

Fridays and sadness

Posted by simchastorah - 10 Feb 2023 07:52

Friday morning I often look at porn and masturbate, I have no work, so less on my plate. My wife goes back to sleep, so no issue there. I'm especially in danger right now because I'm feeling gross, because yesterday something embarrassing happened to me, and I had something of a conflict with a coworker. Lately the way that I would deal with this is to escape into fantasy land, and then hate myself for the rest of the day. Then to get away from hating myself, I'll smoke a little weed, which just makes me feel more depressed.

Additionally I'm struggling right now because my wife is dealing with extreme anxiety. She's not so mentally well, she's on 3 or 4 different medications, but still is in a state of struggling to get anything done because of her anxiety. On top of that, we haven't been together in around three months, she hasn't even gone to the mikva because of issues in our shalom bayis. I also unfortunately have trouble being attracted to her, because of weight gain and some skin problems.

So right now there is a side of me that wants to just throw seichel to the wind and watch porn. But I really really don't want to do that. I want to be close to Hashem. And I want to behave in a way that I can respect, so that hopefully over time I can handle the different external difficulties in my life without feeling so compelled to seek comfort in these unhealthy ways.

The truth is, I walk around feeling pretty bad about myself a lot of the time. I was badly abused and bullied for around a year at age 13, though not sexually abused b'h. I still walk around with these bad feelings about myself, and when anything goes wrong, it's magnified many times because it's compounding the bad way that I already feel. It's very hard for me to bear all of these feelings, and I turn to porn, masturbation, weed, and some alcohol to deal with them. Unfortunately they all have terrible costs. So I need to learn to deal. Hashem help me.

I generally keep everything to myself, because 1) I don't want people to look down on me, 2) I know that everyone is dealing with their own stuff, some more than others, and I don't want to burden them with my stuff and 3) I know that look down or not, people full of negativity are less pleasant to connect with, and people will not want to associate with me.

Writing this all out, I'm filled with a tremendous sadness. At the same time though, I feel like maybe

I have a bit more of a chance to not descend into the hell of porn and self loathing

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Re: Fridays and sadness

Posted by Emes-a-Yid - 12 Mar 2023 00:41

[simchastorah wrote on 10 Mar 2023 10:45:](#)

I'm tempted to download a sex related episode of an interesting podcast i listen to sometimes. this episode is very likely to have some pretty explicit sexual content. that's the real reason i want to listen to it. but my yetzer hara is telling me it's ok to listen to it because i listen to the other episodes too, so really the reason i want to listen to it is just because i like the show. this is not true. i only listen to the interviews where i'm interested in the guests. i'm not interested in most of the episodes. i'm only interested in this one because it's a woman talking about sex. it would be a bad idea to listen to it. i'd probably have a really hard time to stop myself from fantasizing. this would make it hard to not masturbate. it would also reinforce the wrong perspective i've had on sex for many years, that it's essentially about my pleasure and what i want. which would make it harder to have the relationship that i want to have with my wife. which would reinforce feelings of loneliness. which would make it harder to stay away from this garbage. but it's just because i like the podcast right?

i'm not going to listen to that episode. i should probably cut this podcast out altogether because there's in often real apikarsus from very intelligent seeming people. the yetzer is such a master at making the bitter seem sweet and the sweet seem bitter. and i feel like i'm sacrificing by not listening or not giving in to the yetzer in general. but i'm not sacrificing anything. i'm only sacrificing as long as i buy in to the yetzers lies about what he has to offer. he's so evil. making the most damaging things seem good and positive. he's the real enemy mamash. the sneaky slick villain. the backstabber. and then he goes and tattle tails afterwards to get is in more trouble. he's the enemy from start to finish.

now before someone goes and says that he's existing for a reason, to help us achieve greatness etc. that's true. he's existing for us to realize all of the above. that he's the enemy and not our friend and wants the worst for us

Hey Simchastorah,

your words of the yetzer on both ends are so real, and I have seen it very similar in my life. The fact that you are being thoughtful in each step and thinking it through instead of being quick with the y"ch is very smart of you, especially to be brazen enough to put yourself out there to others and share your experience for your own betterment. Down the line you may see how gainful this small moment of writing on the forum has helped you and others in drastic ways.

Thats my 2 cents, you giving your time speaking it out and understanding where the podcasts

lies under, whether you decide on one episode or even one day the entire podcast, it is truly a major step in your building yourself, And also I do appreciate you saying about how it would have an effect to ones spouse, through a sense of "our own personal gain" which leads to loneliness etc.. I am not married but it definitely helps me get my brain on the right path, as much as we hear it, but the experience and real

life person like you saying it over means so much more.

Hatzlacha with all your endeavors!

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Re: Fridays and sadness

Posted by Grant400 - 12 Mar 2023 03:09

[simchastorah wrote on 10 Mar 2023 10:45:](#)

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Love this brutal honesty. I do this all the time. I blame it on everything besides the real reason. Great job cutting through the garbage.

