

I'm Fed Up

Posted by UpAndDown - 14 Sep 2021 21:44

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This Nisayon is to big.

Long story in short: The journey started 10 years ago. A year ago I reached my longest clean stretch of about 450 days. But then I fell. And then I got up. Then I fell again. Then I got up, had a clean stretch and fell again. (with all the emotions that a person goes through...)

Finally I managed 100 days clean.

And then, just 3 weeks ago I fell again. But really badly. My worst ever.

I watched many hours of pornography on a unfiltered device that I got hold of. I acted out many times - trying hard to ignore the fact that it's Elul, AY"T etc.

I don't have the will to get back up again because I have lost my Emunah.

I do believe there is a creator of this world but I am loosing my Emunah in Torah Misinai and in Chazal.

If Hashem is really bothered about HZ"L then why is it not clear in the Torah? (I know there are some answers in the Seforim - but still - if something so important is asked from a person then why not say it clearly?!)

And why is man put in a situation where he will definitely sin, it's only a question of when and how??

I am full of anger, upset and guilt.

I was a top top avreich, but now I wish I could just leave my Yiddishkeit and just live a "normal" human life.

This past Shabbos - Shabbos Shuvah - I had a battle with my YH whether to be Mechalel Shabbos!!

I am in a state where I am open to commit any sin possible...

Dear friends -

Please save my soul!! (and my gorgous family)

I would love to be able to live like a loyal Yid but I need Chizzuk - mainly in Emunah, and I have no Rav who I feel would not judge me. And no Rav who could give me clear answers.

I am utterly fed up!

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Re: I'm Fed Up  
Posted by Hashem Help Me - 16 Jan 2022 12:28

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Hi Up and Down. I just saw this thread for the first time. Incredible expression of pain, followed by enormous chizuk from so many guys here. what you wrote resonated with so many people here because your description of our feelings was so on target. Bh you got yourself back on track in a very healthy way and shared that for the chevra here to get inspired from. May Hashem give you continued hatzlacha helping yourself but also by helping others - it's the guys who got really broken who understand what the oilam here needs. Become a leader.

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Re: I'm Fed Up  
Posted by Vehkam - 16 Jan 2022 18:57

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Great thread. So much chizuk here. Thank you for sharing. I have just started my journey after decades of giving in without much of a fight. Threads like this are invaluable to me.

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Re: I'm Fed Up  
Posted by excellence - 20 Jan 2022 19:10

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[UpAndDown wrote on 16 Jan 2022 11:19:](#)

Dear Firends,

Thanks to all of you for caring and writing back. I have been meaning to reply ages ago, but life was too busy..

Your posts gave me a lot of Chizuk and b"h I am in a better situation than a few months ago.

About my Emunah struggles - I just wanted to write something that helped me and might help someone else who is struggling with Emunah:

The Mishnah in Avos says (P' 4, M' 21):

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What "world" is the Mishnah referring to?

The Rambam explains:

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From the world of Emunah!

That means Emunah is a world. A place a person can be in. A place where the truth of the Torah is clear & real. But if he gives in to his desires then it will automatically take him out of that world. Desires will put a person in a place where he will not see Hashem and the truth of the Torah.

So it's the other way around:

????? ??????? isn't a result of Emunah (meaning: that if I believe in Hashem then I will keep the mitzvos), rather Emunah is a result of ?????? ??????? (first we must keep our ?????? and only then we will discover Hashem)!!

This helped me a lot and the more I stay clean the more I manage to connect to the Eibishter.

Looking forward to hearing from you.

UpAndDownh

I absolutely love this post. Fascinating Rambam. Thanks so much. And happy to hear that you

feel in a better place!

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Re: I'm Fed Up

Posted by Gevura Shebyesod - 20 Jan 2022 21:02

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Reminds me of one of my favorite 12-step quotes:

"You can't think your way into living right, but you can live your way into thinking right".

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Re: I'm Fed Up

Posted by Lost In Search - 21 Jan 2022 02:10

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That concept really resonates with me as well. When I am in a clean state then my emunah is a lot clearer but when I'm in a dirty place then I don't have a clear emunah.

The holy "Lechvitcher" writes that a yid's emunah is always present and strong even when he doesn't feel it and when a person doesn't feel it it's because there are blankets that are covering it. Meaning the emunah didn't go away but rather it's still there but the person can't feel it.

The "Kobrineh" writes that just as a person has to believe in hashem so to he has to believe that he really has emunah even when he doesnt feel it. Because a yid's emunah is from his neshamah so automatically his essence believes in Hashem.

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Re: I'm Fed Up

Posted by bego - 21 Jan 2022 10:43

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[Lost In Search wrote on 21 Jan 2022 02:10:](#)

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Hi, sorry but I haven't heard of them. Are they real or GYE people?

The two opinions sound to me like self justification. "It can't possibly be me doing anything wrong because I believe in Hashem so I'll blame an outside source." Usually, it's the goyim that get the blame or some other easy to blame group. personally, i try to take responsibility for my actions and even my thoughts. if i am struggling with belief, it's because I have real and genuine questions that are bothering me. Sometimes, when I'm tired, they bother me more. But that's still me and whether I can be bothered dealing with it there and then. But to hide behind "blankets," seems to me to be a blanket statement.

