

New member: 'Yesodi'

Posted by Yesodi - 15 Nov 2015 01:36

Shalom friends, and Shavua Tov to all!

I'm a 50-year-old male, living in Israel and married for the past 25 years.

Back then, as an unmarried teenager whose life was plagued by the typical and virtually-inevitable Aveirot, I so very much looked forward to one day getting married. And B"H, that day finally arrived.

For the first 18 or so years, I would say that I was overall quite RELATIVELY SUCCESSFUL in keeping myself "clean." For the first few of those years, I did not even have a computer, and even afterwards -- although I did "allow myself" to occasionally look at unclean things (supposedly "LeShem Shamayim," with the hope of maybe "fixing" some of my "performance problems") -- except for a few "accidents" here-and-there, overall I felt that things were under control.

However, over the past 7 years, problems with the marriage became increasingly serious. My wife has felt, from the beginning, that our marriage was a "mistake," and has constantly asked to end it. On the other hand, I -- the pathologically-stubborn optimist -- refuse to give up, because I feel that we have never yet even STARTED to collectively make a TRUE effort to address the issues.

Tachlis, the past 4 years have been almost free of intimate relations, and the past 2 years have been TOTALLY free of them. Feeling -- as I did during my unmarried, teenage, days, that I don't really have much of a choice -- I have relapsed back to my old, unclean, habits.

This probably would have kept on going, until I came across a TED talk presenting a secular, "scientific," presentation of the physiological damage caused by repeated exposure to unclean Internet content. As a result, I decided to join the "NoFap" website, mostly out of curiosity, and without any real thought that I am about to change any of my behavior.

Mostly on a whim, I decided to commit to a "clean month of October" (and, since this was mid-Tishrei, and I happened to be clean since a little before Rosh HaShana, I was already 3-weeks clean at the time). Much to my amazement, I discovered that this simple act of making a "public" commitment had an immense positive effect on my, and I somehow made it through some VERY HARD DAYS only "BiZchut" that silly commitment that I had made without even really thinking about if I was really "serious" about this issue yet! B"H, so far, 65 days have passed, and my thinking has totally changed. I suddenly feel that -- despite any problems that my marriage is facing -- I need to put a STOP to this problem!

And so, I've been a happy member of NoFap.com for almost two months now, and -- while I do not at all regret joining this "secular" site -- I suddenly began thinking: why shouldn't I join with other fellow Jews, in a Torah atmosphere, as well? After all, this is the REAL reason that I am pursuing this journey, and not just (with Kol HaKavod) "science."

So this, in a nutshell, is how I came to this wonderful site. Wishing much Bracha veHatzlacha to

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Re: New member: 'Yesodi'

Posted by Yesodi - 10 Mar 2016 17:46

[realsimcha wrote on 10 Mar 2016 13:33:](#)

its amazing. When I read this thread i feel like i am reading a foreign language. Maybe Ill join a

I too would prefer not to turn this thread, which for now is "my main thread," into a place for all the fellow members. "BeEzrat HaShem Na'aseh veNatzliach!"

As I wrote in the threads on "[Regarding the web site](#)" and "[Site Technical Issues](#)", I strongly believe that the GYE site needs an **entire section** devoted to discussions about the website -- with room for threads not just on technical issues, but on general issues as well.

And so I've decided to "think out loud" on technical issues here for now.

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Re: New member: 'Yesodi'

Posted by markz - 10 Mar 2016 18:17

And I think there should be an exclusive thread for developers, so we can have somewhere to chill together and friends to talk to in the same language, and beat lust with

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Current invitees

Gibbor120

Shteeble

Yesodi

Im not a geek- Am I allowed entry?

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I've just been appointed as a moderator at NoFap!
Posted by Yesodi - 17 Mar 2016 20:32

I have just been honored with becoming an official moderator on the staff of the NoFap.com

["Welcome New Moderator: Yesodi!"](#)

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Re: I've just been appointed as a moderator at NoFap!
Posted by markz - 17 Mar 2016 20:45

CONGRATULATIONS

website!

So what's the policy when you encounter something like [this](#)?

