

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 simchastorah - 12 Feb 2023 19:35

noticing that my thread is about sadness and my username is about simcha. i guess one is who i think i am, and

the other is who i want to be

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Re: Fridays and sadness

Posted by DavidT - 12 Feb 2023 20:03

[simchastorah wrote on 12 Feb 2023 19:27:](#)

btw just an update, b'h still clean. I guess after all this posting if I have a fall then I'll have to post about it. Sounds very embarrassing.

Should I not even be thinking about that? Lo yodeya

Anyway I've been much more aware of how I automatically start thinking sexually about every woman I come across. Hashem help me

please! I want to be a baal t'shuva!

Accountability is one of the most important tools for recovery. The Pasuk in Mishlei (18:1) says: "**Le'taava yevakesh nifrad - Desire seeks isolation**". Being isolated causes us to go after our *Taavah* - our lust. The addiction wants us to withdraw into ourselves and disconnect from life. A partner or community in this struggle can do wonders in helping us reconnect to the world around us and ultimately break free. Going into detail with someone else about what we've done, is also known to be one of the best ways to get out the shame, guilt and remorse, and move on.

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Re: Fridays and sadness

Posted by simchastorah - 12 Feb 2023 20:26

emes thank you I appreciate this insight

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Re: Fridays and sadness

Posted by Eerie - 12 Feb 2023 23:40

[simchastorah wrote on 12 Feb 2023 19:24:](#)

To be honest, I don't understand why posting and even fighting the fight is gevura. The truth is, I feel in so much pain over

what I've been doing, and I can't stand the pain. But coming here and seeing that so many people have gotten through this

by reaching out, posting, connecting with people about it, and making use of the various tools here, I feel that it's worth a try.

Please someone explain to me why they look at this as gevura. Maybe if I could have a healthy way of feeling good about it

it would be very helpful for me, but as is, I feel that I would be fooling myself to call it gevura

My dear friend, it takes strength to post and be honest about what's going on in your life. And it takes gevurah to fight the YH. It's amazing that you feel so much pain in falling, many people, including myself, get their senses dulled eventually after falling so many times, so thank Hashem that you have an incentive to fight, to stop the pain. But regardless, it's gevurah to fight the YH, who has managed to catch us even though we know it's wrong and even though it gives us pain. And It's so inspiring to see a Yid who's in such pain, has so much hardship in his life, and he's here, trucking along, staying clean. My friend, you are a hero and an inspiration!

Keep trucking, and keep posting. @Markz taught us that connection is the opposite of addiction. It has definitely helped me a lot. We are your brothers and friends here, we want to hear how you are doing, and if you c"v fall we'll help you stand back up

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Re: Fridays and sadness

Posted by Geshmak! - 13 Feb 2023 01:01

[DavidT wrote on 12 Feb 2023 20:03:](#)

[simchastorah wrote on 12 Feb 2023 19:27:](#)

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Maskim all the way... I spent mouths on gye till I finally reached out to Hhm and started being accountable to him (I still am bh) it really changed the whole ball game...

Send him a email you won't regret it brother!

michelgelter@gmail.com

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Re: Fridays and sadness

Posted by Geshmak! - 13 Feb 2023 01:04

[simchastorah wrote on 12 Feb 2023 19:35:](#)

noticing that my thread is about sadness and my username is about simcha. i guess one is who i think i am, and

the other is who i want to be

Not maskim! Your full of Simchah brother!! (no need to want your stuff got it in ya)It's just a little buried under some stuff you've done but now that your fighting back and getting your life back you'll feel the Simchah again In your life and you'll have a real Simchah in the Torah you learn!!

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Re: Fridays and sadness

Posted by sleeepy - 13 Feb 2023 05:22

[simchastorah wrote on 12 Feb 2023 19:24:](#)

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reb eerie is the one who called it gevura i will allow him to respond to your post in due time. but from the fact that you came here to deal with your problem i think is a sign of gevura despite all the pain your going through, its always easier to sweep it under the rug and meditate the pain with forbidden pain killing elixirs(An elixir is a sweet liquid used for medical purposes, to be taken orally and intended to cure one's illness. When used as a pharmaceutical preparation, an elixir contains at least one active ingredient designed to be taken orally. [Wikipedia](#)) Chazak viematz **gibor** hachayil!