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Re: I'm Fed Up

Posted by Lost In Search - 22 Jan 2022 14:57

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[bego wrote on 21 Jan 2022 10:43:](#)

[Lost In Search wrote on 21 Jan 2022 02:10:](#)

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Yup they are real people. They are the founders of the Slonim chasidus. The Previous Slonimer rebbe the Nesivas sholom always brings them down in his sefer.

They write that if someone doesnt feel emunah it doesnt mean he doesnt have enunah because a yid is a chel elokai mimal and the source of a persons emunah comes from his neshama so its not possible that he doesn't believe if has a neshama. But rather he( meaning the physical body that he is living in)is detached and so the physical body can't feel the emunah. And thats the work in life to connect the physical body to our neshama and to keep the neshoma clean so like this you will autimatically feel emunah.

This is not "self justification" because it's our job and up to us to get rid of the dirt that's covering our emunah but it does make a yid feel better to know that deep down he has emunah no matter what.

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Re: I'm Fed Up  
Posted by 613guard - 23 Jan 2022 00:55

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450 days straight

Wow

I celebrate when I do a week clean

450 I don't even fathom yet

You are incredible

And maybe that's why you have such big nisyonos

maybe try reading easy peasy method

Easypeasymethod.org

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Re: I'm Fed Up  
Posted by UpAndDown - 25 Jan 2022 18:31

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And there we go again...

I fell! (hz"l)

I am sick of life... I am so frustrated

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I wish it was ???? and I would have a happy life... I am once again utterly fed up. How long can one fight a war? Everyone needs a break sometimes so why can't I act out here and there?

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Re: I'm Fed Up  
Posted by DavidT - 25 Jan 2022 18:42

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[UpAndDown wrote on 25 Jan 2022 18:31:](#)

And there we go again...

I fell! (hz"l)

I am sick of life... I am so frustrated

???????? ???? ???? ?

I wish it was ???? and I would have a happy life... I am once again utterly fed up. How long can one fight a war? Everyone needs a break sometimes so why can't I act out here and there?

**Life does not stop after a fall.**

We must realize that we haven't lost anything that we gained until now. We simply have to get up and continue from where we left off. The Steipler once told someone who complained to him about how difficult this struggle was, that the times we fail are erasable, but every time we pass a test is a *Kinyan* that's ours to keep forever. Even if we are successfully *misgaber* (overcome) only once in a while at first, this initial *hisgabus* will ultimately lead us to break free completely.

**Acting out will not make you happy even if it's 100% ???? ..**

If Iust offered **real** happiness, would Hashem ask of His children to give up something really wonderful and precious?

But it's **not** that the Satan offers us something good and Hashem just offers us something **better**. The Satan was simply given the power to fool us. He is just a master illusionist and offers us fantasy. But as soon as we try to grab it, it turns into smoke!

So all Hashem wants from us is to differentiate between fake and real.

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Re: I'm Fed Up  
Posted by UpAndDown - 25 Jan 2022 19:12

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Thanks DavidT.

It might not make us so happy but it definitely makes us feel better. It releases all the tention. It's



a distraction from all the problems in life etc.

Sorry for being so outspoken but I really wish it was allowed...

It's definitely a ?????? ?????? ??? ?????? ??????? ?????? ???. It's just so unfair to put us through such a struggle. Fighting a war day and night and then eventually falling and I just find myself feeling guilty my entire life! Life is so depressing.

I would have been a happy man now if it was not ??????. I wonder if anyone feels the same way.

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Re: I'm Fed Up  
Posted by Trouble - 25 Jan 2022 20:20

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[UpAndDown wrote on 25 Jan 2022 18:31:](#)

And there we go again...

I fell! (hz"l)

I am sick of life... I am so frustrated

????????? ?????? ??????

I wish it was ????? and I would have a happy life... I am once again utterly fed up. How long can one fight a war? Everyone needs a break sometimes so why can't I act out here and there?

some of you may not believe me, but it has little interest to me if "it" is muttar or assur, and i have mentioned that in the past (please see the post in the "values" thread where a different program of ff2L was introduced); productivity of life is what concerns me, so even if it was muttar, it would still control my life, and that is not what i want.

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Re: I'm Fed Up

Posted by retrych - 25 Jan 2022 20:28

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When I'm filled with the taivah, I totally agree with this sentiment. It's too hard, too good, too unending.

When I'm far away, not a bit. The struggle has faded to the background, almost gone, it's repulsive and impossible that I could ever want it. The all pervasive satisfaction I feel is so much better than the localized thrill of the moment.

And when I've given? There was a time I would almost make it like permissible to me. Was in it for a while. It lures you in the first bit, but then it doesn't anymore. doesn't work, fulfill or satisfy, need more, look for more and worse, like trying to scratch an itch on a phantom limb. That's how these needs all work.

Able to look more objectively right now, I don't think we would be happy if we could do it. by nature it's fantasy, unreachable and unkeepable. And not something you can look back on with a happy content smile and the end of the day.

Anyway, it's not forever. That's how I keep going when it's tough. this is the temporary part. the quick part

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Re: I'm Fed Up

Posted by UpAndDown - 25 Jan 2022 20:58

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Thank you Trouble.

That's a very very true point!

As long as one is in the hands of this ??? one is less productive, less focused and less giving...  
regardless to ??? or ???.

Thanks for that!

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