

**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 bego - 03 Mar 2021 15:43

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[DavidT wrote on 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.

Genuinely not a clue what that means (sorry, see my other posts, chassidus isn't my thing) but basically it sounds like he's saying a simple concept: keep going.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 08 Mar 2021 17:38

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I had two clean nights. Then I fell a couple of times. I've been under a ton of stress lately with the dating and everything and it's been wearing me out. But I feel good about the two clean nights. Hopefully more to come.

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Re: Mental Health and Marriage

Posted by DavidT - 08 Mar 2021 17:58

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[hashemyeracheim613 wrote on 08 Mar 2021 17:38:](#)

I had two clean nights. Then I fell a couple of times. I've been under a ton of stress lately with the dating and everything and it's been wearing me out. But I feel good about the two clean nights. Hopefully more to come.

Every time you hold yourself back from doing an aveirah, you are bringing light into the world that is many times greater than the damage caused by your sins...

Keep strong!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 08 Mar 2021 20:07

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I want to take a small initiative of keeping clean until my next date. We are going out Wednesday night. I could really use some clarity so hopefully in this merit Hashem will open my eyes.

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Re: Mental Health and Marriage

Posted by Striving Avreich - 08 Mar 2021 20:28

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[hashemyeracheim613 wrote on 08 Mar 2021 20:07:](#)

I want to take a small initiative of keeping clean until my next date. We are going out Wednesday night. I could really use some clarity so hopefully in this merit Hashem will open my eyes.

ODAAT!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 09 Mar 2021 19:41

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What is ODAAT?

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 09 Mar 2021 19:42

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[Striving Avreich wrote on 08 Mar 2021 20:28:](#)

[hashemyeracheim613 wrote on 08 Mar 2021 20:07:](#)

I want to take a small initiative of keeping clean until my next date. We are going out Wednesday night. I could really use some clarity so hopefully in this merit Hashem will open my eyes.

ODAAT!

Great goal!

What does ODAAT stand for?

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 16 Mar 2021 03:29

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I stayed clean until today! Onto bigger streaks!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 09 Apr 2021 19:01

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Hi everyone. It's been a long time since I last posted. In life, certain trying circumstances have come up. I am extremely anxious and tense, and I'm constantly doubting my decisions. My Kedusha has suffered a lot as a result.

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Re: Mental Health and Marriage

Posted by EvedHashem1836 - 09 Apr 2021 20:27

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Push through!

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Re: Mental Health and Marriage

Posted by Striving Avreich - 10 Apr 2021 18:45

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[hashemyeracheim613 wrote on 09 Apr 2021 19:01:](#)

Hi everyone. It's been a long time since I last posted. In life, certain trying circumstances have come up. I am extremely anxious and tense, and I'm constantly doubting my decisions. My Kedusha has suffered a lot as a result.

I'm sorry to hear that. In general I find talking those stressful out with a listening ear (especially a therapist) is really helpful.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 12 Apr 2021 23:16

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Hey everyone. The title of my thread is Mental health and Marriage. These are two areas that I was hoping to improve by keeping myself clean. These past few months have been difficult. I had a few small streaks, but for the most part, I've been masturbating often. The one thing that I can say that I've improved in tremendously is pornography. Since October 12th I only slipped up over one weekend. And I believe that it has brought me incredible blessing. Just a short time I was so hopeless. My anxiety and low self-image were eating me up. I remember one of the first times I spoke to the Holy Ish MiGrodno. I told him that I don't want to wake up the next morning. I really meant it. Since then the quality of my life has gotten so much better. I still struggle, but I face my challenges head on, and I really love living. The anxiety and obsessive thoughts aren't leaving anytime soon, but I'm learning to live with them. Also, I very recently received an incredible gift from Hashem. I got engaged to an amazing girl. I wasn't sure if I should post about it, But HHM told me to share it. When I was dating it was very hard to see others get engaged, while I felt doomed to eternal singlehood. I felt that my mental health issues and family background would forever hold me back from finding someone to spend my life with. I have to go to minchah but I'll continue to post soon.

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Re: Mental Health and Marriage

Posted by Sapy - 12 Apr 2021 23:26

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Mazel tov!! I'm so happy to hear!! Forsure you should post, it's not fair to only post when dates go wrong etc and not post the good news....

May you be zoicha to build a bayis Neeman beyisroel, and only know of simches!

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Re: Mental Health and Marriage

Posted by EvedHashem1836 - 12 Apr 2021 23:37

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Mazal Tov!

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