

**HHEELLPP!!!!**Posted by Swift Eagle - 07 Jun 2020 17:11

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For the past week plus, I have been having tremendous waves of temptation to drive the mere two miles to Wal-Mart & buy a cheap tablet to watch all sorts of shmutz. I am so ashamed of myself. It is soo hard to hold back, I keep coming extremely close to falling through & feeling that I will thereby fall back "continents" (not just "miles") in the recent strides Hashem has helped me with in Avodas Hashem & general mental health. From barley getting myself to put on Tefilin & Davening only Shemoneh Esrei - in pajamas or underwear - for a duration of 20 seconds - trying to believe I actually said at least half of the words & the extant of my daily learning being the words of Torah said with Birchah HaTorah, Shabbos & Yom Tov being my worst & most painful days of the year, Hashem has helped me reach some degree of enjoyment in learning & Davening & has given me the heavenly assistance to start waking up early, davening 3 times daily with minyan, learning an hour a day & feeling uplifted on Shabbos. I fear I will lose all that and head back to the dumps & even worse than before should I slip & fall. I am very fearfullthat I will fall & fall bad. Sort of like from "R'um Sho'm'aim L'bira A'mik'ta" kind of head 1st kind of fall. I fear the consequences in this life & the next, the embarrassment I can be sure of in this world & the next. The wonderfull marriage I can possibly lose over where this can take me, not to mention my wonderful little boy whom Hashem has helped us with after a couple of childless years through the utmost in infertility treatments & the parnassa that he gives me which I never though I'd have do to my years of spilling seed. I never imagined I'd get married, have children or money to live on. I feared that as punishment for wasting seed for so many years & potentially causing others to struggle in this area, all the punishments written in the Seforim for these sins would come upon me. I learnt in kollel for many years even though I found it to be tortuous for me & had no geshmak, because the Seforim say that's the only way to stave off the terrible punishments that would otherwise befall such a sinner. Yet it was not enough to stop me from keeping on sinning. I would estimate that I have been Motzi Zera at least 10,000 times in my life. That's a very big number. When I was 14-15 years old I made a Neder L'Hashem that for every time I waste seed I will give \$5 to tzedaka. That was around what I got as a spending allowance for a month at the time. After a few times I couldn't keep up with the payments. (Math would equal that today I'd be in debt \$50,000+ ). A few years ago I asked a Rov if there's any possibility of being Mater Neder & he said that the HaTaras Nedarim of Erev Yom Kippur of the previous year would have already rendered the Neder null & void. I am not 100% certain though, I may have made that Neder at age 13 which I turned after Yom Kippur...

from acting on that horrible impulse. I am also thinking that my triggers happen most often when I'm feeling stressed out & in a bad mood, I am subconsciously seeking relief from pain by numbing my heart & soul through alternative pleasures & escapes from reality. My only moments of inner calm & peace, being free from mental anguish has been when I get totally lost in a good (jewish) novel or for a few seconds when finding release through perverse thoughts, sights & actions. I have cycled a lot between excessive binge eating of unhealthy food funded by selling my personal use items such as mp3 players, silver bechers I got as bar mitzvah gifts for scrap, along with a unique heirloom quality item I had received as a gift from my great grandmother A"H or borrowing from

Tzedaka & then needing to figure out how to pay it back. After gaining 10 lbs in a short time I would then spend \$ to load up on on fruits & veggies, diet for a while & lose the 10 lbs & then repeat the cycle. Now that I am Married B"H, I many times binge spend on food, many times behind my wifes back by borrowing from my own Masser funds & repeat those cycles. Though now it's not 10 lbs up 10 lbs down, it's 60 lbs up, 60 lbs down... Hashem should help me, I'm thinking to go out & treat myself to something healthy, filling & energizing to tide me over a bit in

Thank you for reading!

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Re: HHEELPP!!!!

