

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 upanddown - 10 Feb 2025 17:49

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As mentioned above I have a few trips coming up so posting for accountability.

Challenge #1

**Type:** Trip abroad

**Purpose:** Leisure

**Duration:** 4 days

**Destination:** Not Burma

**Accompanied by:** 0 persons. Travelling alone.

**Challenge intensity scale:** 10/10

**Trigger keywords:** Airport. Airplane. Non-Jewish Hotel. TV. Sports. Swimming pool. Childhood trauma.

**Current GYE status:** 67 days clean BH.

**Safety measures:** Accountability partner. Posting on forums. Unplug Tv. Cover TV. Type of Taphsic method. Distraction (book, kosher videos, gemara, tehilim).

Any ideas are welcome.

Thanks for reading,

UpAndDown

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Re: I'm Fed Up

Posted by shulem25 - 10 Feb 2025 17:59

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Having someone to check in with you can make a big difference.

remind yourself why you want to stop – Keep a list of your reasons and review them often.

Practice self-control techniques – Deep breathing, mindfulness, and prayer can help.

Keep a book, a hobby, or even a stress ball nearby to stay engaged in something else.

and agin remind yourself of your goals – Why do you want to avoid inappropriate content? Keep that in mind.

Pray or recite a positive affirmation – Strengthen your self-control with motivation.

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Re: I'm Fed Up

Posted by shulem25 - 10 Feb 2025 18:02

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I get it—when something tempting is right in front of you, it can be really tough to look away. But you have control over where you focus your attention. Here are some ways to handle the situation:

Remind yourself why you want to avoid looking—whether it's for self-discipline, spiritual growth, or respect for yourself and others.

Think of the people as **human beings, not objects**—this helps break the habit of looking at them in a certain way.

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Re: I'm Fed Up

Posted by proudyungerman - 12 Feb 2025 05:03

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[upanddown wrote on 10 Feb 2025 17:49:](#)

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Any ideas are welcome.

Thanks for reading,

UpAndDown

I know for myself whenever I am in a similar situation, I always (try) to overprepare, especially on the "keeping myself entertained" side of things. I happen to love reading, so I always bring books with me...

**Warning: Spoiler!**

(I don't know if this speaks to you, but there are tons of old, dusty, untouched GYE threads. I find some of them fascinating to read...)

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Re: I'm Fed Up

Posted by upanddown - 15 Feb 2025 23:57

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Back home and 72 days clean BH.

It's a miracle.

I'm very grateful to HHM.

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Re: I'm Fed Up

Posted by upanddown - 24 Feb 2025 21:54

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*Quick update:*

81 days clean BH.

Urges have been very strong and frequent, especially during learning... trying to ignore and distract myself but it's hard work.

And although my wife has been doing much better emotionally, her sex-drive has gone and she's not so interested anymore (to do with her meds..).

TYH for every win.

*Posting for accountability:*

Challenge #2

**Type:** Trip abroad

**Purpose:** Wedding

**Duration:** 7 days

**Accompanied by:** Wife and children

**Challenge intensity scale:** 7/10

**Triggers:** Airport. Airplane. Fancy wedding. Pressure/stress. Meeting family members who often make me feel inadequate.

**Current GYE status:** 81 days clean BH.

**Safety measures:** Accountability partner. Posting on forums. Distraction.

Humbly,

UpAndDown

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Re: I'm Fed Up

Posted by upanddown - 04 Mar 2025 21:38

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Hayom yom 89!

Survived my trip. Wasn't easy.

Interestingly, the first couple of days after coming back home are the most difficult for me. This happened also after my last trip. HHM wrote me the following: "Many times after a trip full of

vigilance, gedarim, and connection with mentors, guys go home and slip. It's the Satan's way of showing us we are always vulnerable." Gotta keep that in mind.

This time it was extra challenging as I did get to see some really beautiful female ????? that Hashem created, Jewish and non Jewish (in real life, in videos on the aiplane and while wasting time on YouTube). I got home very drained and tired with anti-climax etc... My wife is also back to her negativity, is slightly depressed and has not been so available lately. My daily routine isn't so fulfilling, which doesn't help matters either.

So today I had a huge Nisayon, the type I haven't had in a while..

I davened to Hashem... bh I stayed clean but feeling very vulnerable.

Thanks for listening,

UpAndDown

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Re: I'm Fed Up

Posted by amevakesh - 05 Mar 2025 14:41

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Hang in there! You're dedication to this battle is inspiring. You're in this for the long haul. Yes, there will be times that your wife won't be available to help you out (at least not in the way you need her to), but that's what separates the men from the boys. When the going gets tough, and there doesn't seem to be any light in sight for the foreseeable future, those that remain focused and continue to forge on are the one's that are blazing the path for all of us. As you combat those feelings of blahness, and the desire to just give in and let your guard down, realize that you're discovering new horizons that you're capable of, inner ????? are being brought out. Keep on trucking, it ain't easy, but you've got what it takes!