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Re: Fridays and sadness

Posted by simchastorah - 13 Feb 2023 05:27

Thank you sleepy. I guess in some ways it would be easier to just sweep things under the rug. But in some ways it's so much more painful. The feeling of being dishonest with myself is probably the most painful, followed by the honorable runner up of feeling disgusting from porn and masturbation. Again, I want to believe what you and others are saying, but if I'm being honest with myself, I don't see it as g'vura

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Re: Fridays and sadness

Posted by simchastorah - 13 Feb 2023 05:30

I'm quite worried today. I'll be alone at home, and I already hear the voice of the YH whispering in my ear saying all sorts of things. How I'll fail eventually. I guess that's the main point, that deep down inside, and not even so deep down, I don't believe that I can keep it up. I've failed too many times. I fear that eventually I will fall, and then I will be cast back down to square one. Ribono shel olam I want to be free. I want to live with the simcha of kdusha, and with the simcha of gvura. But I'm so scared. I'm so scared I'm going to fall today.

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Re: Fridays and sadness

Posted by sleepy - 13 Feb 2023 05:43

[simchastorah wrote on 13 Feb 2023 05:30:](#)

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This world is a very narrow bridge and the main thing

of all is not to be scared at all.easier said than

done, but very true. there is a type of snake
that looks for birds in high trees and it slithers under
the tree and opens its wide mouth. the bird looks
down safely at the snake from its high branch but
gets so scared of the snake that it gets
dizzy and falls down into the snake's waiting open mouth
try to be calm and know that YOU DON'T HAVE TO FALL
a bandit whose feet got chopped off was sitting
at a fork in the road and whenever a traveller came
near him, the bandit screamed GIVE ME ALL YOUR MONEY
the traveller got so scared he just threw
his money at the bandit and ran away.
this happened day after day.
one day a wise man was walking on the
road and the bandit screamed his scream.
the wise man looked at the bandit and
laughed and
said ha! you have no feet, you can't come to
me and harm me. all you can do is scream.
so the wise man thumbed his nose at the
bandit and walked on his merry way.
so too with us. the yetzer hara can
scream and scream at us to
sin, but remember he has

no feet he cant force us to do anything ,all he can do is scream.

my friend i wish you from the depth of my heart that you have hatzlach

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Re: Fridays and sadness

Posted by Markz - 13 Feb 2023 05:44

[simchastorah wrote on 13 Feb 2023 05:30:](#)

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I've been in such situations many times too.

It can be tough.

Do you happen to have good filter / accountability on your devices?

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Posted by sleeepy - 13 Feb 2023 05:52

[sleeepy wrote on 13 Feb 2023 05:43:](#)

[simchastorah wrote on 13 Feb 2023 05:30:](#)

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im sorry that the print looks funny, i had a problem switching from hebrew to english

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Re: Fridays and sadness

Posted by simchastorah - 13 Feb 2023 06:05

Not exactly. My internet is filtered at the provider level, but I have torrent downloading software. I'm not sure that there's an easy way to make it impossible to have that software, I use Linux, and it's a bit less flexible in terms of internet safety. I have tried in the past not having admin permissions on my computer, but that turned out to be a major pain in the neck, as I am regularly downloading software for work. I could uninstall my torrent downloading software, but 1) i could jsut install it again, 2) I currently use it to download movies, and I'm not holding my giving that up at the moment. Accountability has been the most helpful thing for me, I have accountability software installed on my computer, though at the moment I have no partner! Until recently my wife was my accountability partner, but she begged me to take her off as she couldn't stand to see the emails when I would fall, and i don't blame her. I'm going to go ahead and add my GYE partner as my accountability partner

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Re: Fridays and sadness

Posted by simchastorah - 13 Feb 2023 06:11

Thanks for the nudge Markz, I added my GYE partner as accountability partner. That should be a nice deterrent.

Bezrat Hashem Naaseh V'natzliach!

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