

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

=====
=====

Re: The Truth

Posted by wilnevergiveup - 14 Nov 2021 11:47

[Trouble wrote on 12 Nov 2021 13:38:](#)

[wilnevergiveup wrote on 12 Nov 2021 09:15:](#)

My recent falls seem to be following a completely different pattern than in the past. My emotional health has taken a nice turn for the better and my struggle has completely changed. Didn't go away though. It's a journey, learning how to deal with this in every situation and time, in each situation the struggle comes out in a different way.

There was something that I used to do when I was first starting out that really helped me and I completely forgot about it. Every time I acted out, I used to do something special for someone, either a family member, or a friend. It helped me get into building mode instead of "wallowing in depression" mode. Instead of spending the next who knows how long thinking about what an idiot I am (then masturbate then repeat) I would get up and look for something special to buy my wife just because (like a bar of chocolate). I was then able to convince myself that I am not as big of an idiot that I thought I was. This helped me get back up and feel that I am capable of some good.

I think I will give this idea another shot, although I am going to add that the thing that I do could also be something special for me, like learning an extra seder, doing exercise, taking care of an errand that I have been pushing off etc. Hopefully, this will help me feel more productive.

Just putting my thoughts down in writing.

it's sort of like justifying the behavior, or countering it; this allows you/me to act out again and again. story of my life lately. I don't get upset or down about it; it's simply part of life, especially if the rest of your time you are doing good for other, or perhaps even extra good. here is what I suggest: if you act out and it is a nu-nu type of experience, then do something good for a family member; if you truly enjoyed yourself and it's something worth repeating, then do something good for a neighbor; if your acting out was Heaven-sent-perfect (like my last night episode, although brief), then choose a random fellow off the street and shower him/her with kindness.

Everyone is different. For some, being good is in order for them to feel less guilty on their next escapade. For me, it's to know that I am capable of more and getting back to life quicker.

=====
=====

Re: The Truth
Posted by wilnevergiveup - 26 Nov 2021 05:42

Hi everyone, hope you all are doing well. I had a pretty tough situation last night and was really frustrated but B"H so far I have the clarity that masturbating wont help or change much (even though it really would in the short term).

So, tooting my horn, this is my victory dance.

=====
=====

Re: The Truth
Posted by Hashem Help Me - 26 Nov 2021 12:09

Mazel tov on your victory last night. Very impressive. May Hashem remove your frustrations and help you find kosher ways to deal with life's challenges.

=====
=====

Re: The Truth
Posted by Sapy - 26 Nov 2021 16:32

That was a horn of a monster truck... Tooooooot!!!!

=====
=====

Re: The Truth
Posted by wilnevergiveup - 07 Dec 2021 08:04

Just getting some feelings out for myself, no need to read or respond.

My emotional struggles have caused me among other things, to feel rejected easily. When that happens, I in turn reject whoever it was that rejected me. It's frustrating because I am extra sensitive to feeling manipulated and controlled, even if it was not the intention. I am very aware of what I do and why I do it, I just only realize when it's too late. This is affecting my relationship with my wife and is really frustrating.

I am just upset that I keep on saying and doing things because I feel controlled, manipulated etc. I am still not sure if there is any justifications for my feelings, meaning am I hyper sensitive, or am I making something from nothing?

It's also frustrating because when I am triggered with these feelings, I completely shut down. I cannot daven, cannot learn, cannot do anything pretty much from my daily routine except the bare minimum to get by. Everything feels like it's controlling me for some reason or another, and I feel this need to be myself and to feel independent. To do that, I shut off from anything that I feel like I "have" to do, any goals, any schedule, it's like I want to be able to accept myself and others to accept me without any strings attached.

Usually I cannot figure out what triggered it, my therapist helps me, and helps me see the pattern and helps me see it in the future so that I can respond appropriately in the future without closing up. This time, I have no idea what triggered it, but it sure caused me to make a mess.

I am so frustrated, it feels like this is happening way more often now, after many months of therapy. Or is it just that I am more aware of it? I di think I am expressing these feelings more than I used to, so it's possible both ways.

I think that's enough rambling for now.

