

A supportive space to vent and share your feelings

Posted by Human being - 16 Oct 2022 19:18

This is a safe space to share your fears, dreams, feelings, and story. It's like a group therapy thread for when we need to share and want people to hold our hand.

Rules- NON JUDGMENTAL ZONE!!! NO MATTER WHAT!!

- No advice
- Be curious and ask questions to help people open up.
- Be supportive and compassionate
- Validate
- SHARE YOUR STORY!
- VENT,VENT,VENT,VENT ISTEAD OF PORN,PORN,PORN. (Or M)

Waiting to hear from everyone.

#VENT INSTEAD OF PORN

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Re: A supportive space to vent and share your feelings

Posted by Vehkam - 02 Dec 2022 18:48

[Teshuvahguy wrote on 02 Dec 2022 17:45:](#)

[Trouble wrote on 02 Dec 2022 17:25:](#)

[Hashemschild.1 wrote on 02 Dec 2022 16:57:](#)

[Human being wrote on 02 Dec 2022 09:07:](#)

What a disaster this night has been. For starters I didn't learn a word today. That always makes me feel empty. Then i sat down to watch the team i follow occasionally, and they lost big time. I was really angry. Not only that, I had 2 beers while I was watching the game.

So i left the bar were i was watching the game very tense and upset just steaming with tension and still a tiny buzzed (legal though. My abs levels were under .08). On my ride home I passed by an adult store. I have gone into adult stores before. I had so much tension inside, that I turned around and went back to the shop. I just sat outside the store in my car. Thank god I'm no longer addicted as much as before, so I was able to "pass up the opportunity" and start driving home -thank you Hashem.

then..... sirens..... and cops pull me over. On my way to turn around and head back to the store, i had made a left turn out of a parking lot, and the thing was, I didn't realize there was a median (about three inches high) separating both the east bound lanes and the west bound lanes. I didn't see it because it was very low and from the parking lot were i had been, it blended in with the street. So I was ready to make a left turn when all the sudden i realize theirs no left turn there's a median. Problem was, i was already turning the wrong way onto a street with cars going pretty quick. I wasn't going to start backing up to straighten out. I just continued over the median and made the left turn despite the median.

So i got a ticket for going the wrong way on a one way street. Another ticket for not having my lights on, and another ticket for not staying in my lane. And a summons. I was so angry. I had not meant to go the wrong way on a 1 way street, I was just trying to make a left turn and didn't realize their was a median. Problem is I don't want to fight it in court, because then their going to ask me where I was going and it will be a massive chillul Hashem, forget the embarrassment. Anyways since then, I've been sexually browsing for "non explicit-explicit pictures. Not officially porn but beetzem serves the same function. I'm popping. My penis is hurting from me not masturbating because i turned myself on for so long. Yet i dont masturbate.

I'm so damn frustrated that I am unable to feel any less of a pull to porn even though I have a 98 day streak. Its because of my emotional state which is dissociative. ITS SO FRUSTRATING just a week ago I was feeling horny-free, now, every time I'm on a computer because my body isn't busy, I'm pulled straight to stimulating myself sexually. WT* am i ganna do?!?!?!?!

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happened in 2017 too. I got on here and ended up getting off because it just was not a good place for me to hang out. Thought maybe now would be different. I just feel like my issues are not addressed enough here so it makes me feel even more “messed up” and broken.

TG

We are here to be supportive. If you feel a chat is going in a bad direction, please don't hesitate to end the chat. You can also block a person.

I believe the purpose of GYE is to help people keep their eyes and minds kosher. It is not necessarily to find an outlet to discuss the nature of the urges we each feel. Obviously, sometimes those things are discussed, especially if they are common to most of the people here. the primary goal is to offer different solutions and perspectives that will help anyone that is challenged. We are also here to encourage each other on the way through the falls and challenges without judgement.

I don't believe i have ever publicly discussed the specific interests that i had. Even in private messages i have stayed away from that discussion in almost all instances. The only place i discussed that in depth was in therapy with a trained professional.

In the beginning it felt a bit lonely to have a situation that did not seem common to the members here. With time i became more adept at learning to benefit from many posts and to see the struggle from many different angles. some of those angles made sense to me, some not so much. Either way i try to be supportive.

I certainly sympathize with anyone who struggles with a unique challenge. At times a break is necessary and healthy.

I wish you much continued success.

vehkam

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 02 Dec 2022 18:55

@vehkam, I **never once said that the site was not fulfilling its purpose**. Please do not put words in my mouth. My statement was about how I, personally, am feeling **today** about the site's benefits for me individually. I did not in any way disparage the mission of the site or anyone on it. I am hurting and what I need is support, as I have supported so many on here, as well. Nothing more, nothing less.

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 02 Dec 2022 19:04

Have a good Shabbos.

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Re: A supportive space to vent and share your feelings
Posted by Vehkam - 02 Dec 2022 19:13

[Teshuvahguy wrote on 02 Dec 2022 18:55:](#)

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I am sorry. I edited my post. that was not my intention.

