

Mental Health and MarriagePosted by hashemyeracheim613 - 13 Oct 2020 20:55

Hi. I am 26 years old. I have been struggling with inappropriate content since I was in ninth grade. My well meaning father ironically got me an iPod touch as a reward for learning over the summer. After hearing my friends speak about things they had seen, I ventured into the forbidden territory. I tried stopping so many times. I made promises. I put on codes. I eventually smashed the iPod. But the Scourge always found a way back into my life. This wasn't the only front I was fighting though. I had a very low self image growing up. I felt out of place. My family was also semi-dysfunctional and I had a very difficult OTD brother. Then when I was in twelfth grade I started having obsessive thoughts about the craziest things. My self esteem plunged even lower. I was convinced that I was sick and totally beyond help. It was so frightening. I suffered alone until I got to Israel. I finally told a Rebbi what I was going through, and he referred me to a therapist. It took me about six months to even consider the possibility that I was normal, and another six months to get to a point that I was ready to move on to the next stage. I finally went home to start shidduchim. I was convinced that I would get married right away, put my past behind me, and start a beautiful new chapter in my life. After all I had been through, surely God was not going to let me suffer anymore. But my life started spiraling downward very quickly. Being home in a toxic environment brought me back exactly to where I was before therapy. The stress and anxiety of dating was also overwhelming. I went out with the first girl until she said no to me because of my family. I wasn't sure that I wanted to marry her, but I was heartbroken. My dreams of a happily ever after were broken. Then, at the advice of a relative, I moved out of my house. My parents were hurt, confused, and angry. I was filled with guilt. I felt homeless, and I became even more depressed and anxious. It came to a point that I couldn't bring myself to date anymore. I was bouncing around therapists, hoping that someone would fix me, but not believing that they could. I eventually found a therapist who managed to convey to me that the only way out is by accepting my situation, and taking responsibility for my own life. Slowly, I started getting control of my emotions. I began to realize who I am and what I'm capable of. I even started being happy with my life and not blaming God so much for my circumstances. I started dating again, which was a huge milestone. I still had never confronted my 'habit' head on though. I felt guilty about going out and also using the internet. I read some articles about internet usage, and I realized that my habit was really an addiction. I saw the negative effects it can have on a marriage. Studies also show that it's detrimental to mental health, by causing anxiety and depression. It's time to fix up my act. I want to be clean going into marriage. I want to feel good about myself when going on dates. I want to be the best me.

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Re: Mental Health and MarriagePosted by YeshivaGuy - 22 Feb 2021 20:33

Hatzlocha man

I can't imagine how hard it must be to be under "investigation"...

Gkad ur feelin well and getting things together.

And Maareches gittin with Tosfos is a massiv accomplishment!

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Re: Mental Health and Marriage

Posted by OivedElokim - 22 Feb 2021 21:10

Mazel tov for your siyum!

Many more...

KUTGW

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Re: Mental Health and Marriage

Posted by Grant400 - 22 Feb 2021 22:09

It may be time to learn kiddushin...

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 24 Feb 2021 18:17

Hey guys. I messed up twice last night. Couldn't fall asleep+mind in gutter+investigation stress=Big Fail. I find that the hardest thing is getting the engine started after a fall. Once I'm in it a few days I have the motivation to keep it going, but it's not such a big deal to go from one to zero. I have to realize that 169 or 25 or even 7 needs a one...

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 01 Mar 2021 20:38

Still haven't had a clean day. I've had a lot of stress with dating Baruch Hashem. I just went out last night and it felt kind of flat. We ran out of things to talk about and I felt off my game. I'm going out again Wednesday. I'm hoping that I can get into it and that things will pick up.

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Re: Mental Health and Marriage

Posted by DavidT - 01 Mar 2021 20:41

[hashemyeracheim613 wrote on 01 Mar 2021 20:38:](#)

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Maybe try to focus on having 'clean hours' ... every effort we do in this struggle is really much greater than we can imagine.

Hashem should be with you.

Hatzlacha!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Mar 2021 18:25

My failures are really snowballing right now. I tell myself that I can't do it so why bother? I am screwing up often, and I don't even feel the motivation to pull out. Help!

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Re: Mental Health and Marriage

Posted by DavidT - 02 Mar 2021 19:50

The first obstacle to overcoming addiction is not in your genes, your childhood or your environment. The first obstacle is the decision not to try. The decision to make the effort and find the right guidance doesn't apply only to addiction. It applies to accomplishing anything.

