

**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 hashemyeracheim613 - 27 Feb 2022 04:57

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Hi everyone. Baruch Hashem I'm healthy, I'm married, my wife's doing fine. I really don't have a lot to complain about. But, there has been something that I've been struggling with for five years. After coming back from Eretz Yisrael, I never found a place that I've been happy to learn

in. In my first Yeshiva I didn't have many friends. My Chevra was there the Zman before me and they were already getting married by the time I showed up. I switched to a less mainstream, smaller, warmer Yeshiva. It was a great environment socially, but my learning suffered. I couldn't find good chavrusas, as I was on a way higher level than most of the guys there. Honestly, I think I was better than most of the Rebbeim also. I know this reeks of arrogance, but I really believe it's true. I fought with them a lot in an unhealthy manner. I tried learning with many people during that time. I attempted to learn in a Kollel nearby, but they went way too slow. I slowly became less interested in learning. When I got married, I was so excited to join the big leagues of Kollel. The place I was joining was pitched to me as a top place. My chavrusa literally, and I mean literally, couldn't read. I dreaded showing up to first Seder. I had to drag myself there, until I couldn't anymore. I found a different place with an established reputation. My chavrusa was smarter, but I got the feeling that he wasn't interested. He also said the strangest most crooked things I might ever have heard. As my Rosh Kollel put it, "He likes to say Pshat even when there's no Kasha." I eventually tried learning with someone else, but this guy literally doesn't show up half the time (he's engaged), and even when he is there his mind isn't. I feel that I'm at the end of my rope. I wonder if the problem is me. Usually "nothing ever works" is a good sign that you need to look in the mirror and make some changes. I don't believe that's the case here. I strongly believe that there are major issues with a lot of people learning nowadays. So many people don't have the fire and passion that they should, as the "warriors" of the Jewish people, who are holding up the world. Also, why is it that people aren't looking for the truth? My 12th grade Rebbe taught me to ask, to discover, to question and challenge even the most basic assumptions. Today, people don't care. They would rather say "Pshat" or spend weeks learning up a R' Chaim, because it's Chikav and Geshmak, without knowing the basics. Can anyone explain this? It saddens and infuriates me. Tomorrow I am going to meet my Rebbe to discuss my next move. I know that I have a lot more to give in learning, but I can't keep going like this.

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 27 Feb 2022 12:08

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"Tomorrow I am going to meet my Rebbe to discuss my next move"

Wise idea. Let us know what he says.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Mar 2022 03:59

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Hi everybody. The trip to my Rebbi didn't produce any major insight. He basically said to look for a different Kollel. I was very disappointed. I spoke to my therapist later and he helped me realize that not every situation has a straightforward answer. I was unfairly putting the responsibility on my Rebbi to come through with a brilliant solution to my problems. Not exactly how life works. Anyways, I dropped my current Chavrusa. I'm going to start learning with my Rosh Kollel for an hour and then do a side Limud. I've been reading a book called The One Minute Masmid. It strikes a chord with me. I'm wondering if anyone is familiar with it.

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Re: Mental Health and Marriage

Posted by Shtarkandemotional - 02 Mar 2022 05:34

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[jackthejew wrote on 18 Feb 2022 10:29:](#)

[hashemyeracheim613 wrote on 18 Feb 2022 04:45:](#)

Hi everyone. Something that I personally struggle with is making huge problems out of minor issues. For example, if there is a little bit of tension between me and my wife, I think that it's over. I'm not kidding. My mind jumps straight to the worst possible outcome. It's totally irrational and very much anxiety driven, but to me it's reality. I spoke to my Chavrusa, an older Avreich, and he basically laughed. He said that if I took my "issues" to a marriage therapist, they would crack up. It was very reassuring, but it reminds me that going forward I have to take myself less seriously.

New issue on the Kedusha front. In the past I struggled with Shmiras Einayim, both with real women and online. For over a year I've managed to cut out the Internet trash, and I'm really proud of that. It never occurred to me that stopping that ugly habit was only the beginning. When I walk in the supermarket, I notice that my eyes wander to every semi-attractive female in the place. When I was single, I didn't think much of it. But now, I've noticed a new process taking place in my brain. Comparing. Noticing all the "features" that my wife is missing. It sounds gross and repulsive, and it is. I am very well aware that even if my wife was objectively the prettiest lady in the world, I would still think like this. There is always a different "look" that has its own attraction and appeal. There is no end. Being aware of this idea is a start, but it's difficult to internalize and implement it. I have to start buckling down on these eyes. There is much at stake.

Check out this talk from Dov. It was very helpful for in these inyanim (although I'm still single)

Hey which talk from dov?

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Re: Mental Health and Marriage

Posted by jackthejew - 02 Mar 2022 07:18

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[Shtarkandemotional wrote on 02 Mar 2022 05:34:](#)

[jackthejew wrote on 18 Feb 2022 10:29:](#)

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Sorry I forgot to add the link. Here it is:

[guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20to%20Bochur%20News-story.mp3](http://guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20to%20Bochur%20News-story.mp3)

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Re: Mental Health and Marriage

Posted by Vehkam - 02 Mar 2022 13:17

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Sorry that your meeting was disappointing.