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Re: A supportive space to vent and share your feelings

Posted by Teshuvahguy - 02 Dec 2022 19:22

I'm really, really sorry that I chose to post my pain here today. It only caused me to have to defend myself and feel worse. I'm having an awful time today. Have a good Shabbos.

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Re: A supportive space to vent and share your feelings

Posted by Human being - 07 Dec 2022 22:09

Wow interesting feelings. I am [dissociative](#). (if anyone knows what that means) Not to an extreme bh. I have over-feeling states, when im feeling too much feelings to function. Aka my fear is paralyzing. My anxiety is overwhelming.

?Then i have under-feeling states. Whenever i don't have any real responsibility's and I'm able to avoid any real commitments, my brain decides "hay there's no reason to have feelings now" and i become a human doing. My left brain takes over and my body is in a state of do do do do do do, im like a car that is going 120 mph the whole day. Yes i sat at the computer yesterday for 7 (!) hours and wrote out all the sciences about how many of our feelings/desires we don't control. I sat for hours, researching to get numbers, data, averages, facts etc etc etc. Problem is, when i dont have access to my feelings because my left brain takes over (Left brain is cognitive/logic/thoughts etc) and i dont have access to my right brain (feelings/emotions) then i just cant stop. My left brain needs me to be distracted from my feelings so it tells me i must do do do do, even when im sleeping, im like a car that is idling while on, with someone pushing the peddle down full force, when im sleeping my brain is humming. I have to chew gum the whole day or i bite my lips, chew my cheeks or pick my face.

Frustrating. IM going to try moving on now, to put the past behind me, and care about my emotions, and stop being compulsive, even if i cant feel my emotions im going to look out for them.

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Re: A supportive space to vent and share your feelings

Posted by Misgaber96 - 10 Dec 2022 12:38

Hi, Thank you for making this forum!

I am currently feeling grateful for the fact I have had a wonderful Shabbos. I have diagnosed ADD and this morning I didn't take my vyvanse. I felt very relaxed today. Got up for neitz got back had first seudah, then went back to sleep because I only had 2-3 hours sleep, got up at 1.30 for second meal. I was able to learn with menucha and feeling relaxed, shnayim mikra was beautiful and relaxing, maybe the fact that I am sober is the reason why I didn't need medication today.

I was only diagnosed with ADD after I had discovered pornography, that was when things started to go downhill. So I am speculating that I now may have more energy and no longer need the medication. Although things I struggle with is time management, initiative, completing projects, staying on task, depressive thoughts and feelings as a result. So the question is, although I may be more relaxed and better cognitively with flow of information, I may need help in other areas which the medication may assist with.

I also need to keep in mind that the medication is not fully out of my system. It takes a few days for the vyvanse to get used up (although it acts for 14 hours officially) I have noticed in the past that the day following is difficult so I will try be aware of that but right now I will be honest that I am kind of feeling fed up with the medication and my term is running out so the plan is to get in touch with my psychiatrist to help with an updated script and I can trial from there.

All the very best everyone.

Gut Voch

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Re: A supportive space to vent and share your feelings
Posted by Human being - 11 Dec 2022 02:44

I'm feeling like putting up a sign on my back, "closed for the season, returning when life doesn't suck anymore. Please don't bother me unless you understand what I'm going through and want to love me either way and not look at me like some weird phenomenon."

Just went on a family outing for Shabbos. Without feeling my internal world of my 5 yr old (remember I'm in my under-feeling state), I feel so emotionally anti social. I smile at all my relatives, people chill with me and laugh at my jokes. We have conversations. But inside I'm squirming with 1,000,000s of worms inside me. Its almost like a bad first date with a girl that was just not a match at all -and then you got to talk for 3 hours while feeling uncomfortable shaking your head and affirming you love peanut butter pizza, love taking a 3 week trip without shoes and plan on learning b'chavrusa with her into the wee hours of morning.

Its just 24 hours instead of 3. I hate being around people who don't know or wouldn't understand or care enough about what's going on with me internally. Its just unenjoyable and uncomfortable. And because just being around people is so uncomfortable, i do things that are a little wierd sometimes just to do it, because I'm feeling so uncomfortable either way, and i anyways cant really feel much shame. I can feel unrelaxed and unsettled, but not shame. So I just do things other people would do because anyways i don't feel settled. When people say "omg human being" "your so fun. Your such a crazy dude" with a smile, I just smile back while I'm so uncomfortable inside.

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Re: A supportive space to vent and share your feelings
Posted by Misgaber96 - 11 Dec 2022 04:07

Wow, what strong words! I love the courage of you guys on this forum. I just thought it might be related to the SA saying, don't be Hungry Angry Lonely or Tired, HALT, it is dangerous territory for the sex addict.

A friend from SA translated that Loneliness can mean that even though I am in a crowded room I can still be lonely, similarly he said that I can be in Antarctica and sex will be everywhere, that is when I know I need to work the steps.

All the best,

Misgaber

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Re: A supportive space to vent and share your feelings
Posted by Misgaber96 - 11 Dec 2022 04:22

Hi,

Still wondering if I should be on the meds or not, Currently have been experiencing a little more ADD especially when food is around (love food).

