

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 sleepy - 27 Jan 2022 20:55

[Hashem Help Me wrote on 27 Jan 2022 12:31:](#)

[UpAndDown wrote on 26 Jan 2022 00:16:](#)

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?

Could not have said it better. I remember those days that i was planning all day for the bedroom. My schedule was anxiously arranged to accomodate being home on time. I planned on doing it "like this". I was going to manipulate for "that" to happen. As i went through a regular day with all my responsibilities, there was a background script playing nonstop. The stress/anxiety level was over the top. If things didn't go as anticipated.... Thanks for the reminder os the days when i was a sick man. A little humility is good medicine....

thank you HHM for your honest post, you mean **every day of the week** that was your mindset, or on" mikva/mitzva night "days , because there is a difference

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Re: I'm Fed Up
Posted by sleepy - 27 Jan 2022 21:07

[UpAndDown wrote on 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:](#)

[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.

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

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...

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

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?

true but here guys are not being controlled sometimes, but most of their time...

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Re: I'm Fed Up
Posted by Hashem Help Me - 03 Feb 2022 22:57

[sleepy wrote on 27 Jan 2022 20:55:](#)

[Hashem Help Me wrote on 27 Jan 2022 12:31:](#)

[UpAndDown wrote on 26 Jan 2022 00:16:](#)

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As often as possible

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Re: I'm Fed Up

Posted by upanddown - 12 Jul 2024 01:40

Dear friends,

I've not posted on my thread for a while...

I need some help... (got no patients for chats etc..)

I'm feeling sad and depressed. Not getting satisfaction from my learning. Working hard to make some money, it's very draining. A few things in my life are totally not working out and I feel like a failure.

And my wife.... omg... She's a Parsha!

My wife struggles with mental health for many years now. Its been a roller coaster... I have to put up with alot... Atm she's behaving so wierd... very unnatural.. (she's been on various meds). On top of it she has ADD which causes her to be dysfunctional in many areas, e.g. not keeping a clean and tidy home, so I have to step in to do her jobs... I'd love to write more about this Parsha but I'm too tired...

I come from a yekkish family with absolutely NO mental health problems, and she comes from a family where most of them are on medication.. its so upsetting. I suppose its Bashert, but its difficult.

And she's a Niddah atm for some stupid ???? that made her Assur. So it feels like I'm abstaining for no reason... (a bit like what the Gemara speaks about that it's worse to get to a situation of ??? ????? because then a person feels that "?? ????? ?? ?????" as Rashi explains in ??????? ?? ??).

?? ?? ?????, I'm feeling really upset and depressed. And I'm scared I'm going to fall. I'm 61 days clean now and I'm hoping to beat my record of 400 days clean... but I'm taking it day by day.

I'm aware that acting out is not what my Neshomo needs.

But it's still so difficult...

Don't tell me to get myself a cheesecake. It won't make me happy.

Don't tell me to sleep more, because it won't happen.. I've got sweet children that keep me up from early morning until late at night!

And don't suggest I speak to someone, because I ain't got anyone to speak to...

And the Mikvah night in a few days is also not exciting me.. my wife's s*x drive is very numb atm

and I must say I'm not looking forward... (and she's not so beautiful either.)

I don't know what I want...

I wish Hashem would show me the way forward with more clarity...

?????? ?' ???? ?????? ?????? ??????

I know it's a luxury to complain and that I should really just be grateful for all the good in my life/wife (which is a very lot ???), but still, I'm only human and its soooo difficult.. I'm feeling worn. And the YH is not letting go...

Thank you for listening to my rant..

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Re: I'm Fed Up
Posted by frank.lee - 12 Jul 2024 07:18

Wow - amazing post and amazing thread!!

I can relate to a lot of what you wrote. I am sorry I have not much to say, it must be very tough! and sad!

With all she is going through, and as hard as it is for you, maybe you can work on empathizing with her more? Like realize that as hard as it is for you to deal with her and the kids and the home, maybe she is suffering much more, low self-esteem from needing to be on meds, feeling out of control of her life, feeling unloved, feeling incapable... Maybe there is a way you can slowly build up your relationship and caring for her. Not sure exactly how.

Did you ever have a conversation with HHM?

Keep strong!!! Get to 500 days!!

Hatzlacha and have a great Shabbos!

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Re: I'm Fed Up

Posted by upanddown - 12 Jul 2024 10:13

[frank.lee wrote on 12 Jul 2024 07:18:](#)

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Did you ever have a conversation with HHM?

Keep strong!!! Get to 500 days!!

Hatzlacha and have a great Shabbos!

Thank you.

You are right, I will try my best to empathise more with the way she feels... Generally my relationship with her is rock solid and we have excellent Shalom Bayis bh, but in this specific

area of mental health I'm still struggling to accept and embrace the challenges...

I've never spoken to HHM or anyone on GYE. It's a big step for me to take..

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Re: I'm Fed Up
Posted by BenHashemBH - 12 Jul 2024 12:35

[upanddown wrote on 12 Jul 2024 10:13:](#)

I've never spoken to HHM or anyone on GYE. It's a big step for me to take..

One big step for upanddown, one YUGE! step for upanddownup.

You have a lot on your shoulders. You don't have to bear the burden alone.

Hatzlacha

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Re: I'm Fed Up
Posted by frank.lee - 12 Jul 2024 13:14

I highly recommend speaking to HHM. There are others here who also help out and are happy to talk on the phone.

