

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

Hi Friends,

I'm starting this topic as my personal journal where I will be" share my thoughts, update on my progress and also ask for help.

I'm now 30yo, married and have a few children BH. My Kedusha struggle came together with puberty - age 12. Before that I knew I was not supposed to touch my private parts but as the hormones kicked in, I grew curious. Right after my Bar Mitzvah it was the first time I have put my hands down there - and it's still there almost 20 years later. Being a very reserved and isolated kid, I wasn't able to confide to anyone about my struggles and I didn't know if I was normal and if things that came out of my body was okay. I felt tremendous guilt and shame; I had no way to know that I was normal. That got me in to more trouble. At 15-16 I got involved with other Bocherim and couldn't get out of it. When I changed Yeshiva's I was hopeful about staying clean but it wasn't so. I was attracted to other Bocherim and masturbating almost daily (or multiple times a day). I once tried staying clean for 40 days hoping it will change the habit, and was clean for 50 days. On day 50 I had a wet dream and I was so disappointed by it so I fell back all the way.

The next time I felt hopeful was at my wedding (age 20). I wasn't Matzliach in Kollel and felt horrible with myself. Together with marriage issues, I fell badly and was for the first time exposed to porn. My mental health together with Yiddishkeit began spiraling downwards. I also started getting involved in chatting and lots of other garbage. At this point I still have not shared any of this to anyone on the planet.

Fast forward, I lost my job and almost my wife and almost my life, and reached an all-time low. I officially became atheist and was living a double-life... no davening, no shabbos... My whole life was about to fall apart so I started looking for a therapist. After 3 therapist I didn't like I found someone I connected to. It was very difficult to open up to another person, but slowly I did it.

Therapy has kept things from not getting worse, but I wasn't making serious progress in terms of healing. Until I came across some great Mashpia/Rebbe that I connected to very well. Over a few years I started seeing real progress. Eventually I was, for the first time, able to connect to a Davening and to Hashem and I became very hopeful about a good future.

After 3 years of being in this new reality, it felt as if I can never fall back again to my Yiddishkeit problems. Although I still had P&M ups-n-downs, I didn't think I can fall lower than that. But last week has proved me wrong. I fell so badly! But this time I have what to look back at and be reminded that I can still get back up!

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Re: My personal journal - open to the public
Posted by vehkam - 17 Nov 2024 18:42

[dreamyunicorn28 wrote on 17 Nov 2024 18:01:](#)

Feeling supper grumpy and uninspired today (and yesterday, (and the day before)), so as much as I wish to avoid any form of socialization and continue pacifying myself with juicy fantasies (and more), I'm well aware that just a little eye contact with another human will pull me back to reality

Someone I know once said to his wife - can't you just let me be grumpy in peace....

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Re: My personal journal - open to the public
Posted by simchastorah - 17 Nov 2024 22:06

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I relate to you. Sometimes you just feel so bla and you just want to wake up and the tantalizing fantasies promise to give you that colorful lively experience you're missing, and you know it's a lie, and that you'll feel so terrible afterward, but you say "eh so let me enjoy the lie in the meantime because this current experience stinks too"

Hang in there. One of the biggest lies the yh of depression tells is that this will go on forever. You're doomed! You are going to be miserable forever, it's all over. Might as well enjoy the lies that you can because you sure as hell aren't going to be enjoying anything else. This is a pure lie like you yourself said, I'm just reiterating it.

Anyway thanks for sharing your journey here, it is very moving

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 18 Nov 2024 16:05

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More and more I'm starting to see depression as a fantasy in itself... so whatever works to bust a fantasy will bust the feeling of depression. That's why I naturally avoid reaching out to people, because it pushes me to see the world the way it is.

Thanks simchasotrah and ya"ll for the Chizzuk

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 25 Nov 2024 17:04

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Re: My personal journal - open to the public
Posted by chancy - 25 Nov 2024 18:52

[dreamyunicorn28 wrote on 25 Nov 2024 17:04:](#)

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Hi McDreamy,

You can find many posts and threads here on GYE explaining that religion is not the only and sometimes not a good reason to stop.

The real reason has to be YOU.

You should not be addicted to something. And not being able to stop is sort of an addiction. you are not in charge. If your married, then you are stopping because you love your family and you dont want to hurt them. etc. there are lot of reason other then religion.

Another thing, I dont think you are an atheist, you can listen to Rabbi Noach Weinberg ZL's shiurim on this subject.

I think you need to back up and really work on your beliefs. Its hard for anyone to resolve to doing anything if he doesnt know his place in this world and who he is.

I wish you clarity and peace of mind.

I pray for your healing. May you be filled with love and compassion for Hashem and His children.

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chancy, go-ahead make the case, why is it so important to stop? Again, I'm not talking about watching porn, I'm talking about masturbating occasionally. Make the case, why is it so destructive? I also have a habit of biting my nails, do I need to stop that too? Of course I want, it would be nice but I don't get the sense of urgency.

I am not an atheist, because that would be "**believing**" in nothing. I'm more skeptical and feeling very distant, it just doesn't feel like a real thing to make me act or not to act based on that. Just the way I'm feeling very often.

I take your blessing - I am lost and do not have the clarity I so desperately need

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Re: My personal journal - open to the public
Posted by BenHashemBH - 25 Nov 2024 20:22

Shalom Brother,

Perhaps Reb CO's post here may be interesting to read.

