

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 Misgaber96 - 23 Mar 2023 07:33

[simchastorah wrote on 23 Mar 2023 06:13:](#)

I'm tempted to tell my cleaning lady that she looks pretty. My yetzer tells me I'd just be giving a nice complement. But this is not the truth. The truth is my yetzer has some sort of fantasy that would start with a 'compliment' and end with an aveira. This nice 'chesed' of giving a compliment is a 'chesed' indeed, 'chesed hu' lol.

Btw I did ask a rav about yichud and he told me to leave the door open a bit, which I do.

The yetzer comes in so many different forms: relief from the pain of loneliness, desire for connection, relief from stress and other pains, and in this form - desire to do a nice thing. There is no efsharus whatsoever of anything good coming from following after this silly fantasy! I need to relate to women as human beings, just like me, deserving of kavod and proper boundaries. This must be the ikar way of relating to them. And the tayva must not define the way of relating to them. It is a foreign body which exists within me, to be used for a very specific purpose in the context of my marriage and no where else.

I identify with this urge very much, a friend told me where his boundaries lie:

He asks himself, "is this anything to do with lust? is this anything to do with anything to do with lust?etc."

you can click on me... I quoted this friend in my previous post.

One thing that happened with me was.. I was in an uber with a lady driver. I simply asked where she was from, talking about her language and the conversation somehow led her to believe that I was into her. I left the car with her waving to me awkwardly as if just after a good date. There was no doubt in my mind that if I asked her for a quick kiss she would have obliged. My mind went wild and I had to make a few calls to see what went wrong. I asked my Rabbi and he said that initiating conversation is very forwarding and is invasive. He said that when he goes into a taxi he says shalom and says can you take me here or there with no further conversation. If they want to initiate then they can, so be respectful and respond appropriately. Initiation is a problem. response is not.

Thing is, women need 3 A's Attention, Affection and Appreciation. I was giving her the first one a perfect opener and therefore initiation is a problem.

Now I have a 3rd cousin who is just too beautiful. I had to surrender this to others as I saw her looking at me, I don't know why she was looking at me but boy do I want to go up to her and

start talking. She is not my type, she is frum but I can tell that we have a different hashkafa.

I pray that the uber driver finds her soulmate soon and she is able to tackle today with Hashems help. I also wish for my beloved cousin to find the person who will treat her with honor and respect, That she will be able to live her life with Hashem and that she is going to be able to tackle todays challenges.

Thank you all for letting me share.

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Re: Fridays and sadness

Posted by excellence - 23 Mar 2023 10:47

[simchastorah wrote on 23 Mar 2023 06:13:](#)

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Btw I did ask a rav about yichud and he told me to leave the door open a bit, which I do.

Firstly, Kol hakavod on your tremendous achievements!! Keep on growing!

Just one point for thought: even if something is "Halachically" permitted, but if you know that it is a trigger for you, then "halachically" you must avoid it....

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Re: Fridays and sadness

Posted by simchastorah - 07 Apr 2023 11:24

Gut moed everyone. Yesterday was the 60th day of being clean from p&m. I celebrated by

Today I'm having something of an urge for porn. I believe that it's because of some inner contemplation I did earlier which woke up deep feelings of loneliness. I need to be mischazek in remembering that the porn would not make me feel less lonely, it would only make me feel more lonely. Although there would be a temporary feeling of relief, afterwards I would be struck afterwards with a worse feeling of loneliness, of uncleanness. I would be tormented by the images I had seen, suddenly so disgusting and disturbing once the tayva for them was no longer there.
having a pesach seder

It's amazing how when you have a tayva for this stuff, it looks like the most amazing thing in the world. But as soon as the tayva is gone it is so utterly disgusting. Like the tayva is able to be) in some sort of veil that totally hides what you're seeing, and as soon as the tayva is gone, and the yetzer is no longer tricking you about what you're seeing you're struck by the truth of it. An utterly destetable display of the lowliness that human beings can sink too. To afilu yatush kadm'cha b'maaseh breishis.

So let me take a minute and remember just how utterly disgusting porn really is. People acting like animals mamash. Completely degrading themselves. Pretending that they're on top of the world when really they're deep deep in the sewer. Because we all know that's what it is: the sewer, and no one is more sewer-y than those people themselves.