=====
=====

Re: The Truth
Posted by willdoit - 07 Dec 2021 16:02

[wilnevergiveup wrote on 07 Dec 2021 08:04:](#)

Just getting some feelings out for myself, no need to read or respond.

My emotional struggles have caused me among other things, to feel rejected easily. When that happens, I in turn reject whoever it was that rejected me. It's frustrating because I am extra sensitive to feeling manipulated and controlled, even if it was not the intention. I am very aware of what I do and why I do it, I just only realize when it's too late. This is affecting my relationship with my wife and is really frustrating.

I am just upset that I keep on saying and doing things because I feel controlled, manipulated etc. I am still not sure if there is any justifications for my feelings, meaning am I hyper sensitive, or am I making something from nothing?

It's also frustrating because when I am triggered with these feelings, I completely shut down. I cannot daven, cannot learn, cannot do anything pretty much from my daily routine except the bare minimum to get by. Everything feels like it's controlling me for some reason or another, and I feel this need to be myself and to feel independent. To do that, I shut off from anything that I feel like I "have" to do, any goals, any schedule, it's like I want to be able to accept myself and others to accept me without any strings attached.

Usually I cannot figure out what triggered it, my therapist helps me, and helps me see the pattern and helps me see it in the future so that I can respond appropriately in the future without closing up. This time, I have no idea what triggered it, but it sure caused me to make a mess.

I am so frustrated, it feels like this is happening way more often now, after many months of therapy. Or is it just that I am more aware of it? I di think I am expressing these feelings more than I used to, so it's possible both ways.

I think that's enough rambling for now.

I very much can relate to what your experiencing, feeling rejected and then getting angry with the person who caused you to feel so and then getting down on your self why ur feeling that way..

uch its really painful!!

here are some questions for you,

?have you felt like this before starting therapy?

?can you think what has happened now?

are you making any progress in therapy?

with love,

willdoit,

=====
=====

Re: The Truth

Posted by wilnevergiveup - 24 Jan 2022 07:24

Hi everyone, I feel like it's time to visit my own thread again in honor of hitting over one thousand posts. That means that whoever had the patience to read through all my ramblings had a lot of nonsense to sift through.

It's amazing what my journey meant to me, where it brought me and the wonderful people I had the zechus of meeting along the way.

I am sure that I have upset some with my posts, I am truly sorry for that.

I look back at some of my older posts and often cringe at the things that I see. I embrace it though, after all, that's just part of the journey. I hope anyone who sees the the foolish things that I wrote will realize that I have grown and come to understand life and others in a completely different way in the short time that I have been hanging around this special place.

To all my friends, I wish you much hatzlacha, I wish some more people would stick around,

there are so many people who I got to know that have since disappeared without a trace. I hope they are all doing well wherever they are.

I'd like to think that I am doing pretty well here, I still struggle occasionally with masturbation (largely connected to my emotional struggle which I have also made tremendous progress thanks to therapy) but I have not looked at Porn or YouTube on a few years (with just a few one time lapses) which is a huge accomplishment. If I had the opportunity to watch, I probably would at this point, that's why I try real hard not to give myself the opportunity. I know that I have to keep fighting my masturbation issue, because, as Cordnoy says, "lust is lust". If I don't keep fighting, it will just grow and I will likely fall back to where I once was.

Either way, I am very happy and proud to be part of such a special community.

All the best,

Wilnevergiveup

=====
=====

Re: The Truth
Posted by Trouble - 24 Jan 2022 14:17

[wilnevergiveup wrote on 24 Jan 2022 07:24:](#)

Hi everyone, I feel like it's time to visit my own thread again in honor of hitting over one thousand posts. That means that whoever had the patience to read through all my ramblings had a lot of nonsense to sift through.

It's amazing what my journey meant to me, where it brought me and the wonderful people I had the zechus of meeting along the way.

I am sure that I have upset some with my posts, I am truly sorry for that.

I look back at some of my older posts and often cringe at the things that I see. I embrace it though, after all, that's just part of the journey. I hope anyone who sees the the foolish things that I wrote will realize that I have grown and come to understand life and others in a completely different way in the short time that I have been hanging around this special place.

To all my friends, I wish you much hatzlacha, I wish some more people would stick around, there are so many people who I got to know that have since disappeared without a trace. I hope they are all doing well wherever they are.