Thank Gd I have not acted out today! such a Bracha! Not only that but I almost have no urge today! Hodu LaHashem Ki Tov Ki Leolam Chasdo! I know the next second I can act out but that is ok. I have to daaven in the moment for the person who i am lusting after and then my

temptation will subside.

Back to the topic at hand, I still need to figure out if I can manage without the medication, so the test will be to:

1. Give myself a cognitive task
2. Set a realistic time
3. Complete the task
4. note how long it took

BEH I will be able to do this.

All the best

Misgaber

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Re: A supportive space to vent and share your feelings
Posted by Emes-a-Yid - 11 Dec 2022 05:20

[Misgaber96 wrote on 11 Dec 2022 04:22:](#)

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for the person you are lusting over, you daven for? hmm I think that might be off, especially that it will give you more time just thinking about that person and not getting over it. (I haven't read previous to this, but if it's p*** then I hold to what I said), if its some jew and needs tefiloos I don't get it unless you can eplain that to me thanks.

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Re: A supportive space to vent and share your feelings

Posted by Human being - 11 Dec 2022 06:21

[Misgaber96 wrote on 11 Dec 2022 04:22:](#)

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2. Set a realistic time
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BEH I will be able to do this.

All the best

Misgaber

How about allowing your wife (if your married) or a close friend to,

1. Give myself a cognitive task
2. Set a realistic time
3. Complete the task
4. note how long it took

No Judgment here, but it can be that getting outside judgment will do you better long term.

Excuse my intruding here....:-)

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Re: A supportive space to vent and share your feelings

Posted by jackthejew - 11 Dec 2022 09:38

[Emes-a-Yid wrote on 11 Dec 2022 05:20:](#)

[Misgaber96 wrote on 11 Dec 2022 04:22:](#)

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The concept of Davening for a person you lust for has been brought up many times on the forum and especially in recovery talks by Dov. (can be found in the audio section of the library) The idea is that lusting after women objectifies them until you aren't looking at them as people. Davening for a specific woman you see on the street to fufill her Tafkaid in life, can then allow you to take a step back and consider what she's trying to do (just walk down the street, if she knew what I'm thinking about her when I'm looking and lusting she'd be disgusted) and also makes me acknowledge the process of objectification I'm going through

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Re: A supportive space to vent and share your feelings

Posted by Shmuel - 11 Dec 2022 13:43

[jackthejew wrote on 11 Dec 2022 09:38:](#)

[Emes-a-Yid wrote on 11 Dec 2022 05:20:](#)

[Misgaber96 wrote on 11 Dec 2022 04:22:](#)

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It works wonders! Highly recommend it!

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Re: A supportive space to vent and share your feelings

Posted by Human being - 11 Dec 2022 20:08

Im going through such a funny stage right now. I'm finally starting to shift back into my feeling part of me. (i have 2 parts of me that are dissociative- a younger feeling (5 yr old) emotional right brain part, and a logical left brain doing doing doing part that doesn't really feel emotions. Since about two weeks ago i was unable to feel because the part of me that that took over was the logical left brain part of me. Which again, since I'm dissociative, I cant feel the 5 yr old, emotional part of me when my logical 22 yr old takes over.

So the past 2 weeks I've gone on a logical spree, posting about feelings vs emotions, behavior ive feelings, strange desires, to try to share some of the knowledge I have in the area. I anticipated a good argument (which I'm happy to have) and indeed there was a beautiful conversations. (and there continues to be.)

What's weird is, I'm in middle of a deep dive into the workings of the brain, logical stuff, reasoning, knowledge (all left brain), when here I am, bh, slowly regaining my emotional world again. I look at the forums and feel so out there and vulnerable, and i think to myself, "what have i done" I'm now embroiled in a whole conversation that doesn't matter all that much to me anymore if it will make me feel uncomfortable"

Yes,

I do want people to understand how the brain works so they can get out of the 1980s and into 2022, where research has shown that focusing on behaviors or focusing on getting someone a diagnosis in order to medicate him, isn't helping heal depression, anxiety or any other mental health problem, but rather it just helps manage the problem, and is not a solution.

There is a ton of new research from the past 20 years that has focus on healing and changing our minds. Not just managing symptoms, but rather healing. There is IFS, somatic, The polyvagal theory. The mind-body connection. neurofeedback, updated study's on attachment theory and the needs of humans to be connected safely to at least one person. Which can be done through a parent who raises a child -emotionally based. Which can also be done through therapy. There is EMDR. There is new research explaining how our body's hold feelings until we release them. And that's why so many people who have a mental health issue have IBS. And a shorter life expectancy.

Study's show, it usually take about 20 years for research that is shown as more affective, to begin gaining widespread use. I urge everyone on gye, to begin updating themselves. CBT DBT ABA all focus on behaviors. Yes, we always need to start with behaviors, But nowadays in 2022, we should never settle for behavior oriented approaches that cant heal us, and instead just mitigate the damage. Lets start healing.

But i also want to feel comfortable relaxed and at ease. So i guess the conversation will go on slightly different, and more feelings based and sensitive bn.

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