It's a lie! A downright lie! This is not malchus, this is shiflus. This is not love, this is self-centeredness. SimchasTorah, you don't need this thing. You have a long lived habit of trying to comfort your loneliness with this repulsive imitation of love. Don't worry, the urge won't last forever. Get through it, and remember, it's a trick. It's a sinister trick of the yh. You are not missing anything. You are holding by kdusha right now! You are with Hashem! It's the holy time of Pesach! It's a time to become free of this nasty klipa, it's a time to rip off the veil of tuma so you can see the world for what it really is. It's Hashem's briya. It's a living breathing world, sunken into the holiness of Hashem. You need to become really free of this garbage to see that.

Please Hashem! Please please please. I don't expect the urges to go away. If they do I'll thank malbish (the arumim

you 1000 times. But what I beg of you is that at least I should know that the urge is not me. At least I should know that it is the advice of a foreign agent who lives within me, who does not have my best interests in mind. Who will shirk at nothing to try and convince me to do that which will do nothing but hurt me hurt me hurt me. Who will tell be the most brazen faced lies again and again as long as I am foolish enough to give a listening ear. Please give me the clarity to know that the y'h has no real power. He can not make me do anything. I have full r'shus to say no. To say no to this evil ruach shtus. Please Hashem I need the clarity

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Re: Fridays and sadness

Posted by excellence - 08 Apr 2023 22:43

Wow, what a beautiful post!!

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Re: Fridays and sadness

Posted by Grant400 - 09 Apr 2023 02:11

[simchastorah wrote on 07 Apr 2023 11:24:](#)

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This amazes me every time. I have been struggling really hard the past few days. I needed to hear this now. Thanks!

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Re: Fridays and sadness

Posted by simchastorah - 09 Apr 2023 04:16

Next time the YH tries to get me to view porn, telling me how wonderful it is, I will respond, "Oh ya? So why are there thousands of people on GYE making every effort to never look at it again?"

EDIT - as soon as I wrote the above the YH told me it's because we are frum jews and we don't want to do an aveira, but really it is very geshmak. But the truth is reading through the forums the sense that I get is that for most people the desire to get free from this garbage is way more than just "it's an aveira," it's "this thing is killing me, I feel terrible, it's messing up my life in 1000 ways." So again YH, if it's so wonderful, why are there thousands of people on GYE complaining about how much it's hurting them?

BTW - the inspiration for this thought was seeing someone has 'never again' as their username. I thought wow, this guy hates this garbage so much he hopes to never see it again

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Re: Fridays and sadness

Posted by doingtshuva - 09 Apr 2023 22:27

Dov use to say that even if P&M would be a big mitzva he would skip this mitzva.

I was giving shiurem, mikarev and michazek others but myself I couldn't help.

Porn destroyed my life and I wont let it happen again bezrat hashem!

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Re: Fridays and sadness

Posted by Emes-a-Yid - 10 Apr 2023 01:28

[simchastorah wrote on 09 Apr 2023 04:16:](#)

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BTW - the inspiration for this thought was seeing someone has 'never again' as their username. I thought wow, this guy hates this garbage so much he hopes to never see it again

Love this!!

Keep up the inspiration

Very happy to hear this from YOU, Battling....the Y"H, sounds like Defeating... the Y"H!
Unbelievable simchastorah!!

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Re: Fridays and sadness
Posted by simchastorah - 10 Apr 2023 02:53

thank you so much emes-a-yid for the support

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Re: Fridays and sadness
Posted by chancy - 10 Apr 2023 22:27

Wow Rabbi Simchas Torah!

I am 1000% sure that some angel in Heaven is telling his friends what you wrote here and they are utterly amazed that we are still fighting the YH when everyone thought there is no way that

today with this level of Tuma we will still be able to fight, the YH took out his last weapon of Mass destruction and this was supposed to be infallible! But here we are thousands of Yiden defying the YH and the whole dark side! If we would be able to see what we are doing every time we resist his advances, we would be dancing on the streets!

Regarding what you wrote about the disgusting part, Reb Nacheen of Breslov writes this about sex in general that the whole taava is not real because the second it's done, we are unable to imagine ever being interested in it when a seconds before we were so into it.

He says unlike any other taava where we almost never get to a point where we are disgusted by it even after we're done with it like food, sleep, etc.

So you were Zocha to say with your own mind what a holy tzaddik wrote 200 years ago!

keep it up!

