

**Mental Health and Marriage**Posted by hashemyeracheim613 - 13 Oct 2020 20:55

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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 Rebbe 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 Marriage

Posted by sleepy - 08 Jan 2021 08:45

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i just went to [simchashachiam.com](http://simchashachiam.com) and saw that they have some program that you can get free downloads if you listen 10 minutes a day ,im not so sure of the details ,check it out. hatzlacha again!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 17 Jan 2021 18:51

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Hi guys. I just passed the three month mark for no pornography. Yay! I'm still having a really hard time with masturbating though. I spoke to my therapist and he said that it shouldn't really affect my mood much. When I told this over to my friend, he told me that for some reason, Jews are different, and it affects our moods in a way that doesn't happen to others. I've been **plagued** by anxiety recently, so I've been trying hard to stop. I've had some success, but I can't seem to reach that one week mark.

In other news, I started dating a new girl. The first date went way better than last time. She seems like an unbelievable person, so I'm happy about that, and she said that she felt like she was able to be herself around me, which she doesn't usually experience. But I still have that feeling that things won't work out, and I just can't explain it. I think I'm not used to good things happening, so I'm always waiting for the other foot to drop. Also, it seems that she makes a lot of money, is an insane doer, and I feel...jealous?...intimidated?...insecure? I wish these feelings would go away; I want to feel comfortable and confident around her. I think she's a really great girl, and it would be so amazing if this worked out.

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Re: Mental Health and Marriage

Posted by tzitzis dude - 17 Jan 2021 18:58

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So happy to hear that things are looking up for you!!

And about the dating, as my friends say, "if it's the right one- it should go fast. If it's the wrong one-even quicker"

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Re: Mental Health and Marriage

Posted by wilnevergiveup - 17 Jan 2021 19:49

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[hashemyeracheim613 wrote on 17 Jan 2021 18:51:](#)

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My opinion?

Talk it over with a rebbe.

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Re: Mental Health and Marriage

Posted by BHYY - 17 Jan 2021 19:55

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[hashemyeracheim613 wrote on 17 Jan 2021 18:51:](#)

I'm still having a really hard time with masturbating though. I spoke to my therapist and he said that it shouldn't really affect my mood much.

Not quite sure where he got that from. When we masturbate our brains are flooded with dopamine, to the point where there is too much so we are actually killing off receptors. The result is it takes even more dopamine to give us that happy feeling, hence why we turn to different types of porn. Masturbating, at least for me, makes me more short tempered and get less satisfaction out of things. Scientifically this is because our brains are craving that rush of dopamine. Same thing for when we try to quit. Our brains are waiting for that dopamine and start to go a little crazy.

As for dating, I have the same feelings, it's normal. When a date goes well my anxiety skyrockets because I'm always waiting for the other shoe to drop. As far as feeling intimidated

by her, take it slow. You've been on one date. Get to know each other. If she is for you you'll feel her respect your good qualities. (Btw, I also get concerned about feeling intimidated by a potential date's accomplishments--also normal;) )

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 18 Jan 2021 00:11

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Thank you so much. Really good to know I'm not alone!

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 18 Jan 2021 12:27

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[hashemyeracheim613 wrote on 17 Jan 2021 18:51:](#)

Hi guys. I just passed the three month mark for no pornography.

You are a hero!!

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Re: Mental Health and Marriage

Posted by Captain - 18 Jan 2021 14:29

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On the dating front, please also keep in mind that Hashem has already chosen the right one for you, as is clear from the Gemara Sotah 2a and Mo'ed Koton 18b. (Read them for chizuk in this.) No one can tell you how many times "the other foot will drop," and of course you always have to try your hardest and make the best decision. But when the right one comes along, nothing will get in the way. And it's not based on merit either, so don't worry about that. (Also please check out the last piece in Vayechi in Darash Moshe from Rav moshe Feinstein in the front section of the sefer for more on this. I will try to post a picture but i'm having technical difficulties posting on the app.)

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 19 Jan 2021 18:07

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I just got dumped. The reason was really bizarre. I looked like the husband of her best friend who stopped talking to her after she got married, and it was too painful for her. You can't make this stuff up. My Rebbe and therapist both thought it was very strange. It stinks, because she was probably the best girl I ever dated. We also shared many similarities. The urge to look up women is so so strong now. Baruch Hashem I stayed clean last night, but I think the next day or two is going to be a real white-knuckle.

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Re: Mental Health and Marriage

Posted by Zedj - 19 Jan 2021 19:03

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That is extremely bizarre.

If that is the reason she came up with, it's obvious she isn't your bashert.

Keep strong!

Don't give up!

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Re: Mental Health and Marriage

Posted by tzitzis dude - 19 Jan 2021 19:20

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Wow, I really feel for you. Ashrecha that you stayed strong!!!

Concerning her reason for turning you down, I can totally relate(ish). I once applied to a certain yeshiva, and I got rejected for the most shallow reasons (they actually made no sense). I ended up going to a different place, and that worked out incredibly. So although it is hard to accept at first (and it really is, I got you), just know that you did your best and Hashem had better plans.

Stay strong and keep posting!!

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Re: Mental Health and Marriage

Posted by yuyu - 19 Jan 2021 20:52

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[hashemyeracheim613 wrote on 19 Jan 2021 18:07:](#)

I just got dumped. The reason was really bizarre. I looked like the husband of her best friend who stopped talking to her after she got married, and it was too painful for her. You can't make this stuff up. My Rebbi and therapist both thought it was very strange. It stinks, because she was probably the best girl I ever dated. We also shared many similarities. The urge to look up women is so so strong now. Baruch Hashem I stayed clean last night, but I think the next day or two is going to be a real white-knuckle.

Imagine she would say that you don't look like her friend's husband and go forward with you.

Hashem Yerachem!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 21 Jan 2021 17:53

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Just had a fall. Did three days of no motzi zera and then I went into the fire (I started touching thinking that I wasn't actually going to do it) and I came out burnt.

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 21 Jan 2021 21:36

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Three days of mesiras nefesh that are yours forever. Let's do that again buddy.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 22 Jan 2021 03:45

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I'm now my brother in law's house with an unfiltered device and my urges are **BURNING**. My mind is throwing everything at me. Here are the reasons to fail.

1. You did this for three months already and it hasn't helped. You still want it as much as you did back then. Just give in.
2. Let's be honest. You were doing this as a way to help your marriage, and as a zechus to get married. You're not there after all that. Not even close. You keep on going out and going out, and you just don't connect to all these girls . It's not going to happen. Just give in.
3. The topic of your thread is mental health and marriage. Has this helped your mental health at all? You still have anxiety. You still have really low self-esteem. You still feel hopeless. Just give in.
4. You want this so badly. You're not getting it any other way. It'll feel really good, and it will actually make you happy. It hurts so much to fight. You feel so empty without it. Why deprive yourself? You deserve it. You see so many posts of people that fall, and guess what, nothing happens to them. You'll be fine. Just give in.

Right now, it makes so much sense to. I don't even hear the counter-arguments. BUT I'M NOT GIVING IN.

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