

Not liking this one bit + Letter to Hashem

Posted by counter_clock - 05 Feb 2018 19:36

Hi there, I've always struggled with M since I was ~13. As a teenager and young adult, I would act out several times a week, followed by pangs of guilt and frustration. I focused on just "trying to stop" without much of a game plan or system.

I rarely had access to porn (no internet in my parent's house, and didn't have a smart phone). Only after I got married and moved into our own place did I have access to the internet. Though it was rare, whenever I had access to porn I would take advantage and act out. Always followed by guilt and resolve to never do it again...(my wife never knew).

We went through hard times - my wife became ill and passed away. Lots of pain. Porn became more accessible, more of an escape...I'd be acting out with porn several times a week.

BH I got remarried and life is being rebuilt.

However, getting remarried has been very stressful, and I started a new job (that I generally dislike) - so still grappling with lots of stress. My job and social life is also pretty lonely, so I'm tapping into GYE for help. My wife caught me once early on, and would probably divorce me if she found out again - so the lying isn't feeling too great either.

I see a therapist who has been very helpful as well.

It's just so hard to stop! I'm really trying to think about this from different viewpoints - chemically, emotionally, psychologically, religiously... making a push here and I'm already

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Re: Not liking this one bit...so hard to stop :(

Posted by counter_clock - 06 Feb 2018 18:35

Thanks for sharing eslaasos - that must have been crazy when you shared with your wife three months in! I told my wife about M before we got married, she knew (vaguely) about the porn but thought it would stop after we got married.

I like your approach - don't hide everything, don't reveal everything. I'll touch base with some advisers for their thoughts on that approach. Like, maybe I can let her know about the struggle in general but not the specific details...

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Re: Not liking this one bit + Letter to Hashem
Posted by counter_clock - 06 Feb 2018 18:49

LETTER TO HASHEM:

Dear G-d,

Sometimes I hate You and the situation you've put me in. I didn't ask for this test; I didn't ask for the pain and stress and loneliness YOU'VE put me through, exacerbating and intensifying the urges and tests to a constant breaking point, over and over again.

Did I ask for pain and suffering? Did I ask to be tested - only to fail - over and over again? Did I ask for the anguish this has caused me and my wife??

I cursed You this morning. It wasn't the first time that I've told You to f-off, to go bother someone else...what do I need this for?

...But eventually I come back. Because no matter the pain You put me through and the tests that hit me, I know that You love me (and all your Jewish children) more than I can imagine...and when I cry and scream no one feels the pain more than You do...

Thank you for life. Thank you for being there. I'm sorry I cursed You...it's just so hard sometimes...and I just want to be close to You

Love,

Me

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Re: Not liking this one bit + Letter to Hashem
Posted by gibbor120 - 06 Feb 2018 20:23

Welcome! Stress is a big trigger for acting out. What are you working on with your therapist?

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Re: Not liking this one bit + Letter to Hashem
Posted by tzomah - 07 Feb 2018 00:07

don't worry about god he aint insulted and veahavscha al tasir mimenu lolamim

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Re: Not liking this one bit + Letter to Hashem
Posted by iampowerless - 07 Feb 2018 05:08

Wow i love your honesty! And i feel your pain, today i was going through a lot of pain and stress and also sat down to write a letter to hashem i've heard many tools people have shared on the GYE forum! But there is nothing like writing a raw and honest letter to hashem i've found it as a great tool to deal with stress and pain! And make it as honest as possible

Love Yankel

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Re: Not liking this one bit + Letter to Hashem
Posted by ieeyc - 07 Feb 2018 06:15

[counter clock wrote on 06 Feb 2018 18:49:](#)

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Love,

Me

please rewrite it before you mail it:smiley:

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Re: Not liking this one bit + Letter to Hashem
Posted by Yerushalmi - 16 Feb 2018 00:43

HI CC.

I am new here myself, joined about 1 month ago. The people here are supportive, and many can empathize with you, having been there and done that themselves.

You mention struggling with porn. Are your devices filtered? Block off the entrances for "it" to get in.

I saw your letter to Hashem. It reminds me of a true story that I read (don't remember where). A Jewish family was leaving Spain during the expulsion in 1492. They lost all the property and money that they owned. They were on a boat sailing away to an unknown destination. Pirates attacked them. They violated his wife in front of his eyes, and she perished from their treatment. The pirates set him and his 2 young sons adrift in the Mediterranean, and they washed up on an empty island. He left his 2 little boys on the beach, and he went off to search for some food, as they had nothing to eat for some time. By the time he came back, both of his children had starved to death. He had nothing left. He turned his eyes heavenward and said "Hashem, you took away my land, you took away my money, you took away my wife, and now you took away my 2 children. You are testing me severely. But know that I love you Hasem, and nothing you

do will take that away!"

Good for you for coming back, even though you feel tremendous pain. A close connection to Hashem means more kedushah. Kedusha and tuma can not both exist at the same time at the same place. The more Kedusha you have, the more the tumah will fade! When in the throes of a strong nisayon, build up your kedusha. Shout out (metaphorically) your love for Hashem! Proclaim it to the mountains, the trees, your car, and to the walls of your house! The closer your connection to HIM, the less power the yetzer has over you!

Hatzlacha Rabbah to you, and keep fighting!

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