right (even now) to feel good about holding yourself back for 13 days - yes, to feel proud of your accomplishment! 13 days of bringing kedusha into the world, 13 days worth of effort, making this world into a better place! The chofetz chaim says regarding lashon hora (and I think the same would apply here) that someone who restrains themselves even for an instant merits reward that the angels cannot fathom. That's even if after that one instant, he goes on to say the lashon hora. Now, imagine if he held himself back from saying lashon hora for 13 days?!

Your nisayon now is to not let the yetzer hora get you down, to move forward and start again, figure out what you can change to make this time even more successful.

We're all with you, cheering for you...

=====

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 07 Dec 2009 13:50

---

Question to help me avoid falling again - honest answer please...

Does K9 software slow the internet speed down at all? I want to sign up with a password gabbai but am worried that my internet speed will suffer

i know it sounds like I'm not really wanting to commit. I am - i would pay \$10,000 to turn the clock back five hours.

thanks

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by bahava - 07 Dec 2009 20:05

---

I'm somewhat of a computer pro, and in my experience, K9 does NOT slow down your connection.

Also, your 13 clean days are an inspiration. Don't feel down!

More than the yetzer harah wants you to sin, he wants you to feel depressed!!!! **Don't let him take that too!!**

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by imtrying25 - 07 Dec 2009 20:13

---

[Struggling in the UK wrote on 07 Dec 2009 13:50:](#)

Question to help me avoid falling again - honest answer please...

Does K9 software slow the internet speed down at all? I want to sign up with a password gabbai but am worried that my internet speed will suffer

i know it sounds like I'm not really wanting to commit. I am - i would pay \$10,000 to turn the clock back five hours.

thanks

I aint no computer maven but since i installed my k9 i havent noticed anything slowing down. And dont let that sniveling yh get you down. One of the side affects of the 90 days is that when we fall we feel like what we did is nothing. NOTHING COULD BE FARTHER FRON THE TRUTH! Every second counts to hashem no matter how many times we fall. So just pick yourself up and brush yourself off and keep on truckin!! And remember take it 1 day at a time or maybe 1 hour at a time.

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 07 Dec 2009 21:58

---

thanks for the messages

I am DESPERATE to get to 90 days and beat this.

You know what? I don't even like looking at pornography. I used to find it a real turn on before I was frum. But in the last year since I restarted - I was clean just over two years from June 2006 to July 2008 - I have been so convinced that it is against the will of Hashem that I can't say I have even enjoyed watching it. I am disgusted not just afterwards but even during!

However it is like there is this sick compulsion driving me, making me continue. As though it is something I need to do, even though it is almost against my will.

Anyone else experience this?

=====

====

Re: Depressed Over Falls / Computer Misuse  
Posted by imtrying25 - 07 Dec 2009 22:01

---

Yes of course alot of us experience this. **ADDICTION!**

I feel the same. I feel like theres this undercurrent making me do things even though i dont want to and dont even enjoy it anymore. But we have to realize that this is addiction and we have to ake the proper steps to deal with it.

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 07 Dec 2009 23:15

---

so what's the answer? Just willpower I guess.

I have read all the stuff on GYE and I know some talk about SA groups etc. I might be wrong, but I think I'd be laughed out of the room if I went there.

I agree with imtrying25 - this is an addiction and we both seem to be doing things we really don't want to do as if compelled by some terrible force even though we don't even enjoy it.

However, I know in the goyishe world masturbation is viewed as 'normal' and even (cv"s) 'healthy'. If statistics are correct, the average man my age masturbates 5 times a week.

Now if that these stats are true, is a man who comes in and says 'I'm a sex addict because after 13 days I was tempted to masturbate' really going to be taken seriously?! I'm not by the way disagreeing with your diagnosis but aren't SA groups for people with compulsive masturbation addictions (can't work as they are masturbating 4-5 times a day) or have constant one-night stands etc.

My wife is expecting our fourth child so it's not like we have a very active sex life either as she's very tired. So, in their world I would seem positively undersexed!! Not a sex addict.

Thoughts?

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by Kedusha - 07 Dec 2009 23:18

---

My understanding is that m\*\*\*\* is a no no in SA.

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by imtrying25 - 07 Dec 2009 23:21

---

Try pm'ing Dov. He'll give you a better understanding of all this. And its not all about willpower. But for better understanding try getting hold of Dov. Its worth it.

=====

Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 07 Dec 2009 23:22

---

I think the point is that there's something you want to stop desperately, and even though you feel terrible about it, you're having a lot of trouble doing so.

As far as your relationship with your wife, that's totally not my area - but perhaps you should talk to a rebbe about that, see if you can get some ideas to improve things? Do you think that would help with your overall problem at all?

=====

Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 07 Dec 2009 23:46

---

there's not problem with my wife. I was merely pointing out that being someone who has relations once a week at most and then has fallen after nearly two week, could I really classify for SA?

For avoidance of doubt, I am not by any means trying to justify my actions. I know pogum habris, zera levatalah etc are ossur and that is that. I no more want to do it than wear a shaatnez coat or eat treif. I am merely questioning whether in the eyes of a goyishe SA group, i really had a sex addiction.

I would have thought they would be surprised I don't fall more!!!

The key is - and forgive me, I am speaking with no real knowledge of SA! - they aren't based on Torah. Their fundamentals are underpinned by the idea than addictive and excessive sexual behaviours can be destructive and I am not sure my behaviour falls into the category of excessive at all.

My problem is simply that I am doing something that Hashem doesn't want me to do. And if I do it once a month or once a year, that is too often. Not because it is excessive, but because it is an aveiroh and distances me from the Ribona Shel Olam.

I also worry about who I'd be hanging out with. I have a vivid imagination and I worry hearing what people have done would have a bad effect on me and make me possibly fall. I would have thought I'd be better off hanging out at the kollel and surrounding myself with the yungerleit.

Apologies if my view of SA are not shared by others

=====  
=====