

**Mental Health and Marriage**Posted 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 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.

=====

=====

Re: Mental Health and Marriage

Posted by Sapy - 08 Feb 2021 01:20

---

Hope you still standing there to get our congratulations!!!! Well done! And make sure you celebrate with a warm tea when you get home!!!!

=====

=====

Re: Mental Health and Marriage  
Posted by Zedj - 08 Feb 2021 03:02

---

Thank you for updating!

It takes a certain level of commitment to update in such weather!

Don't underestimate your strength or self value..one day at a time and you'll be in a better place.

=====

=====

Re: Mental Health and Marriage  
Posted by Hashem Help Me - 08 Feb 2021 10:31

---

Wow! Stay "warm"!

=====

=====

Re: Mental Health and Marriage  
Posted by wilnevergiveup - 08 Feb 2021 12:47

---

[hashemyeracheim613 wrote on 08 Feb 2021 01:11:](#)

I'm literally standing in the snow, freezing cold, just so that I can get Wi-Fi, to let you guys know that I'm going on Day 5 of no masturbation. Thanks for being there for me.

You are awesome! You are a real part of the chevra here so thank you for updating us all!

All the best,

Wilnevergiveup

=====

=====

Re: Mental Health and Marriage

Posted by Ish MiGrodno - 09 Feb 2021 05:44

---

HY613, been tryin' to reach you all day!

Your "10-day-clean-party" plans are fully underway...

Friday night Parshas Mishpatim will BEZH be a serious smash.

Anyone else care to join?

With serious party spirit from Grodno ~ IMG

=====

=====

Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 09 Feb 2021 20:38

---

If I make it tonight it will be my first totally clean week since October. I can't wait. I went out again last night and something felt off. I just wasn't able to feel comfortable around her. I'm not sure what it was...maybe just a crazy dose of general anxiety. Anyways, I thought that she was going to say no for sure and I was giving it to myself over the head. "What is wrong with me? Why can't I just connect to people? Why is it taking so long to find someone?" Then I heard back from the Shadchan that she wants to go out again. Praying that I do better this time, that I have clarity, and that I find the right one soon.

=====

=====

Re: Mental Health and Marriage

---

Posted by Sapy - 09 Feb 2021 22:43

---

Wishing you much luck! And looking forward to celebrate a week!

=====

Re: Mental Health and Marriage

Posted by Grant400 - 10 Feb 2021 02:30

---

[hashemyeracheim613 wrote on 09 Feb 2021 20:38:](#)

If I make it tonight it will be my first totally clean week since October. I can't wait. I went out again last night and something felt off. I just wasn't able to feel comfortable around her. I'm not sure what it was...maybe just a crazy dose of general anxiety. Anyways, I thought that she was going to say no for sure and I was giving it to myself over the head. "What is wrong with me? Why can't I just connect to people? Why is it taking so long to find someone?" Then I heard back from the Shadchan that she wants to go out again. Praying that I do better this time, that I have clarity, and that I find the right one soon.

While on a date, try not to think about how the date is going, what she will say after, what you will say after etc. Just be present on the date entirely. When she exits the car you have the liberty to start dissecting it. Overthinking on the date will handicap you being yourself, and you having a productive experience with the person you are dating.

=====

Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 11 Feb 2021 21:23

---

I'm happy to say that I made it to a week! Also, I went out again last night and I felt that I was able to just be chilled and be myself. Last night waiting for her answer was really tough. I started feeling some heavy attraction and it was a big test, but I did really well.

=====

Re: Mental Health and Marriage

Posted by Hashem Help Me - 11 Feb 2021 21:24

---

---

Those are healthy feelings.

=====

=====

Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 14 Feb 2021 01:59

---

I made a deal with the holy Ish Migrodno that I would to my best to stay clean until Parshas Mishpatim. I kept my side of the deal. He said he's going to party hard if I succeed. To many more clean weeks to come!! L'chaim!

=====

=====

Re: Mental Health and Marriage

Posted by Ish MiGrodno - 14 Feb 2021 02:19

---

And holy smokes did I party.

One more week....

pleeeaaase?

With intoxication from Grodno ~ IMG

=====

=====

Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 16 Feb 2021 18:12

---

So sorry to let you guys down, especially IMG, but I messed up last night, and today. I was thinking about the girl I'm dating (it's nothing serious) and my thoughts got a little bit out of control...

=====

=====

Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 22 Feb 2021 20:12

---

Going through some fun times right now. Baruch Hashem I got to a point in dating that called for some honest, open conversation. The girl knew something was up with my family, and she wanted to discuss it. My Rebbi said that the time was ripe to discuss everything with her. So, in the restaurant, I told her a super condensed version of my life story. Family. Anxiety. Medications. Therapy. I feel that I gave it over very well. I was chilled and matter-of-fact and confident. She took it pretty well and asked me questions. Since then I have been under heavy investigation, in which I have to cooperate fully. They are calling everyone; my Rebbeim, doctor, and therapist. It's not pleasant, but I knew that this something that I would have to go through eventually, and it is encouraging that they are taking it seriously and not dismissing me of the cuff. I haven't been good with the masturbation though. It is really cool that marriage is a tiny bit more of a reality now, and I do feel pretty good about the prospect, whether it's this girl or someone else. My therapist said that I should start getting on my game more, to see if I'm up to the responsibility of marriage, and commitment, and going through my day even when things get tough. I made a new chavrusa in the morning before davening to give me a reason to get up. I'm also going to try doing first seder again, even though I have no chavrusa. Also, I just finished Maseches Gittin with Tosfos. It feels good getting back to a good schedule, but at the same time my voices are telling me that it's not me, and that I'm doomed to fail. I'm ok though. I'm ready to try...

=====

=====