

I'm Fed Up

Posted by UpAndDown - 14 Sep 2021 21:44

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 upanddown - 12 Dec 2024 23:11

Thank you all for checking in! I'm really touched!

I haven't posted here for almost a month.

I had a few bad falls. Once again I'm going round in circles...

Been clean since Monday though.

I know I can do it. I know I have to do it. I know I'll be a happier man. I'm just lacking the energy and motivation to give up something that I love so much. Something that is **just** what I need when I am stressed and emotionally drained.

But I will just try again... and again.... and again... until Moshiach comes...

Today I've been feeling very down but I'm too tired to act out.

Im upset with my wife for letting me down a few times in recent days.

I'm upset with myself about many other things as well. I'm such a loser. I've messed up everything Hashem gave me. I'm crying just from feeling so lost. I'm wasting precious years and not advancing. Everyone else around me seems to be so Matzliach...

I can't even be bothered complaining anymore.

But could be it's just withdrawal symptoms from not watching Porn for a few days.

Oy Hashem.... when will you slaughter the YH, when?!?! Either way I'm experiencing ???? ???
??? ??? ???, so you might aswell get rid of the YH now already!!

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Re: I'm Fed Up

Posted by odyossefchai - 13 Dec 2024 02:56

[upanddown wrote on 12 Dec 2024 23:11:](#)

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Hey folks. It looks like we have a white knuckler on our hands. Does anyone have any info that
can help this guy? He needs something fast. Hes falling apart.

UPANDOWN, it seems that whatever you have been trying, isn't working. Fighting this YH,
seems to wipe you out and you don't feel there's a real way to get rid of it.

But there are ways! Please reach out and talk and shmooze and connect more with the guys
here. They ~~helped~~ saved me. There's no reason they can't save you.

103 days ago, I was spending hours a day, falling. Into the abyss. Into the pit of despair. Into the
pits of hell. I was as depressed as I thought a human could possibly be. I was a broken soul.
Emotionally ruined. But I had help from the sweetest tzadikim in the world. So please. I beg you
to reach out and get on the phone with them. Maybe even meet up. And share your pain with
them.

Tzadikim like Redface (who is as scary as his name sounds) Amevakesh is another sweet yid.

Maybe you can't control your urges right now. But a phonecall you CAN make. Please do it, for
you, for your sanity, for your future.

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Re: I'm Fed Up
Posted by yosefms - 13 Dec 2024 10:27

Reb Upanddown

Your post is painful to read but the emes of your heart is shining out.

When Hashem does Shecht the YH you are right all the problems will disappear.

But.... the fun is in the fight! Its much more fun to fight than for Hashem to do all the work. So I say to you my friend, put your gloves on get back in the ring and start fighting the YH. Conquering ourselves is not an easy challenge but we only win by sticking at it.

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Re: I'm Fed Up

Posted by taherlibeinu - 13 Dec 2024 12:36

Reb Yid,

I just read through this thread. Thank you for sharing with such honesty. I write only to empathise with you and i wish you only much Siyata dishmaya and hatzlocho in any choices you make.

Have a wonderful shabbos

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Re: I'm Fed Up

Posted by upanddown - 14 Dec 2024 23:47

So Friday night I opened some ???? ???? and felt inspired, empowered and ready to fight.

My entire Shabbos was different. I was a happy man. A loyal husband. And a fun, loving and focused father. And all of that just from feeling that relief of being back on track, yearning for the Emes.

I can't allow myself to go back to a dark place...

I must remind myself a few points:

1. The good feeling of being an ???-dik, genuine Yid/father/husband.

2. ?????? ?????? ?????? ??, ?? ?????? ??.
3. ??????? ???. Its not a necessity like food. Urges pass. If I give in, I'll just need more.
4. Life isn't gonna be functional unless I get this beast under control.
5. The longer i leave it, the more difficult it will be to concor.
6. Do I want to one day look back and eat myself up over the many precious years that I messed up?? Now is the time to act!

So here is my plan of action:

1. For **motivation** - Learn ????? frequently. It's a way of feeling Hashem speaking to me.
2. For **accountability** - I need a partner/sponsor. Anyone offering? PM me if interested.
3. For ultimate **success** - I simply need Hashem's help. My davening could do with a big chizzuk.

Is this just another up followed by a steep down? Possibly. Who knows... We live in the present.

????? ??, ??????? ??????, ??????? ?????? ??, ?????? ?????.