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Re: Fridays and sadness

Posted by Grant400 - 11 Apr 2023 13:46

[simchastorah wrote on 09 Apr 2023 04:16:](#)

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It definitely is geshmak. No getting around that. It's just that the after effects is way, way less

geshmak, to put it mildly.

Granted, when I act out I feel disconnected from yiddishkeit, and of course it eats at me that it's an aveira. But whenever I'm struggling, what I focus on and what holds me back has nothing to do with religion. It's happiness, sanity, relationships, marriage, parenting etc. It's about how succumbing to a short lived (albeit overwhelming) desire no matter how delicious it is - will inevitably cause me a tremendous amount of pain, alot greater than the pleasure I will have.

Can this effect it has on me and my life and marriage come from the underlying fact that in yiddishkeit it's wrong causing guilt etc?

Maybe.

But whatever the cause, today it isn't so geshmak for me - for non yiddishkeit reasons.

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Re: Fridays and sadness

Posted by Emes-a-Yid - 11 Apr 2023 14:20

[Grant400 wrote on 11 Apr 2023 13:46:](#)

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But whatever the cause, today it isn't so geshmak for me - for non yiddishkeit reasons.

Seemingly looking at it from a regular secular scope on the topic, there's a lot to be said from their points of view. Goyim have a lot to be said although nothing compared to the destruction amount of sites and sources for it so may be overlooked.

in a way as I heard from a Rav-

Before one focuses on becoming A Yid...

One must focus on becoming A Human.

Obviously, this is a human like nature and etc.. on that we are all normal humans, just that first step is to be sure we are complete in the human aspect and then to focus on yiddisha aspects, (I don't have a mashal right now) but hope you chapp what I'm saying.

Its fine you have such view, especially when it talks to you and helps you grow, whenever the time comes.. people throw at you "torah/yiddisha" views because they live by it and may very be at those stages, and capable to hear it, some skipped to only yiddisha views could be because of their upbringing but the human aspect fix didn't need to be stressed on, or some may be well passed it.

sorry if it sounds Chinese Hatzlacha

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Re: Fridays and sadness

Posted by simchastorah - 04 May 2023 05:38

Hi all

I'm b'h holding at 87 days clean, quite near the 90 day mark. Most days I have no urges, though some days I have small ones, and even more infrequently I have big ones.

Over all, staying clean these last few months has not been so hard. There have been a few days which were definitely very hard, but in general it's been pretty smooth.

Now before you turn away from here and say, thanks a lot buddy, but for me it is crazy hard so I have nothing more to hear from you, let me clarify. The staying clean itself has not been the main focus of my effort. But I've spent a tremendous amount of time focusing on what it is that causes me to struggle. And this has not been easy at all. I'm talking about looking deep within and digging up the feelings which I have tried to medicate using this nasty garbage, (as well as weed which b'h i'm now clean from as well.) And working with those feelings in various ways. I

have spent an average of an hour a day on this avoda, if not more. When urges do come, the way that I have been dealing with it is with mindfulness (shout out to chancy) and with looking at it in the context of the deep painful feelings which i have and understanding that it's really a misguided desire for connection, for feeling good about myself, for feeling loved, and that - fortunately or unfortunately - it is an extremely ineffective way to achieve those things.

That's been the main effort on my part, but I can't say it's been the main thing which helped me. I can't overstate the power of connecting to others regarding this struggle. It's hard to put a finger on exactly why this is so powerful. I think it's a combination of a few things, but I'm sure there's more.

For one - when we have become mired in the habit of this degrading and painful behavior, we come to view ourselves as bad and dirty people. This makes it only so much harder to stop. But when you can say to another - i am doing this stuff - and they look back at you and say i fully understand that you're doing this stuff, but i stil believe in you and see you as a good person - it's like a lifeling from above that you can grab on to and pull yourself out with. slowly slowly you can say - i think i'm good i think i'm good (like the adorable little train of our childhood book) - and pull yourself up out of the mud to see yourself like your friend sees you. For this reason it's very important that the person you open up to be someone who will see the good in you and focus on it. So choose wisely. But don't be so wise in the choosing that you choose no one.