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Re: I've just been appointed as a moderator at NoFap!
Posted by Yesodi - 17 Mar 2016 21:04

[markz wrote on 17 Mar 2016 20:45:](#)

CONGRATULATIONS

So what's the policy when you encounter something like [this](#)?

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Re: New member: 'Yesodi'

Posted by Yesodi - 29 May 2016 22:30

Approaching **270 days** (= **nine months!**) of not only abstinence but also undesired celibacy.

I don't think they've encountered anything like **that** yet!

Biologically, it's no longer as "easy" to keep adding yet another day to my clean-streak as it had been in the past. I find it **very hard** to focus on anything other than my growing urge to finally **release** this immense pressure.

On the other hand, despite the tantalizing and torturous burden, I feel that my continued path is very "**simple**," in the sense that I've recently "decided" that acting-out is simply **NOT** an option. *Ever. Period.*

May HaShem send me the strength to successfully *continue* moving forward one day / hour / minute at a time. (And this current week of Sfirat Ha'Omer is the week of the Sfirat "Yesod." May we merit to leverage this fact for even *more* strength during this week!)

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Re: New member: 'Yesodi'

Posted by BenTorah.BaalHabayis - 30 May 2016 02:56

Indeed, may HaShem continue to give you the strength you need to maintain your state of Kedusha.

I'm curious though, how do you understand this biologically? Why would it suddenly become more difficult after cruising along for a long time?

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Re: New member: 'Yesodi'

Posted by Yesodi - 30 May 2016 07:43

[BenTorah.BaalHabayis wrote on 30 May 2016 02:56:](#)

Indeed, may HaShem continue to give you the strength you need to maintain your state of Kedusha.

I'm curious though, how do you understand this biologically? Why would it suddenly become more difficult after cruising along for a long time?

Amen. Thank you.

As to the currently-renewed difficulty, it's actually not so "sudden."

For many months, I was indeed able to keep staying clean in a relatively-effortlessly manner, per the CHAZA"L statement: "??? ??? ?? ?? ????, ?????? - ???, ?????? - ???" (or what is today called the "[flatline](#)" effect).

But, as others also report, this flatline effect is not endless, and sometimes the lustful urges try to rear their head again. Although I am doing my best to instantly banish these thoughts whenever they try entering my head, it's possible that they have cumulatively (but hopefully only *temporarily*) gained some partial "control." I think that this is normal and natural. (And on the contrary: for a married person to have to endure prolonged celibacy is something that is *not* normal and *not* natural!)

I guess one can also look at it as HaShem giving us opportunities for continued challenges. If things were as simple as achieving a one-time overcoming of an initial "clean" period, with guaranteed "smooth-sailing" forever after, the game of life would be overly simplistic and boring.

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Re: New member: 'Yesodi'

Posted by BenTorah.BaalHabayis - 31 May 2016 02:49

Wow. You are strong and you put me to shame. Here I am complaining about not having sex for a month...

May HaShem continue to give you the strength to stay clean long term.

If you don't mind my asking (and if you do, feel free to ignore me), has anything changed in your life as far as your relationship with your wife and/or Parnasa? I think about you and I hope you're seeing some improvements.

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Re: New member: 'Yesodi'

Posted by inastruggle - 31 May 2016 03:27

I find that when I'm clean for a long period of time after the flatline effect leaves it still isn't back to the same old thing. It's a much healthier version. Also, the habit patterns have changed so it's still way easier.

KUTGW!

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Re: New member: 'Yesodi'

Posted by Yesodi - 01 Jun 2016 22:12

[BenTorah.BaalHabayis wrote on 31 May 2016 02:49:](#)

Wow. You are strong and you put me to shame. Here I am complaining about not having sex for a month...

May HaShem continue to give you the strength to stay clean long term.

Amen, and thank you. And while "Kin'at Sofrim" might play a positive role in this area, there is IMHO no room for feelings of "shame"!

[BenTorah.BaalHabayis wrote on 31 May 2016 02:49:](#)

If you don't mind my asking (and if you do, feel free to ignore me), has anything changed in your life as far as your relationship with your wife and/or Parnasa? I think about you and I hope you're seeing some improvements.