<https://guardyoureyes.com/forum/17-Balei-Battims-Forum/425037-Masturbation-but-no-Porn#425056>

Hatzlacha

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Re: My personal journal - open to the public
Posted by odyossefchai - 25 Nov 2024 21:19

[dreamyunicorn28 wrote on 25 Nov 2024 17:04:](#)

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As far as the emunah issues, I will refer you to a humorous story with rabbi mechanic! A teenaged girl called him with loads of emunah questions. After listening to all the classics (why was there a Holocaust, why are there so many goyim and non frum Jews if our way is correct etc etc) he asked her, "chanele, why do you hate your mother?"

See the problem for you is that you have a major issue with M and it's hurting you deeply inside.

Let's just go utopian here for a minute and say, if you didn't have a M problem, would you still have emunah issues? I venture to say "no"

I would say to you what I am now telling myself. If you could find a way to clean yourself up (as I have done, recently) will your yiddishkeit and general happiness be significantly better? Of course it would be!

So therefore you know what you have to do.

Now the only question remains is HOW to clean up yourself.

For this, BH we have an amazing chevra here on this site. A group of WINNERS. be in touch with them! Ask them! Shmooze to them. They've been in your situation and have done it. So if you aren't asking them how they did it, that's on you my friend.

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Re: My personal journal - open to the public
Posted by chosemyschem - 25 Nov 2024 21:34

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[chancy wrote on 25 Nov 2024 18:52:](#)

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I'll swing at this pitch (not the religion one. That's way outta my pay grade.)

Are you only occasionally masturbating? Or does the occasional masturbation occasionally lead to sporadic porn use too? And does that lead to binges and to . . . It's all part of the same nasty soup.

You gotta be honest with yourself.

Of course, it's possible that you're just a normal man with normal urges, and have no particular problem. Masturbation is selfish and whatnot (downright masturbatory!), but if religion ain't convincing you, a little bit of selfishness probably won't either.

No one except you can make you want to or choose to stop. But here are a 1)[couple 2\)](#)

[relevant](#) Dov talks. He's pretty persuasive.

Good luck!

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Re: My personal journal - open to the public
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[chancy wrote on 25 Nov 2024 18:52:](#)

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You have not written enough here to understand where you are coming from. So ill share my thoughts with the hopes that it resonates with you.

One of the main things that pushed me to stop M and P is because I started having questions in Emunah, I was really struggling for a while. I had an opportunity to have a real relationship with a goyta i got very close with at work, and i was actively fighting her advances. After a while i started questioning, why are you fighting it? who says there is anything wrong? who says there is anything out there that cares what I do? it took my on a serious trip. I was in real trouble.

Then, I saw in a sefer that not being holy and doing these kinds of things make one weak in Emunah! It was a real slap in the face and a lightbulb at the same moment!

That was one of the major things that got me to start working on M and P. I couldnt and didnt want to lose my Yidishkiet.

So you see, here is another reason to stop.

You are obviously not comfortable being in this place of believer/atheist/not sure/blah.

So why not trust the holy sfarim and the holy yiden here that are crying to you 'stay clean and you will get better' try it for yourself and you will thank us!.

I really feel your pain, I wish I can help with what you are going thru. The best I can do now is holding your hands across the computer and crying with you.

Love

Chancy

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Re: My personal journal - open to the public
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[odyossefchai wrote on 25 Nov 2024 21:19:](#)

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Nope.

He's looking for the root of the problem.

if you don't cure the problem and only work on the symptoms, you'll never cure the problem.

A good doctor (in this case-Rabbi) can help you with that.

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 25 Nov 2024 22:35

Der Oilem Zugt Git... Disclaimer: being a native Yiddish-speaker, it's hard for me to express myself properly. Yiddish doesn't have the vocabulary and English is not my first language. So I feel like I'm not getting across the things I want to say. But I'll try my best.

I don't have a P or M problem, I have a mood problem. Over the years I developed a masturbation habit but that's not my 'real' problem. My moods roll on a roller coaster and it takes along my entire sense of self on the ride. The way I see the world and everything around me changes very dramatically. Today I can feel so strongly about my wife but tomorrow I don't understand why we're still married. Same with God.

My biggest struggle in life is to stay committed to things I 'know' I need to do or not to do. It plays out in all areas of my life. When my mood is down, I don't show up to my learning, I overeat and so on...

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Been meaning to comment on this for a while, just never got to it.

I find this nekudah fascinating. Finding a Mashpia/Rebbi, thinking your problem is finally solved, only to find out that, *boom*, you are really back to square one. All flowery chizuk aside, you are not *really* different **inside**.

I had the same experience. What it taught me was, that although I was experiencing a certain

"Ohr" in Avodas Hashem, and yes, that "light" powered me to win for a long time, it still was not the internal change I desperately needed.

This is sometimes the problem with the "Mashpia Approach". A new energy for Torah and Mitzvahs? Perhaps. There may even be some level of accountability to your Mashpia. But the real tools such as those presented here, the support system, the deeper internal work, the deeper understanding of *why* we use, so we can finally shift from user to non-user, are sometimes missing.

So, I guess I am mentioning this to share that you are not alone in realizing that even a new path in Avodas Hashem may not always be the real answer.

It can even sometimes be a curse disguised as a blessing. Because if you are taught that this "mehalich" is supposed to work for "everything", and it really doesn't, than that becomes a deep and painful internal *stirah* to your very Emunah. It takes real courage to take a step back and reach out for help.

You took the courage to take that step.

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