He is a very caring and safe person to speak to, I am talking from personal experience. It is so good to be able to talk on the phone with someone, so therapeutic, such an amazing feeling. Try it...

All the best!

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Re: I'm Fed Up

Posted by chosemyschem - 12 Jul 2024 13:48

Thank you for the honest share. It's okay to feel pain - you're not wrong for feeling like you're in a tough situation. And we're happy to lend a listening ear.

Sounds like you've got your head screwed on straight and know what to do.

Keep on keeping on!

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Re: I'm Fed Up

Posted by kavey - 18 Jul 2024 14:30

How is your Shabbos? I find that Shabbos (and Sunday here in Chu"L) are my recharge time till I fall back into the swamp of taivos and stress during the week. Keeps me going.

Specifically I make an extra special effort to connect to wife and kids during that time when I'm not beset by taavos (and yes even if my wife is niddah which has been a challenge)

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Re: I'm Fed Up

Posted by upanddown - 02 Aug 2024 16:24

Quick update...

In 6 days I'll iyH be 90 days clean!

It was a difficult journey but satisfying.

I always remind myself that I'm giving up a momentary, short term pleasure for the sake of achieving long term greatness...

Some times, what keeps me back from falling is not because I've worked on myself but rather the simple thought that I'm already so far into my 90 day journey and it's too upsetting to have to start again from the beginning.

I wonder if GYE could create for those who have already reached 90 days, another new milestone, "The 365 days challenge" or similar.. I'm aware that 90 days is based on science that says it takes 90 days to rewire your brain etc, however the 365 days challenge would be an incentive to push on and not to fall back to square 1...

Anyone else here who feels the same way?

UpAndDown

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Re: I'm Fed Up
Posted by BenHashemBH - 02 Aug 2024 16:32

Wow, amazing progress!

I'm not specifically familiar, but I believe I've seen a medal that celebrates 1 year clean.

Continued hatzlacha

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Re: I'm Fed Up
Posted by upanddown - 08 Aug 2024 09:08

Mazal Tov!

It's a 90-day clean streak!

And to all my friends here on GYE who have never properly tried this 90 day challenge - please give it a fair try! It's thrilling and satisfying. Its very tough but at the same time very awarding!

Especially these days when Klal Yisrael are under such immense danger, all we need is some real Zechusim. Zechusim that are ??? ??? ??????. Not the ones that are in public, rather the ones that nobody knows about!

Thanks to all of you @GYE for your constant support...

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UpAndDown

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Re: I'm Fed Up
Posted by upanddown - 09 Aug 2024 02:20

Sharing some of my thoughts ?????? ?????? ?????? ?????? ??????

Problem:

P&M are real pleasures that are easy and accessible. Hashem is imaginary, unknown and not the mainstream... So - for those who know the game Stratego - its basically a battle between a Nr 10 gainst a Nr 2... and guess who will win... a very unfair game indeed.

5 solutions:

1. Get yourself to be accountable to a real person. A partner. Speak to someone over the phone. ?????? ?????? ?????? ?????? ?????? ??? ???, ?????? ??... **This way its a fair battle.**

2. Avoid battles. Avoid temptations. Identify the YH from right at the beginning of a Nisyyon and avoid facing, confronting him. ????? ??????. Filters. Minimise usage of Internet. Quick showers. (Use the healthy outlets that are available e.g. jogging, sports, play piano, listen to music etc.) Push away a ????? ??? before it takes grip of you... **This way there hardly is any battle at all!** (Following my ??? of Stratego: the rule is that even though Nr 10 is stronger than Nr 1, if the Nr 1 hits the Nr 10 first then he will actually win! Its this type of situation...)

3. Make Hashem real as well. Be ????? ?????? ?????? and be ????? in learning, use every free moment to learn another shtikel ?????, instead of running to your various electronic devices... Daven 3 times a day with ??????. Focus when making a Bracha. Say ????? ?????? with real ??????. Invest in your Mitzvos, make beautiful Shabbos meals for your family with ?????? and ????? ??????. Learn ?????? ?????? or other proper ????? ?????? for min 20min a day. ????? ?????? ??????. **This way you've made Hashem a reality, part of your life and you will overcome the battle.**

4. Get to know the YH. Understand that it's all ?? ??????. Know the consequences that come from P&M. The effect it has on your emotional health. On your family. On your self esteem. Realise that the YH has no power over you and your actions, he just makes a lot of noise. It's all in your mind. ????? ?????? ?????? ??????, ?????????? ????? ???, ?????????? ????? ?????? ?????? ?????? ?????? ??'. ????? ??'. The YH is as big as you make it! **With this option you have made the YH less real.** (You're the Nr 10 and the YH is the Nr 1)

5. Connection. Understand that what you are really yearning is connection. Direct this need to the correct place. Connect to so many holy Yidden by learning ?????, connect to your chavrusa and to the heilige ?????, ?????????, ?????????, ?????????. That's what the ????? means when it says ?? ?????? ?????? ?? ?????????? ?????? ??????, it's not an escape. It's the real connection that you are desiring. (If learning is not an option then simply shmooze to a fellow Yid.) **This way you are actually using the battle to your own benefit!**

It's easier said than done...But at the same time it's easier done than falling again and again...

Please Hashem help me and all my ?????? friends at GYE to achieve real grateness and to overcome the Battle of the Generation!

UpAndDown

P.S. Obviously these solutions won't help strong addiction. Addiction needs real therapy or 12 steps etc. I personally have been to therapy already and now it's up to me to choose right from wrong...

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