Sometimes we need solutions but sometimes we just need a hug and for someone to tell us that they understand our struggles and feel for us.

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In case it's the latter I am sending you a virtual hug.

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Re: Mental Health and Marriage

Posted by 5Uu80\*cdwB#^ - 02 Mar 2022 15:19

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Hi hashemyeracheim613. I am really sorry to hear you are going through this frustrating situation in your learning.

I highly recommend that you buy or borrow a copy of ?????? by Chazon Ish (they have an English translation out with a blue cover) and **read Chapter 3, ?????**.

It ??? changed my entire relationship with learning when I first learnt it a couple of years ago and I am currently chazering it. It is essential, especially in our world where every one wants to tell you why you have to learn this way or that way. Chazon Ish says it like it is. You'll see.

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Re: Mental Health and Marriage

Posted by Shtarkandemotional - 02 Mar 2022 18:43

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[concernedjew21 wrote on 28 Apr 2021 23:33:](#)

In my unfortunate experience once a boy and girl have disclosed to each other that they find it difficult not to touch, it only makes it more of an option and possibility, and, if you allow yourselves the opportunity, an inevitability.

The only way to stop it is to stop talking about it and to absolutely not allow yourselves to be in a place where it's possible for it to happen, which means going BEYOND what hilchos yichud requires. No shmoozing in the car for long periods, even if you're parked on a street somewhere, etc.

It's tough, but if you're serious about not touching, it's the only way.

But if you keep telling each other how much you want to and how hard it is, and allowing yourselves to be somewhere where its possible, all the logic in the world wont stand up to desire. Ein apitropis laroyos, you can't plan for pure willpower to win out against lust, it's planning to fail.

Was reading this post from a while back.. I can personally say that this is, as emes as it can be in my personal experience! Wow! Opened my eyes a lot.

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Re: Mental Health and Marriage

Posted by Shtarkandemotional - 02 Mar 2022 19:03

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Read through this whole thread! Your a Very good writer! Very inspiring! Shows everyone that things can get better and life has its ups n downs! So nobody panic during hard times cuz we see it keeps on passing:)

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Re: Mental Health and Marriage

Posted by OivedElokim - 03 Mar 2022 01:50

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[hashemyeracheim613 wrote on 02 Mar 2022 03:59:](#)

I've been reading a book called The One Minute Masmid. It strikes a chord with me. I'm wondering if anyone is familiar with it.

Was intrigued by the books title so I looked it up and am now reading it. Thanks for the recommendation!

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Re: Mental Health and Marriage

Posted by Captain - 03 Mar 2022 13:52

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[hashemyeracheim613 wrote on 02 Mar 2022 03:59:](#)

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I read it and enjoyed it. Took some ideas and applied it to my own learning. Now I learn up all pages of related gemara 3x gemara rashi before delving into anything. It gives me clarity on the basics that are going on before anything confusing is added to it. Plus I pick up on what each rashi is coming to do (focusing on which words in middle of rashi actually came directly from the gemara and are the same words the gemara used is very key for this, because you can see exactly what rashi added). Then the tosfos and anything beyond slots in very nicely in place. Also I don't keep forgetting and needing to rework through the cheshbon.

That's just one applied takeaway that I gained from this book. I enjoyed it a lot.

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Re: Mental Health and Marriage

Posted by cordnoy - 03 Mar 2022 18:22

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[hashemyeracheim613 wrote on 02 Mar 2022 03:59:](#)

**It strikes a chord** with me. I'm wondering if anyone is familiar with it.

Something that strikes a chord with you catches your attention because something about it corresponds to somethin' in yourself. The metaphor refers to a chord played on a piano, with one note in yourself harmonizin' nicely with a note in that which you are experiencin' to create a pleasin' chord.

The objects being struck are piano strings, not **cords**. Thank God!

However, a guitar plays chords when someone strums its strings — also known as cords. Vocal cords are bands of muscle tissue; they are literal cords in your body, but you use them to sing. This musical connection causes many people to mistakenly write "vocal chords," which is incorrect. So, those cords are in fact cords.

Yesterday mornin', durin' a passionate moment with my wife, I whispered in her ear (in French): Et ce monde, en la femme, fait vibrer quelque chose d'intime. She responded (in English): Yes, Cords, it is music to my ears.

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Re: Mental Health and Marriage

Posted by wilnevergiveup - 04 Mar 2022 05:43

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[cordnoy wrote on 03 Mar 2022 18:22:](#)

[hashemyeracheim613 wrote on 02 Mar 2022 03:59:](#)

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Re: Mental Health and Marriage

Posted by cordnoy - 04 Mar 2022 12:28

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[wilnevergiveup wrote on 04 Mar 2022 05:43:](#)

[cordnoy wrote on 03 Mar 2022 18:22:](#)

[hashemyeracheim613 wrote on 02 Mar 2022 03:59:](#)

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You didn't learn French in school?

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