And about the podcast? Delete. Delete. Delete. You don't need it in your life.

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Re: Fridays and sadness

Posted by simchastorah - 12 Mar 2023 04:22

i've been speaking with HHM shlita. he has been tremendously helpful

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Re: Fridays and sadness

Posted by Emes-a-Yid - 12 Mar 2023 05:21

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Love this brutal honesty. I do this all the time. I blame it on everything besides the real reason. Great job cutting through the garbage.

And about the podcast? Delete. Delete. Delete. You don't need it in your life.

The power of drive you have- straight cut to the point is amazing, simchastorah and grant400. Grant400, I wish if you can see my yt forum, Someone posted to me about a mashal regarding a child still doing ovoydah zarah when everyone is there saying just stop- since they see it's wrong for one to do 100% garunteed... I feel like this is a similar situation, not blaming ch"vs, just it sometimes goes with some steps and not as a one big leap, although logically it seems as though it's best to stop fully. However is that conquering the long term breakage etc.. maybe with help and guidance when one is ready it may help..

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Re: Fridays and sadness

Posted by simchastorah - 12 Mar 2023 07:51

Thanks for the kind words.

I mentioned the sefer cheshbon hanefesh ealier in this thread. In that sefer he compares self work to training an animal. When you come to train an animal (he says, i don't know, but it sure makes sense) you have to work within a certain gvul of what the animal is able to handle. If you go past that line, the animal is liable to rebel. So lets say doing 2 hours of training is perfect. The animal works up a sweat and starts building up positive habits. But if you go and push it for 5 more minutes, the animal may go berserk. And the next time you approach it, it'll run away from you, or attack you, or ignore you. And with those 5 minutes you destroyed all the good work of the first two hours.

I would love to be a malach right now. But my nefesh habahamis has other ideas of whats geshmak. Slowly I'd like to train my animal to behave better and better, and right now I'm giving it a nice helping of challenge to eat up. I need to make sure not to push it too hard, or my animal will rebel, and I'll have wasted effort that could have been very effective

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Re: Fridays and sadness

Posted by Emes-a-Yid - 12 Mar 2023 17:00

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Hatzlacha! Not that we are compared to behemos but nice mashal for the idea

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Re: Fridays and sadness

Posted by simchastorah - 12 Mar 2023 17:25

The 'I' is not compared to an animal, but the physicality of man very much is. Nefesh *habahamis*

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Re: Fridays and sadness

Posted by simchastorah - 14 Mar 2023 07:49

I'm having an urge right now. For everything, P, M, and fantasy. I called my GYE partner but he didn't pick up. So next best thing, I'll write out my internal experience to try and find clarity and hope and the 'seam' between myself and my desire. Then maybe I'll do one of the mindfulness meditations supplied by GYE may Hashem bless them.

Where is this coming from? Firstly I am a man, and this is part of the male condition. Sometimes we have desires for sex. Big deal. Secondly, I have seen tons of porn, spent tons of time fantasizing in my life, watched plenty of inappropriate movies, read plenty of inappropriate books. So there's all sorts of garbage swimming around inside me which sometimes comes to the surface. This makes sense.

But there's more. I'm feeling sad right now. Why am I feeling sad? Maybe because it's a little rainy. The rain puts everyone into their little box, separated by the walls of water, and this reminds me of the deep loneliness I felt as a child. So I ache inside, and something from deep within cries out for connection, to not be alone. And I think oh perfect! I know how I could not be alone! I could imagine that I'm with a beautiful woman who loves me and wants me!

Oy SimchasTorah. What a scam. I'm sorry buddy, but nebach you will only feel more alone afterwards. You will only feel more sad. I'm sorry you felt so lonely as a child. Hashem should help you to one day move past it, b'mhera. Unfortunately fantasy land is not going to help you. I wish there were a solution as simple as that, but there isn't. So please don't hurt yourself with this tempting thing. I promise you it won't make things better. Hang in there and it will pass.

This thing inside you that tells you the solution is fantasy, that it would be so sweet, that it would make you such a prince, he's lying.

I think there's maybe two parts to the inner 'belief' that fantasy will make me feel the connection I crave: 1 - the yetzer hara, who sits in a very deep throne, 2 - my poor inner gullible self, who remains convinced by the yetzer's deceit, and has so much trouble learning the truth.

To the yetzer hara I say, you're a liar, you're a snake, and I don't have to listen to you. But to my inner self, who has for so long bought into the yetzer's deceptive advice I need kinder words.

SimchasTorah, I really wish you could have that thing that you want. Of course you want it my sweet friend, everyone wants connection. And it's hard and scary for you to hear this, but the truth is you have connection. Gone are the days of trauma when you really were alone. That's over. Look around you. Look, your wife loves you. You have friends who love you. You love your kids and they love you too. You can come out from your dark hiding space into the light.

You can spit out this poisonous pacifier. It's part of what's making it so hard for you to hear that real connection is possible. You don't need this thing anymore. You're not alone. Tell me the words of your sadness and I will comfort you.

