

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 DavidT - 25 Jan 2022 21:09

[UpAndDown wrote on 25 Jan 2022 19:12:](#)

Thanks DavidT.

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

this is an age old cry...

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Re: I'm Fed Up

Posted by UpAndDown - 25 Jan 2022 21:24

[retrych wrote on 25 Jan 2022 20:28:](#)

When I'm filled with the taivah, I totally agree with this sentiment. It's tooo 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.

Thank you "retrych" for your post.

I totally relate to what you wrote.

Truth is, about a year ago I had reached 450 days clean and if I am honest with myself I'll admit that I was a happier person. I was totally ??? from the ??? and able to focus on the important things in life. But then I got to a point of "?????" (as it says about the Yidden who wanted the ??? even though they had the ??) - wanting to have a ??? and wanting to be ??? ??? ???. And that's when it started going downhill...

I will ??? get up and try again.

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Re: I'm Fed Up

Posted by sleepy - 25 Jan 2022 21:25

[Trouble wrote on 25 Jan 2022 20:20:](#)

[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

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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?

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.

if it was mutar it probably wouldnt control your life just like you bedroom area with your wife doesnt control your life ,the things that control our lives are the secret forbidden sides of lust, mayim ginuvin yimtaku, at least thats what judaism teaches, if you dont agree maybe your part of a different religion that teaches otherwise

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Re: I'm Fed Up

Posted by UpAndDown - 25 Jan 2022 21:56

[sleepy wrote on 25 Jan 2022 21:25:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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

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The concept of ??? ?????? ?????? just means that it is extra sweet but has nothing to do with controlling your life.

Even things that are ???? can control your life:

1. Eating habits - especially for those with a bigger appetite
2. Bedroom with wife - forever thinking how to make it more exciting
3. News websites - can be very addictive

and I am sure there is more...

I therefore agree with "trouble" that if it were to be ???? - the nature of this ???? would make it control your life...

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Re: I'm Fed Up

Posted by Trouble - 25 Jan 2022 22:01

it is sad to see how clueless some people are. to quote dr. bill (and notice how there is no mention of god, religiosity, or what is forbidden): **I had lost control of me.** The **compulsion had complete control**, as it always had, from the very first. Only this was no longer "innocent" Lust was taking on a malevolent aspect. I was getting perilously close to connecting with the Darkness and crossing the point of no return. Those who've been out there know what I mean. After awhile, it ceases to be fun and games; it's for keeps.

But I thought I was free. Free from the yoke of marriage and responsibility. How easy to forget the family even existed. Free to pursue lust as I wished without having to creep home guiltily, fearing discovery. But the more freedom I had, **the less free I became.** The escape that the ritual and sex provided wasn't as complete and didn't last as long as before. The pleasure was not as unsullied, the rapture not as naive. I must have begun to see. I would swear off prostitutes periodically. Sex with myself had never stopped, and the magazines kept apace to feed the progression, abetting it further still. Then I'd try to stay completely sober without either. Nothing worked longer than a few weeks at best.

Somewhere, again, I had crossed another invisible line. Lust, by which I had been able to function and for which I lived, was exacting a wage — from me. Each new stage brought increased craving, which **brought ever greater dependence** and **more insatiable desire** and an ever greater need to quit.

About this time, I was beginning to look for a way out again; my **ability to function and cope was deteriorating**.

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Re: I'm Fed Up
Posted by wilnevergiveup - 25 Jan 2022 22:52

[Trouble wrote on 25 Jan 2022 20:20:](#)

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

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Like me and food... Totally *muttar* still have to control it to have a manageable life.

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Re: I'm Fed Up

Posted by sleepy - 25 Jan 2022 23:30

[wilnevergiveup wrote on 25 Jan 2022 22:52:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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

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actually if its overeating its not totally mutar, thats a big mistake that many people make. just saying.

but im going to end my part in this discussion since i overstepped my rule of not disscussing addiction.

i will remain silent on any furthur discussion on this thread

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Re: I'm Fed Up
Posted by sleepy - 25 Jan 2022 23:34

[UpAndDown wrote on 25 Jan 2022 21:56:](#)

[sleepy wrote on 25 Jan 2022 21:25:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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the above mentioned cases are not mutar and do have the element of mayim genvim besides number 2, nothing wrong with making the bedroom more exciting , do you feel the bedroom is overtaking your life ?

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Re: I'm Fed Up

Posted by sleepy - 25 Jan 2022 23:42

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Re: I'm Fed Up

Posted by sleepy - 25 Jan 2022 23:45

[sleepy wrote on 25 Jan 2022 23:30:](#)

[wilnevergiveup wrote on 25 Jan 2022 22:52:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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Re: I'm Fed Up

Posted by UpAndDown - 26 Jan 2022 00:16

[sleepy wrote on 25 Jan 2022 23:34:](#)

[UpAndDown wrote on 25 Jan 2022 21:56:](#)

[sleepy wrote on 25 Jan 2022 21:25:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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Nothing wrong with making it exciting as long as it is also/mainly for the sake of connection with partner. But in a ?????? where I am not doing well in ?????? ?????? and depend on it purely because of my ????? then it does take control of my life. The entire day my mind can be thinking of how to make it super exciting. Can't focus on putting children to bed calmly. Can't do anything else properly - just thinking of getting down to business... And if she is not interested then I would get very frustrated and angry and upset.

Does anyone relate? Doesn't it control your life sometimes?

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Re: I'm Fed Up

Posted by sleepy - 26 Jan 2022 00:52

right now is it controlling your life?

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Re: I'm Fed Up

Posted by Shmuel - 26 Jan 2022 01:00

[sleepy wrote on 25 Jan 2022 21:25:](#)

[Trouble wrote on 25 Jan 2022 20:20:](#)

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

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Assumptions. Assumptions. Assumptions.

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Re: I'm Fed Up

Posted by sleepy - 26 Jan 2022 01:20

[Shmuel wrote on 26 Jan 2022 01:00:](#)

[sleepy wrote on 25 Jan 2022 21:25:](#)

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