

help me please

Posted by jake08 - 28 Jan 2016 00:03

Hi,

I've fallen to a new low. I am an addict who has been suffering since early teenage years (I'm 28 now). The first time I thought there was any hope was when I discovered GYE about a year ago. I had a 200 day clean streak. Then I fell 78 days ago. And I went into the biggest tumble yet. I haven't stopped and everything in my life is in a tailspin. I barely go to yeshiva now. My yideshkeit is barely existent though I look very frum. I need help badly. Until now I was basically reading the hand book and keeping my own daily count. But I think I've come to understand what it means admitting Im an addict. It means no more halfway games. It means I should stop thinking Im a pretty good guy generally with one (ok, pretty big) problem. I realize that I'm actually pretty messed up in every way. And that the barest minimum I belong doing is joining an SA group at least on the phone even if that means dropping a seder in yeshiva.

Could use a lot of chizuk cause I'm pretty low now. Can't stand living this two faced life of violating every religious principle there is and hiding my dark and only side from my rather wonderful wife. Don't know where to start over from. I know you will all tell me this is stupid but is there really any hope for me? I dont even know whether to first try working on yideshkeit in general (like not skipping tefillos, yes its that bad), or on addiction first.

Yikes

Though I must say I actually feel slightly liberated just rejoining the crew here.

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Re: help me please

Posted by jake08 - 06 Jul 2016 13:12

You have a point. And maybe your right. But the problem is I will many times in life whether I like it or not that, be forced to be in a situation like that. And I will have to learn how not to lust or indulge myself. So possibly going back to that doc should not have been done, but the difference bet what you quoted and what happened was no was being *meayyim* me to be *meharer*. It was my own fault.

(Just for example, where I send my children to a very frum daycamp the building is shared by another frum girls daycamp whos director claims to have received a heter to have his counselors dance in front of the building to loudspeakers blasting girls singing. I now have to pass them every day. The first day I got upset, spoke to a few people how crazy it is and looked most times I passed. The next day day I realized that the wrong way to go about it, no blaming others for my looking and no yelling about other people. Guess what, I totally ignored them.)

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Re: help me please
Posted by Magnolia - 06 Jul 2016 15:25

156 days! That's almost half a year. Congrats on that. Did you feel greater kedusha during that 156 day time period? Was your learning better? Were you able to get deeper into a sugya? Did your interpersonal relationship with your spouse, kids, and friends, etc. improve? Did you feel a tangible yeridah when you fell? Did the yeridah affect you Lemiysah? If yes, how so? When you fell, do you get up quick or does it become a long drawn out yeridah?

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Re: help me please
Posted by mggsbms - 07 Jul 2016 01:45

Sorry that you fell. 156 days is nothing to sneeze at, you must have been doing something right. Maybe you should reevaluate what went wrong the last few days and fix that. I wish you continued hatzlacha.

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Re: help me please
Posted by jake08 - 07 Jul 2016 04:08

[Magnolia wrote on 06 Jul 2016 15:25:](#)

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Thanks. The few months actually were interesting. Learning davening etc got a little better

simply cause I wasnt taking constant breaks for my indulgences. But the interesting part was that all these years my cycles would look like a while of lusting (several days, weeks..) filled with fantasizing p and m followed by a while of intense avodas hashem swearing off lust and feeling very frum and close to hashem. The past few months though didnt have those ups. At first I missed them and wondered whats wrong. But I think now that they were a part of the problem. They helped me think I really was normal and just giving in to a normal yetzer hara and could really do this if I followed the proper teshuva path. Thats probably what drove me to such lengths learning and davening in the first place. Or maybe just it filled an emotianal hole in me.

But now I feel better having a more wholesome equilibrium. No great highs. Because now when I work on improving in avodas hashem I think its more real. I hope this makes sense. Whatever.

Thanks all for the chizuk!

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Re: help me please

Posted by shmiraashachaim - 07 Jul 2016 05:07

[jake08 wrote:](#)

[Magnolia wrote:](#)

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Not sure how much sense it is but sounds pretty much my life. I have kind off "mellowed out" in my yidishkeit. But I think it was healthier. I don't mean to say that I don't want Aliyah. I do. Just trying to make it more steady and realistic (last little while have been shaky in general but that's besides the point). The roller coaster kind of exhausted me I guess. I refused to do anything but learn- and porn. Took me a while to find other thinks in life besides those two.

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Re: help me please
Posted by gibbor120 - 07 Jul 2016 16:18

This is probably a good time for me to point to Dr Sorotzkis website (see my signature). He has some good stuff about perfectionism. Dov quotes has some good stuff too on this topic, although he may not use the label "perfectionism". He talks about the general concept of wanting aliyah or madreigos being detrimental.

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