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Re: Fridays and sadness

Posted by simchastorah - 14 Mar 2023 08:15

B'h the urge passed, though I feel sleepy after peering into myself that way as I often do

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Re: Fridays and sadness

Posted by chancy - 14 Mar 2023 12:41

Hi ST,

I am amazed by the way you analyze yourself. I did and still do the same thing.

I too have years of bad stuff in my head and I was sure it'll always stay right in the front of my brain.

Furtunattly, I've learned thats not the case! If you stop long enough and keep fighting smartly like you are doing, by being open and honest with yourself, that this is just something that one part of us wants and yes it'll feel good for the moment and yes it exhilarating But! It's a billion percent NOT worth it! You need to be clear about that, then the more times you move on and ignore the temptation to fantasize, the less urges you will get and the less easily will the old stuff pop up, it's like they get buried under piles of normal behavior and therefore are not in front of you all the time.

Im on vacation in Miami Beach right now, more then enough opportunities to look and look and fantasize, first of all I didn't take a hotel by the beach, I'm out going to the beach, and after eating out yesterday or Harding, I told my wife we're not doing that again today! I'm not interested in sitting and having ti avoid my eyes every second!

Be smart and avoid outside triggers and move in from inside triggers and you will win!

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Re: Fridays and sadness

Posted by simchastorah - 14 Mar 2023 13:30

Thank you chancy that's very encouraging! I look forward to the day that these sorts of images only come into my mind infrequently.

Hatzlacha keeping your head on straight during your vacation. I went on a vacation around 5 years ago for a few days up north in Israel. I was with a family member who is less religious than I am, and I somehow felt that this made it ok for me to not guard my eyes. So while driving around I let my eyes wander all over the place, and watched a very pritzusdik movie. I feel that that experience was a big downhill turning point. After having been quite vigilant about guarding my eyes, I was totally matir it. Oy!

So stay good and clean! Plus vacation is so much more relaxing when you aren't m'shubed to the yetzer telling you to look this way and that every second. Such a nuisance let me just relax already! You know what I mean?

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Re: Fridays and sadness

Posted by simchastorah - 15 Mar 2023 07:40

I'm pretty much addicted to the computer even without the superpowered draw of P. Clicking here, clicking there. News, social media and now GYE. I don't feel that the best time to really deal with this is now. I want to first get (IY'H!) to 90 days with PM and weed. Then once it will have become more of a habit to stay away from this things, with Hashem's help, and with the support of the wonderful people here (special shout out to HHM, Eerie, Vehkam, Chancy, Yosef Hatzadik, JackTheJew and everyone else who has participated in my journey so far) I want to really work on my computer usage. Get off of constantly checking the news and twitter and linkedin. And stop watching youtube videos. And stop watching movies. But l'at l'at.

But besides for dealing with the internet addiction in general, I do need to establish some boundaries now, because this stuff is distracting me at work which a) is not fair to my employer, and b) leaves me feeling bad about myself. So for today I'd like to commit to not checking my personal email, my GYE associated email, GYE, news or social media during the hours which I'm working. And then after that it'll be "mutar". I need to at least get some handle on it. Its not an excuse to say I'm working on other things so I'll just take no responsibility in this area. So ly'h later today after I have finished working, or at least my first chunk of working hours, I'll come

back here and say that with Hashem's help I controlled myself and was more productive. And if I don't succeed, I'll also post about that, about why not, and what I can do differently tomorrow.

Before I go - this morning I took a taxi to drop off my kid. The driver was kind of rude. He first tried to rip me off by suggesting a too high price, and then when I said "no, *moneh*" he responded "*ma zeh moneh*". Then he was rude about how I closed the door. When this kind of thing happens I tend to get angry and hurt. I definitely feel those emotions bubbling up inside. I would really like to not feel those things, what do I care if this guy is a jerk, it has nothing to do with me. But the fact is I do feel these things. In spite of this, I am committed to not letting it get me down. Ok, so I got a little upset. I feel a little fire inside. It's possible the YH will try to use that fire to get me heated up in other ways too. I'm ready for you YH. If you try and tell me that that will make me feel better, or Hashem will understand, or any of your other brilliant advice, I see it coming. If I start having a tayva for garbage, I already know it's you

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Re: Fridays and sadness

Posted by simchastorah - 15 Mar 2023 13:39

Here is me reporting that b'h during my first chunk of working hours I didn't go on any of the mentioned sites. I absent mindedly browsed to linkedin, but I closed in once I realized without seeing anything.

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Re: Fridays and sadness

Posted by Trying The Best - 15 Mar 2023 13:55

[simchastorah wrote on 14 Mar 2023 07:49:](#)

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Woooooffff..... this is incredible and amazing to see how you took the urge and cut it into tiny pieces...!! I loved it!

On the GYE phone line, they have a section of how to deal with an urge, and this kind of technique is called “urge surfing”, mamesh like you did. They call it “out of the box technique”

thanks for sharing!

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