Don't let past failures defeat you. Learn from them. Don't give in to hopelessness. Use it to build motivation.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Mar 2021 20:16

I just failed again. Why should I keep trying if I've been failing for 13 years? Why would this time be any different? I have told myself that I'm never doing it again hundreds of times! It never works. The definition of insanity is doing the same thing again and again expecting different results. I fit very neatly into that definition.

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Re: Mental Health and Marriage

Posted by DavidT - 02 Mar 2021 20:24

[hashemyeracheim613 wrote on 02 Mar 2021 20:16:](#)

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If I may ask:

- why do you keep on posting about your failures?

- do you WANT to stop? if yes, WHY?

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Mar 2021 20:30

I don't know why I post. I want to stop because I believe it's wrong and that I'm hurting myself.

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Re: Mental Health and Marriage

Posted by Hakolhevel - 02 Mar 2021 20:33

[hashemyeracheim613 wrote on 02 Mar 2021 20:16:](#)

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If I may also ask. What have you tried over the last 13 years aside from telling yourself this time would be different.

I don't know about your, but telling myself this time will be different doesn't work in other areas of my life either

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Re: Mental Health and Marriage

Posted by DavidT - 02 Mar 2021 20:41

A plan involving gradual change often is the best way to attain self-control. If a person just "does not feel it," it will be hard for him to change his life. Though he knows he should stop sinning, he might not have the strength to sustain such a big change. But because deep down he wants to be good and do what's right, he can set up a plan to change his behavior step by step until he achieves his goals.

Gradual change is a system that requires a plan. Although randomly stopping one element of the problem is commendable, we strive for even more: to begin a progression toward complete self-control. We want to plan out what we will change and when. We should be flexible about it, but we must remember that we do aspire to reach the pinnacle one day.

You can start by focusing on one area of his battle against desire. He should firmly commit himself to keep a certain halacha or aspect of self-control. Alternatively, he can decide to exert self-control in one particular common situation.

It takes great effort to decide to change, and even more effort to stick to that resolution for even a short time. As we know, effort is all that matters, and every instant of effort is priceless. The battle against desire is a challenging, lifelong battle, and it was not created to be easy. It is supposed to be a struggle, and the odds are strong that some battles will be lost. But by keeping his determination to fight despite the difficulty, a person can achieve the ultimate success: emerging victorious from the most intense battle ever. A person should feel proud and encouraged about every ounce of effort he has exerted. As a result, he will emerge stronger from his errors rather than losing his will to fight

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Re: Mental Health and Marriage

Posted by tzitzis dude - 03 Mar 2021 04:02

If I may add on to David T:

In general, throughout life, all we can do is our hishtadlus- the outcome is NOT in our hands. The only thing that Hashem cares about (especially in this area) is the fight we put up.

As R' Tzvi Meier said (b'kitzur): When Yaakov Avinu was fighting the Sar Shel Eisav (i.e. the Yetzer Hara, Satan, all the "bad stuff" in Yiddishkeit, etc), the pasuk says ????? ??? ???- which translates as "and the man kicked up dust with him", and Rashi adds that "the dust went up to the ??? ?????". Asks R' Tzvi Meier, "what shaychus is the dust- who cares about that?!! ??? ???, the vort is that ?? ?????- ONLY THE DUST went to the ??? ??????. And what does the dust represent? It represents the fight with the Yetzer Hara. Did the ????? of Yaakov's victory go up? No! It was only the fight."

What we see is that it is ALL about how much effort we put into the struggle.

Now, true, we gotta be honest with ourselves to know if we're truly trying, but we mustn't get

discouraged if we keep on trying but don't see (-keyword is "see"; just because we don't see any change, does not, in any way mean that there wasn't any) and positive result.

Hope this helps.

-Tzitzisdude out

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Re: Mental Health and Marriage

Posted by DavidT - 03 Mar 2021 04:07

A man once came to Reb Nachman of Breslav and told him that he doesn't hold by doing teshuvah because he knows that he'll just go back to doing the same things again. Reb Nachman answered him that Teshuvah is not about not doing the same sins again, but rather it's all about bringing Hashem down into the world and into our hearts. Every soul is a peice of Hashem and is connected to Him, but our sins make a blockage between the light of Hashem and us. When we say Viddui and confess our sins, it helps us remove the heavy "shell" that our sins have caused, and this allows the light of Hashem to flow down into the world and into us. Teshuvah is not about beating ourselves up over our past, but rather about LIVING for Hashem's honor in the present.

The more we seek to bring Hashem's honor and glory down to the world, the more Teshuvah we do! Automatically, all the past sins are forgiven, and automatically, we won't end up repeating our past mistakes.

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