I'd like to think that I am doing pretty good here, I still struggle occasionally with masturbation (largely connected to my emotional struggle which I have also made tremendous progress thanks to therapy) but I have not looked at Porn or YouTube on a few years (with just a few one time lapses) which is a huge accomplishment. If I had the opportunity to watch, I probably would at this point, that's why I try real hard not to give myself the opportunity. I know that I have to keep fighting my masturbation issue, because, as Cordnoy says, "lust is lust". If I don't keep fighting, it will just grow and I will likely fall back to where I once was.

Either way, I am very happy and proud to be part of such a special community.

All the best,

Wilnevergiveup

no need to worry about me reading nonsense; firstly, that's mainly what i write, and secondly, your nonsense usually shows up in paragraph 3,4,5,6,7..... i have moved on to other beaches by then.

=====
=====

Re: The Truth

Posted by Sapy - 24 Jan 2022 15:10

Hey, that's a milestone buddy, I tried not to miss a post of yours, they were of the most helpful and insightful through out my continuous journey. And it almost always resonated with me. I have gained tremendously from them!

Thank you! Keep rambling....

=====
=====

Re: The Truth
Posted by Hashem Help Me - 25 Jan 2022 12:27

Agreed. When Willnevergiveup posts, it is always something that makes us all think. Keep inspiring in your most down to earth and clear style. You are nonjudgmental, yet you say it "like it is". Continued hatzlocha!

=====
=====

Re: The Truth
Posted by Human being - 25 Jan 2022 16:31

Just wow. I just read through your whole thread and its deffinitely the best one i've read and the most descriptive of what my struggle is on a daily bases.

You are so courageous. Your posts are so full of expression and meaning. I relate to you and already feel better knowing your here. You are so worthy, and just plain good.

Keep on sharing your feelings and journey, its a big chizuk!

BTW- i saw a recommendation earlier in your thread for the book "Running on empty" by Jonice Webb (HHM) -I have read both her books and they are amazing. They were the begining of my journey. (Im in therapy a couple years now)

=====
=====

Re: The Truth

Posted by Shtarkandemotional - 25 Jan 2022 18:04

=====
=====

Re: The Truth

Posted by YeshivaGuy - 14 Feb 2022 14:11

hey buddy, keep it up! nice hearing from you! keep on going!!!!

I love you man, really do. You've helped me immensely and I wish you much hatzlocha in all that you're working through currently.

And sorry for disappearing a shtikl...

YeshivaGuy

=====
=====

Re: The Truth

Posted by wilnevergiveup - 21 Mar 2022 18:42

I had a nice stretch, somewhere around ten days.

Then I started to find stuff open on my computer, in the past, I would be strong enough to close them up before I wasted too much time but this time it took a while.

I'd like to think that I am in a good place but I don't feel like it. It could be my anxiety/depression again, but I am feeling really frustrated. I am better than I was when I first came here, that's for sure, but I am still not happy with myself.

I am spending lots of time on shopping websites looking at you know, swimsuits, lingerie,

images of models etc. not the worst, but it's the same lust. It's the same me not coping with life again and turning to lust to fix my issues.

I am not actually sure what exactly is bothering me about this, maybe it's the fear that my wife will figure out that I am suddenly in the bathroom way longer than usual.

I actually feel a distance between my wife and I when I am busy with lust. I think it's on an emotional level that I feel unworthy of love and therefore she probably just wants me to stay away. Or, it might be that feeling that is pushing me to turn to lust in the first place... Something to talk about in therapy I guess...

I guess this separation that I feel can be what's bothering me with my lusting.

I don't really feel motivated anymore to work on this. I have come a long way and at this point, I kinda just think as long as it doesn't get worse I can handle masturbating every week or so. The naked women might catch up with my values though, I do feel guilty about that. I cannot remember anymore why I care about this anymore aside from my wife catching me and dying before I do teshuva. Oh, and wasting time. Oh and self respect. Okay it's coming back to me. I thing the self respect is the main reason I started here, I couldn't respect myself and the fact that I had no self control. Come to think of it, I don't really respect myself now.

Okay, enough for now.

=====
=====