

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 chancy - 23 Feb 2023 20:50

A giten Rabbi Simches Torah (Oh how I love that day!)

I would like to give you a bit of insight that might help you see your struggle from a different perspective.

1. I see from your original post that you are in a lot of pain, I feel your pain and im sorry for what you are going thru, May Hashem help you and your wife speedily, in the meanwhile, the reason that we "deal" with these situations with P* and M* is because the brain knows that everyone needs and wants to feel "good" thats natural and healthy, so when the brain sees that you are in pain, it tells you to go find some pleasure asap, and unfurtuantly once we feel the pleasure of S* and the others we crave that pleasure and since its so easy to get that pleasure, we get addicted to it meaning, the brain developed a pattern that when you feel sad/pained/depressed/angry etc. You need the drug called sex and that will help for a bit, so you get aroused by every little thing, and on and on. The more and the longer you do this, the more brain waves and brain patterns get created reinforcing this idea (sex is good, pain is bad, get sex feel good, forget the pain) and you get stuck in a never ending whirlpool.....

The only way to get out of it, is

1. to stop giving the brain more ammunition, first by stopping to watch porn so the inflow of more poison stops and your brain starts to forget some of

it, then

2. to stop following the orders of the brain, since you know the its only doing what it thinks makes you feel good, and you are smarter and you know that it doesnt make you feel good at all only for a few moments and then you feel worse, so then you know that this brain pattern is wrong! And the more times you stop yourself from just going down that road, the easier and faster will it be for you to get out of the whirlpool!!! your brain will stop creating these auto responses to pain and you can then rewire it to what you want.

The main thing is that you need to understand this is all normal, you are healthy, your brain wants to make you feel good, you know better then it, so you stop giving in and slowly your brain will learn.

There is more to discuss if you want to hear.

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Re: Fridays and sadness

Posted by simchastorah - 24 Feb 2023 06:41

maybe they could at least provide complimentary brown bags

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Re: Fridays and sadness

Posted by simchastorah - 24 Feb 2023 09:18

Thank you for your clarity. I saw a post of yours regarding the difference between 'urge surfing' and 'diffusion' (i think) and found that to be helpful as well. Any more clarifications from you would be very welcome

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Re: Fridays and sadness

Posted by simchastorah - 25 Feb 2023 17:42

..... Contents moved to Baalei Batim at suggestion of another user

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Re: Fridays and sadness

Posted by Yosef Hamevakesh - 25 Feb 2023 18:20

I'm a bochur so I can't fully relate, and I don't know if it's my place to respond, but I'll give it a shot.

From what I hear around here is that real sex is about giving and creating an intimate bond with your wife. Lust is about indulging yourself in your own wants and fantasies.

When the YH comes to you now, he's trying to get you to lust, and that is the complete opposite of sex. While it's true that you may be with your wife soon, and it may be a permitted way to release your sexual energy, that still doesn't open the door to lust, which you're trying to stop.

I don't know if this helps, but maybe if you focus on the fact the YH is telling you to lust just because the door to sex is open, but it's not the same thing, it'll help. Hatzlocha!

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Re: Fridays and sadness

Posted by simchastorah - 25 Feb 2023 18:29

There is truth to what you're saying. However, the YH is definitely involved in the intimate act, even when it's done l'shem shamayim.

Even with spending time contemplating and meditating on the correct perspectives towards intimacy, the YH still has a tremendous foothold.

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Re: Fridays and sadness

Posted by simchastorah - 25 Feb 2023 18:30

But I don't want to take away from the fact that you could be right about the m'halach, I just haven't been matzliach with that yet

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Re: Fridays and sadness

Posted by Yosef Hamevakesh - 25 Feb 2023 18:41

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Re: Fridays and sadness

Posted by simchastorah - 25 Feb 2023 22:10

..... Contents moved to Baalei Batim at suggestion of another user

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Re: Fridays and sadness

Posted by simchastorah - 27 Feb 2023 05:20

YH: You're a nobody, you've only been clean for 21 days

Me: Even when I fall for your garbage I'm not a nobody, I'm a chelek eloka mimaal, with a little mud on top. Kol she'ken every moment that I'm fighting and not handing over the reigns to you, you jerk

YH: You don't really believe that

Me: _____

(what do i tell him? he's right to a degree on this one. there's definitely something missing from my confidence that i'm a chelek eloka mimaal)

Me: I'm not nothing! I'm not a nobody! I can beat you, like all of the choshuva people on GYE who struggled so hard and overcame you, by banding together and opening up! I'll do what they did, and together we'll overcome you!

YH: You can't keep this up forever....

Me: I don't need to. I just need to keep focused right now. I'll deal with later later. You make it seem like I have to beat you for all time right now, like the mountain they show r'shaim. But really I only have to beat you right now. And right now, you are a spider web, you have no teeth, you're weak, you're nothing, you're a faker, you're a liar, you're my enemy, you're the bandit with no legs

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Re: Fridays and sadness

Posted by DavidT - 27 Feb 2023 14:38

[simchastorah wrote on 27 Feb 2023 05:20:](#)

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The "*Bais Aharon*" writes that the strongest way to overcome the Yetzer Hara and bad habits it to internalize how important and special every small thing we do is.