Thank you all for your support,

UpAndDown

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Re: I'm Fed Up

Posted by rebakiva - 15 Dec 2024 00:34

Beautiful post, happy to hear that you have a plan of action.

I would add my 2 cents if I may, I think that it might very well be a up, before a down, but we are human beings who don't stay the same at all times, so we therefore have ups and downs, but at

least after tasting the good feeling of the up, we know what address to put in to our GPS to take us back there, so there's nothing to be afraid of from the down. {It could be that's what you meant with "we live in the present", but just in case...}

Keep it up and keep us posted

With love Akiva

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Re: I'm Fed Up

Posted by proudyungerman - 18 Dec 2024 04:28

Beautiful post!

Looking forward to hearing about the progress - the ups and the downs!

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Re: I'm Fed Up

Posted by odyossefchai - 18 Dec 2024 21:59

[upanddown wrote on 14 Dec 2024 23:47:](#)

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????? ???, ??????? ??????, ??????? ?????? ???, ?????? ?????.

Thank you all for your support,

UpAndDown

I would say that the three things you want to use to help you, can come AFTER you clean up. At the moment you need to get your mind clean and free from the shackles of the pain you are feeling.

Once you start to clean up, the mussar and chizzuk flow. Unfortunately when one is still stuck in the poop, mussar and motivation aren't very effective.

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Re: I'm Fed Up

Posted by upanddown - 18 Dec 2024 23:35

BH on a up...

I've set up accountability with one of our GYE-Tzaddikim...

Been learning a bit of Mussar and feel empowered.

Some strong urges have come and gone, I even had a wet dream, it's not easy... but I'm staying strong as I'm determined to be a genuine jew who doesn't have to hide his dark secrets!

I heard that R' Isser Zalman Meltzer was once seen reading the newspaper at the Bima in the Beis Midrash! When he noticed people were surprised, he explained, that if he was happy to read the newspaper in private then he's willing to do it in public too!!

A couple of weeks ago I was behaving like a real bad boy. I acted out properly with P&M over and over again behind closed doors whilst trying to shake off any feelings of guilt. I didn't even have any crazy urges but I wanted to purely be ???? ??? and be mekayem ?? ??????? ????? ???. Anyway, later that day I said something very stupid/inappropriate in a public forum and felt painfully embarrassed for the next few days. It served me right. It got me thinking... ?? ????? ?? ????? ????? ????? ???????.

So no more incognito mode. No more davening at the omud or getting an aliyah and thinking "if only they would know...". Only transparency. ????? ????.

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Re: I'm Fed Up

Posted by yosefms - 20 Dec 2024 09:06

Hey

Good to hear you're doing better, it's inspiring and you should be super proud of your hard work.

My personal opinion is don't be too harsh on yourself, let the past be the past and don't create punishments for yourself like not getting aliyah's/davening far omud. Once you've made that decision (which you have) to move on with your life and leave that old you behind, you're a new pure happy person who is very fitting to be a baal tefilah and certainly have an aliyah l'torah.

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Re: I'm Fed Up

Posted by upanddown - 20 Dec 2024 09:51

Slight misunderstanding...

I didn't say that I'm punishing myself and stopping with aliyas/omud. I said I want to be transparent. An honest Yid. Nothing to hide. Of course I will continue with my public services but from now I no longer want to have to have guilty feelings at the same time.

Sorry if my original post wasnt clear.

Thanks for your care and support.

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Re: I'm Fed Up

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[yosefms wrote on 20 Dec 2024 09:06:](#)

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Slight misunderstanding...

I didn't say that I'm punishing myself and stopping with aliyas/omud. I said I want to be transparent. An honest Yid. Nothing to hide. Of course I will continue with my public services but from now I'll be able to do it confidently without having guilty feelings and guilty thoughts.

Sorry if my original post wasnt clear.

Thanks for your care and support.

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Re: I'm Fed Up

Posted by yosefms - 20 Dec 2024 10:04

ok great thanks for clearing that up.

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Re: I'm Fed Up

Posted by upanddown - 09 Jan 2025 23:59

34 days clean BH! (??? '???)

It was a difficult week in many ways. I feel very drained. Had plenty of reasons to feel sorry for myself and to indulge in some comforting fantasies... I indeed had a few slips in Shmiras Einayim but other than that bh managed to stay strong.

Today was haircut day and I had a massive ????? to shave also other areas and to do some body care... but NO!!!... I know my YH too well by now. If I give him a finger he will take a hand...

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Less and less sins....

TYH

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