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Re: I'm Fed Up

Posted by upanddown - 06 Mar 2025 15:17

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On the one hand a wedding is challenging. On the other hand I was once again able to witness how average or even not good looking girls and woman were transformed on the day of the wedding into beautiful models out of the catalog... it's all illusion. As shown in this video: [gye.vids.io/videos/489bd1b81e19eecd0/its-all-fake](https://gye.vids.io/videos/489bd1b81e19eecd0/its-all-fake)

But what is **real** beauty? Is it only about ??? ???? I don't think so (?? ???? ???? ????). So how does one get to appreciate one's wife's looks if she really isn't skinny or if she has spots and scars?

I havent quite worked that out yet. Yes, the struggle with this is way less when my ????? ???? is going well but I still haven't achieved a level of loving her imperfections...

Perhaps it's about not noticing the imperfections. Rather seeing only the beautiful features and the facial expressions etc. ????? ???? ????.. Just like if I'd look in the mirror I'd think I'm good looking even if I happen to have a few spots or any permanent unpopular facial feature..

Any ideas are welcome.

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Re: I'm Fed Up

Posted by BenHashemBH - 06 Mar 2025 18:26

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[upanddown wrote on 06 Mar 2025 15:17:](#)

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Any ideas are welcome.

Shalom Brother,

There is some good material here and in the links therein. I read through most of them and while I think it's still the tip of an iceberg, it may help point you to the right iceberg to start investigating how deep it takes you.

[https://guardyoureyes.com/articles/questions-and-answers/item/is-my-husband-s-struggle-related-to-my-weight-gain?category\\_id=531](https://guardyoureyes.com/articles/questions-and-answers/item/is-my-husband-s-struggle-related-to-my-weight-gain?category_id=531)

Hatzlacha and Kol Tov

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Re: I'm Fed Up

Posted by vehkam - 07 Mar 2025 00:22

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When we are able to be totally vulnerable and open with our spouse they are able to see the beauty of the real person we each want to be. They in turn can open up and allow us to see their inner beauty. When the neshama connects on an emotional level the packaging fades into the distance and becomes insignificant.

Alas if we have secrets they create walls and barriers which don't allow our spouse to connect to the vulnerable person inside us. They never get to know us on a very deep level and we cut off from the depth of their inner beauty. Accordingly that emotional connection of the neshama doesn't happen and we are left wondering about the unattractive packaging.

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Re: I'm Fed Up

Posted by amevakesh - 09 Mar 2025 16:14

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Although this is true most of the time, it's only true most of the time. There are times when despite our best efforts in making ourselves vulnerable, they simply don't have the capacity to respond the way we want them to. Additionally, it's sometimes very difficult to make oneself truly vulnerable, especially in these matters. How is someone supposed to tell his wife that he struggles with accepting her imperfections, be they physical blemishes or parts of her personality?

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Re: I'm Fed Up

Posted by vehkam - 09 Mar 2025 17:24

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I prefaced with "When we are able...."

I would not suggest someone telling his wife that he is struggling to accept her imperfections.

In addition we are in agreement that if the other spouse has their own issues blocking their ability to be open and vulnerable it can a very long time (or forever) for them to truly open up.

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Re: I'm Fed Up

Posted by upanddown - 12 Mar 2025 23:41

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T'was a nice streak of 95 days.

Now it's 95+1.

And tomorrow will be 95+2.

So I'm posting for accountability as I'm desperate to get my filter removed and watch some P\* as well now that I'm down in the dumps anyway. But the ??? is, I'm the same person i was a week ago. Just had a little glitch. Nothing changed. And I think I'll actually get more ??? for being clean today (day 2) then I were to get on day 97.

What went wrong? I think I felt drained because I was fighting to hard. I needed a break from fighting. I allowed myself to indulge in some of the orange circle activities and crossed some boundaries. Yes it's a daily battle with the YH but there is a limit to how much a person can be fighting. It should not be a constant battle. I must try keep myself busy and perhaps be more committed to my learning and that way this battle will hopefully move into the background for most of the day. The morning after I fell I had such a geshmake Seder with my chavrusa, we worked through a difficult Tosfos and got so involved until it came out clear... all the urges where gone! I felt like it was a siman from Shamayim that this is the way forward. This is what I must do for my future journey.

Thanks for reading my dear brothers and TYH for GYE!

Humbly,

UpAndDown

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