In fact, I am very grateful to you for asking (and thinking about me).

The answer, however, is not so simple:

In general, my feelings of being stuck in a "deadlock" and not knowing how to proceed, and likewise the resulting feelings of helplessness / hopelessness / Yi'ush, have by-and-large only gotten worse. As the Parnasa situation is closely connected, this too has spiraled to new lows. Tachlis, I am simply **not functioning**. I always try to be the one that says '**B"H**' no-matter-what, but -- if I am honest with myself -- my situation is **not good**.

As to my relationship with my wife, that too has overall been following the negative same trend as above ... until very recently. My wife's brother -- perhaps the only person on Earth with the "clout" needed to speak freely with my wife -- recently visited us very briefly from overseas, and for the first time ever, attempted with his special humor and charisma, an "intervention" on behalf of me (and at least one other sibling, who also suffers from my wife's behavior).

B"H, he somehow managed to touch a soft-spot in my wife's heart, and since then there has definitely been *some* **positive** change in the atmosphere that she is broadcasting towards me.

It's not as if she suddenly "loves" me with a full heart, but it feels as if she suddenly believes that "just maybe" (as I've always claimed) I am not *intentionally* existing in the way that I am ... just to "anger her on purpose."

I still have not built up the courage to try and start a heart-to-heart conversation with her on this topic. I know that even if she is perhaps genuinely willing to temporarily shut down her need to exact revenge and project wrath, her certain inability to entertain the possibility of sharing a tiny fraction of the "blame," and my current inability to provide short-term solutions to my shortcomings, will make such a conversation very dangerous and easily-flammable. And I am afraid to enter such a challenge without a 3rd-party mediator overseeing and guiding the process -- an option which she has always vehemently rejected.

My brother-in-law has offered to try and continue exerting his special influence from overseas, so that perhaps my wife *will* agree to such outside help. And thus in that sense, I suddenly have a small glimmer of hope that maybe things can change.

Also, after identifying a frum psychiatrist that I believe I can fully trust, today I scheduled a first appointment (for two weeks from today), in order to have a professional listen to my story, offer his opinion on how to maybe proceed, and also decide if my emotional damage that has so

So, wish me "BeHatzlacha"! I'll keep you posted, Bliy Neder.

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Re: New member: 'Yesodi'

Posted by BenTorah.BaalHabayis - 03 Jun 2016 04:42

Wow. That sounds tough. I wish you "BeHatzlacha" with all of my heart! I am glad to hear that there's at least a glimmer of hope.

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Re: New member: 'Yesodi'

Posted by Yesodi - 03 Jun 2016 12:38

[Yesodi wrote on 30 May 2016 07:43:](#)

For many months, I was indeed able to keep staying clean in a relatively-effortlessly manner, per the CHAZA"l statement: "??? ??? ?? ?? ????, ?????? - ???, ?????? - ???" (or what is today called the "[flatline](#)" effect).

But, as others also report, this flatline effect is not endless, and sometimes the lustful urges try to rear their head again. Although I am doing my best to instantly banish these thoughts whenever they try entering my head, it's possible that they have cumulatively (but hopefully only *temporarily*) gained some partial "control." I think that this is normal and natural. (And on the contrary: for a married person to have to endure prolonged celibacy is something that is *not* normal and *not* natural!)

I guess one can also look at it as HaShem giving us opportunities for continued challenges. If things were as simple as achieving a one-time overcoming of an initial "clean" period, with guaranteed "smooth-sailing" forever after, the game of life would be overly simplistic and boring.

B"H, the latest wave of urges seems to have subsided. As in: "???? ?????????????? ??????????"

That is one of the things that gives me strength to endure the difficult times: the knowledge that "?? ?? ??????" -- "this too shall pass."

Whether or not this saying can be correctly attributed to Shlomo HaMelech, I pray that it should hold for my larger scope of problems as well.

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Re: New member: 'Yesodi'

Posted by BenTorah.BaalHabayis - 03 Jun 2016 13:28

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Re: New member: 'Yesodi'

Posted by mggsbms - 03 Jun 2016 15:01

Very happy to hear!

Wow good to hear it's a great chizuk.

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