Posted by Swift Eagle - 09 Jun 2020 17:26

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keeping away from acting out with buying that tablet, looking at the worst & being motzi zera... Today the urge was much weaker. I woke up on time for the early minyan but then wasted excessive time on the computer with technical issues, (which I shouldn't be doing before davening) & thereby missed the minyan. So I drove around a little instead of going to shul, as my wife expects me to be at the minyan, planning on davening later in the day after she goes to work... That little voice came back and said to me "lets go to Wal-Mart, not to buy the tablet, just to look at the price & features"... It also kind of took control of my arms & legs & steered me towards it's desired destination... I caught myself two blocks before the store & said to myself "Yeah right, just to see the tablet, not to buy it" Who are you fooling?! One thing will lead to the next & before I know it I'll be in your grasp!" "No! I am not going"!! I promptly took the next turn & . My YETZER HARA will stop at nothing. I then , better than waiting till much later in the day & davening just shmone esra & putting on tefillin for 10

By the way, I am on my 3rd pizza pie for this week, 1 earlier this week, yesterday: 2 slices for snack, 2 for lunch, 2 for supper & a few min. later another 2 for the second half of supper from a another pizza store a couple of miles away from the first. Today I got smart & just ordered a pie Though I landed up eating all 8 (Yes, my stomach hurts now & I'll hopefully be hungry again in time for supper so that my wife doesn't ask me "what did you eat in the afternoon that your not )

Love,

Swift Eagle

P.S. I case anyone's picturing me to be a 500 lb guy, disclaimer: I'm only 60 lbs overweight for

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Re: HHEELPP!!!!

Posted by Swift Eagle - 10 Jun 2020 02:22

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Close call

my height & was planning on starting my diet this past sunday

Tonight I entered Wal-Marts parking lot & quickly left. The pizza shops were already closed so I

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Re: HHEELPP!!!!

Posted by Snowflake - 16 Jun 2020 14:01

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Hey fellow,

How are you doing?

From what I read of your posts, sorry for being blunt, but your life seems pretty much unmanageable and totally unlivable, which prompts me to ask you, have you tried the 12 steps? Also, perhaps you could benefit from CBT.

Don't take me wrong, great kudos to you for coming here and opening up, it takes a lot of courage but that's my take on your situation. Life is not supposed to be a dilemma of whether you race to walmart or binge eat and you have to constantly wrestle with yourself over these strong urges. I think with the right approach, you should be able to live a normal life.

Regards.

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Re: HHEELPP!!!!

Posted by Swift Eagle - 17 Jun 2020 05:16

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[Snowflake wrote on 16 Jun 2020 14:01:](#)

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Regards.

Hi Snowflake,

Thank you for being blunt, I appreciate your feedback! I am currently seeing a therapist for some time, I don't know if it's the CBT method, but I am working on it with him...

Love,

Swift Eagle

P.S. So far this month I have splurged over \$600 on "retail therapy" aka binge shopping. \$84.00 , rightfully so I hope to

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Re: HHEELPP!!!!

Posted by Meyer M. - 17 Jun 2020 12:44

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Regards.Hi Snowflake,

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Love,

Swift Eagle

P.S. So far this month I have splurged over \$600 on "retail therapy" aka binge shopping. \$84.00, rightfully so I hope to curtail my splurging for the second half of this month to zero! :)You're doing great, keep working with your therapist and fighting. Change does not happen overnight, and we are all human.

Hatzlacha!

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of it was on pizza: 37 slices & 2 cheese pretzels. My wife is going nuts

Re: HHEELPP!!!!

Posted by Meyer M. - 17 Jun 2020 12:45

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Re: HHEELPP!!!!

Posted by smileyjunior - 18 Jun 2020 02:47

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Hey Swift Eagle with all your smileys you seem to be taking your downs and making them into .keep on smiling

Keep up your great work and remember my previous post.

ps maybe we can call you smileysenior:wink:

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