????? ???? ?????? ???? ?? ????? - ***Chishavti drachai ve-ashiva raglai el eidosecha***

Chishavti can also mean "*chashivus*", if a person is *machshiv* his ways, then "*ve-ashiva raglai*" *raglai* can mean habits (*regilus*) - I'll be able to bring back my bad habits the the correct ways.

We must remember that because the battle is so hard, each bit of effort is so valuable ???? ???? ?

???? . Even if we don't succeed, each second we try and every time we push back against the yetzer hara is phenomenal in itself. When we push on even though we don't see success, Hashem beams with pride (if it could be). He is so excited for us because we are accomplishing acts of greatness, and He will hold us high for all eternity!

The lower we have fallen, the higher we can reach. We should never be discouraged by where we are holding or think it is too late. We shouldn't think of ourselves as lowly sinners, doomed to bear our scars and be inferior forever. Rather, we should be excited about our opportunity, because we can reach much higher than those who haven't fallen and don't experience the challenges we face.

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Re: Fridays and sadness

Posted by simchastorah - 28 Feb 2023 07:40

I'm having an urge this morning, not so much for P, b'h having accountability is helping with that (though technically there is a complicated way I could have access, though i won't share it here so as not to give anyone ideas) more for M.

I'm trying to figure out what's going on inside that's causing me to have this urge. I could just pin it on normal male physiology, but I don't think that's it. There's been a lot of instability in my family in the last couple of weeks, so I definitely feel some deep discomfort surrounding that. Additionally I feel that there's some dissatisfaction with me at work, and honestly it's not completely unwarranted. Though I think that I'm generally a very good worker and a valuable employee, there is something that I've kind of dropped the ball on, not for lack of wanting to get it done, but more because it's a long lived project, with little supervision, and I have many trying things going on in my life.

But when I feel that people are not happy with me, it mamash gets me to my core. It hurts me so much, and I want so badly to escape that hurt. So I turn to fantasy land, and immersive physical feelings to get away from it. I hope writing about this will help me to face the feelings head on instead of jumping through a disgusting escape hatch. (For those of you who have seen Shawshank Redemption, where he escapes prison through a long long tunnel of feces, over there at least there's a light at the end of the tunnel. But this feces filled escape hatch doesn't end with a light, it just ends with smellier feces)

I will overcome this urge with Hashem's help. I won't turn to this unhealthy and unclean behaviour to escape my feelings. And through overcoming this challenge (this one mamash, now, today) i will have something to feel good about myself for. And then I can face the feelings and say just because someone is not so happy with you right now doesn't mean your worthless.

Writing this public journal I see that a big theme in my inner life is a feeling of worthlessness. I guess from a YH perspective it could be seen as the YH's most effective tactic against me. I think overcoming it will bring me a long way in the fight against tumah. Though I'm sure the YH will find other strategies to try and trip me up about it then too, so I shouldn't fool myself into thinking that overcoming this particular thing is winning the war. The war is never ending. But this is the battlefield for me right now.

GYE is such an amazing place. I have never seen such a concentration of people being so real with themselves, and so encouraging of others. I find it fascinating that in this place where people come to contend with the lowliest thing is where you find the most refined behavior. The attitudes of people on this site are better than what I've seen in the most 'elevated' places. G-d bless all of you

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Re: Fridays and sadness

Posted by Vehkam - 28 Feb 2023 10:32

Excellent points in your post. Once you develop this awareness of what is driving you it is much easier to prepare replacement reactions so that you don't turn to unhealthy behaviors to make yourself feel better. This in turn will help not only to remove the feeling of worthlessness, but to replace that feeling to one of greatness and accomplishment.

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Re: Fridays and sadness

Posted by chancy - 28 Feb 2023 14:24

You are amazingly in touch with your feelings. There are lots of people that go thru 120 years of bitterness and pain without having a clue what's going on and blaming everyone else.

you found out a very important function and human need, that is to feel worthy, loved, someone that matters, it's ingrained into all of us, I won't go in deeper now. And when that condition is

not met, we feel pain, some more than others, and some people will go to great lengths not to feel that pain, some do drugs, alcohol and some do this drug called arousal. So you can now start digging deeper into yourself. Why do you feel like people think lowly of you? Is it real, or are you overdramatizing? If it's real, is there something you can fix?

or you can go deeper, why is it so important to you? I understand that you need and want to feel good about yourself, but you can feel good about yourself without thinking what others think of you, because all of us are innately good and we all have great things about our self's, and I'm sure you have lots of people that do love you, so why focus on the ones that don't?

the point is, once you have figured out what's causing you to turn to shmutz, you can start thinking how to heal that part.

good luck and keep on growing!

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