Another thing about a real relationship - accountability. Even if you have a chart over here and you post about where you're holding, which is great and terrific and should not be minimized. there is something so much more powerful about a real relationship. The main relationship which has helped me, with the wonderful HHM who has helped so many to break free, has been through email and phone conversations. I have also opened up to a few people in person, and this was powerful as well. But even over the phone, and using email with your real name, it's a real relationship. When the person on the other end can hear your voice, and all the subtlety of emotion which we willingly and unwillingly convey with our voices, they are seeing you in a way which a post here and there on the forum will not allow them too. (All this is really relevant to the point above as well.) And when someone is keeping tabs on you - on YOU, the real person, not a name in the cloud who pops up in GYE every once in a while - the effect that it has on your will to stay clean is tremendous.

Another aspect to a real relationship, and this is specific to a wise and experienced person - guidance. We have become confused. We think that the bitter is sweet and the sweet is bitter. If we weren't confused, we wouldn't keep doing something that hurts us. If you think that the confusion is limited to this one behavior, think again. Partly because this behavior gets at the core of what we are, sexuality being so profound a part of us, and partly because confusion in general has a tendency to be more general than any one area. For this reason, as we go

through the journey of cleaning up our act, having a wise and clear person to ask questions to, to guide you regarding decisions which your confusion makes more difficult is very important.

Other things that have helped - learning a sefer on shmiras eynayim daily. I've been learning v'haer eineinu every day and it has had a profound impact. It is not addressing p* but controlling our eyes on the streets. But when we put a daily focus on not gazing even at tzniusdik women it really helps to come to see ourselves as people who just don't do that stuff. And all the more so p*.

Celebrating the victories. This is huge as well. When you have a victory, and any victory at all, do something to celebrate it. Embrace the feeling of success. Be mischazek in seeing yourself as a good clean person. A few times when I have resisted looking at what I shouldn't look at on the street, even if afterwards I slipped up and looked for a second, if for a few seconds I was matzliach not to look, I celebrate. I go and buy something at the bakery. I sing a song of victory. Because it is a victory. And recognizing it gives it more power.

As a married person, working on gaining a proper approach to intimacy is also very important. It is impossible to engage in these behaviors and not corrupt your view of what intimacy is really all about. And this is a travesty. Because besides for proper intimacy forming the foundation of a healthy and happy marriage, it is also what we are really seeking out when we turn to this nasty imitation of it. And if only we would have proper intimacy, it would be so much easier to expose p* for what it really is, and to turn around and say "that's not the thing i want." But when we corrupt the intimacy by replacing it with this garbage we lose 1) that clarity and 2) that thing itself, which is what we really want and need.

I am being modeh to Hashem for His divine assistance in my staying clean. I recognize that at any moment Hashem could send me a challenge beyond my ability to overcome. Though it's been a few months I have a long way to go. I am far from a shleimusdik person. I have much I need to work on. I have still not gotten to the bottom of my painful feelings, and as long as I have not done so the YH has the opportunity to try and use those feelings to make me be nichshal. And even once I have gotten to the bottom, if I ever do, this is an area where the YH has no lack of methods of trying to get us to slip up. The purpose of this post is not to say I did it, me, me, me. The purpose of this post is to emphasize the things which were in my control which made it easier. Because as much as we must rely on Hashem, the decisions we make are crucial.

I pray to Hashem that after coming out and saying all this stuff He not embaress me by sending me a challenge to hard for me to overcome. So that I'll have to come and say, Hey guys

remember all the advice? Well it didn't help me.... Though the truth is I am fully confident that there is truth in what I'm saying, and this post should be a reminder to myself in the future if nothing else.

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Re: Fridays and sadness

Posted by simchastorah - 04 May 2023 05:47

when i was thinking to post, i was thinking about how i wanted to write about what has helped me without c'v giving the impression that it think it was me, me, me, but recognize that Hashem has been involved every step of the way, and that at any moment if for some reason He were to choose so, he could send me a nisayon beyond my ability to overcome.

two minutes later, i opened up a 'office'-like program on my computer. low and behold, in the thumbnails of recent files, there was a pornographic picture. i guess i haven't opened up this program in the last few months.

b'h it was too small to really see. it was a thumbnail of smaller pictures. but it was clear what it was. i was tempted to gaze at it. with help from Hashem i controlled myself and deleted is as fast as possible without gazing at it.

Please Hashem. I know you can send me nisyonos at any time. Please don't. Please. I want to be a clean and happy person.

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