

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

I've gotten off to a nice start, right now I am starting my seventh clean week.

I'm going to be continuing my journey from where I left off in my last thread under Introduce Yourself over here.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 05:09

[Markz wrote on 08 Jan 2025 04:54:](#)

[tzaddikvikam13 wrote on 08 Jan 2025 01:58:](#)

Trying to numb, drugged myself the past half hour with candy crush.

The empty stimulation did its magic for a while, until I got stuck on a level.

Time for some more tricks.

Came back here to try to get some dopamine hits from replies and thank yous.

Brother. Thanks for sharing where you're upto.

Why do you think marriage will cure everything for you

I don't remember saying anything about marriage.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 05:16

[jollylemur95 wrote on 08 Jan 2025 04:41:](#)

You are very quickly becoming a legend here!

You never fail to inspire me with such dedication to beat this!

Please keep posting!

I wasn't having any urges tonight.

Not every bad mood or difficulty in life brings on taavah.

I wasn't trying to keep busy to keep clean.

I was trying to escape the through-the-roof nervous energy making me feel like I was going to explode caused by a toxic mix of ADHD, anxiety, and sleep deprivation.

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Re: My struggles with kedushah

Posted by Markz - 08 Jan 2025 05:25

[tzaddikvikam13 wrote on 08 Jan 2025 05:09:](#)

[Markz wrote on 08 Jan 2025 04:54:](#)

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Brother. Thanks for sharing where you're upto.

Why do you think marriage will cure everything for you

I don't remember saying anything about marriage.

I wrote the script;

Here it is.

Are you planning sometime to get engaged, married and ride into the wind?

I assume yes.

Right now, are you taking care of yourself to heal your numbing?

Not very well (unless I missed something awesome along your journey- forgive me if that's the case)

Do you have a plan? I guess not yet.

How do you expect to be the greatest husband with zero stresses to turn to the great elixir of Porn.

Well then... of course the answer must be - the plan is to get married and all will be healed under the chuppa. Isn't that right?

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 08 Jan 2025 13:53

Markz, can you pm me?

(I can't start a pm, only respond to one.)

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 09 Jan 2025 01:11

Just feeling lonely and saying hi.

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Re: My struggles with kedushah

Posted by stopsurvivingstartliving - 09 Jan 2025 01:15

I know the feeling too well!

Us singles do experience that often. Just sitting there in bed LONELY.

I find that being out with friends can be very helpful. Weather because it distracts the feeling or because you actually aren't lonely at the time, either way it's helpful.

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Re: My struggles with kedushah

Posted by redfaced - 09 Jan 2025 03:09

[stopsurvivingstartliving wrote on 09 Jan 2025 01:15:](#)

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Marrieds sometimes feel lonely too.

Like you said friends make all the difference

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Re: My struggles with kedushah
Posted by tzaddikvikam13 - 09 Jan 2025 03:12

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Re: My struggles with kedushah
Posted by tzaddikvikam13 - 09 Jan 2025 14:38

[redfaced wrote on 09 Jan 2025 03:09:](#)

[stopsurvivingstartliving wrote on 09 Jan 2025 01:15:](#)

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Re: My struggles with kedushah

Posted by hopefulposek - 09 Jan 2025 14:50

I've found that being busy helps with boredom, but does very little for loneliness. It took me doing some serious therapy to help cope with the loneliness which was a large driving force in my P and M struggle, even while married and barely having time to breathe. In a way being so busy makes it harder because you don't have the proper amount of time to process emotions, also you feel alone in all the pressures of life.

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Re: My struggles with kedushah

Posted by BenHashemBH - 09 Jan 2025 15:27

[tzaddikvikam13 wrote on 09 Jan 2025 14:38:](#)

[redfaced wrote on 09 Jan 2025 03:09:](#)

[stopsurvivingstartliving wrote on 09 Jan 2025 01:15:](#)

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Which could either help or hurt. Hashem is just and does not compare us. Each person is judged only against himself.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 10 Jan 2025 20:47

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I should've had the foresight to shower earlier, when I wasn't feeling weak from fasting yet.

Decided that shower will have to wait till after shabbos.

I had this voice in my head saying that I don't have any urges now, I'm probably good, just go.

And thats probably true.

But I've learnt from experience that better safe than sorry. I'm compromised right now, feeling weak, Friday is my weak spot, and its not worth the risk.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 13 Jan 2025 03:11

Rough day.

Feeling...

Dunno.

More than exhausted.

Worn out.

Wiped.

And I have to eat supper, and do laundry, and get to bed.

It sounds like a joke, but right now all that's overwhelming.

Warning: Spoiler!

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Re: My struggles with kedushah
Posted by tzaddikvikam13 - 14 Jan 2025 00:51

I had a really strong taavah to m earlier in the bathroom, controlled myself.

Continued having urges for the next while, but didn't give in.

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