

Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 26 Feb 2020 08:41

Hi to all, I am new here and this is my first time posting. I am married with a child and struggle primarily with masturbation. I struggled with shemiras einayim since high school (who didn't) and had an unfiltered phone for a period of time. I spent a lot of my time on YouTube watching stripteases, Swimsuit videos and the like. I have seen porn but it's not something I struggle with on a regular basis.

I masturbated for the first time when I was already in my twenties and have been struggling with it since then. Over the course of the years I tried numerous things some helped a little, some a lot, but none of them worked. At a certain point, I had enough and I took both of my unfiltered phones and broke them in half and to this day I have a kosher phone. Obviously this wasn't the only issue (granted a huge issue but not the only one) because even after this I still struggled.

This is when I realized I have a more serious issue.

I am a serious avreich learning full time, I learn mussar regularly and constantly strengthen myself with various incentives. I can then usually keep myself clean for 2-3 weeks, then this or that and I am back to square one. I will then go through a phase of a few days with no control depression feeling awful about myself and what I did. I get so upset at myself because of how hard I am trying and how important this is to me that I go through a stage of complete disconnect, guilt and depression. Usually after a few days of this I tell myself that Hashem doesn't want be to feel guilty (at least not this way) because the guilt/depression is causing you to act out (and Hashem obviously doesnt want that...).

I found this to be particularly helpful, knowing that even though i was doing something terrible and maybe there would be a time to feel guilty, now isn't that time. Now is the time for a fresh start and a fresh start means no guilt, rather, a new day and a new opportunity.

This helps me get out of the rut, however, I can't seem to stay clean for more then 2-3 weeks. It can be anything from a hard day to seeing something etc. it's like something happens that makes me think "it's just not worth the fight this time" or "just do it and don't think".

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Re: Am I going to suffer for the rest of my life?

Posted by willdoit - 19 Jan 2021 18:58

[wilnevergiveup wrote on 19 Jan 2021 18:34:](#)

This is really stressful because I just wrote aa whole long post and it disappeared.

Either way, Thank you guys for all the mazal tov's I really appreciate it.

Funny thing is that I just stumbled into a loophole that I would rather not have. I wasn't looking, I wasn't testing my filter, in fact I really don't want this *nisayon* at all.

Why do I have to be faced with this challenge during such a special time for me? Why, I would much rather not to have stumbled upon this. I try my hardest to stay away from the temptation, why does it have to come chasing after me?

I want to be pure for Hashem after all the beracha He has given me. I want to be grateful to my wife for having our baby. I want to keep our home pure for my children (and myself).

I DON'T WANT THIS!

Okay, now I have to make a plan.

Please Hashem, help me get through this. Please help my filter work properly. please help me not mess around until it gets fixed.

Yours truly,

Wilnevergiveup

Hi,

Please keep us posted how you went about this, we're waiting to hear from you.

God bless,

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Re: Am I going to suffer for the rest of my life?

Posted by Gevura Shebyesod - 19 Jan 2021 19:50

[wilnevergiveup wrote on 19 Jan 2021 18:34:](#)

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Yours truly,

Wilnevergiveup

Maybe you're doing good so He gave you a level up.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 19 Jan 2021 21:06

Took care of it boruch Hashem!

Still licking my wounds but I'm still clean baruch Hashem.

Huge deal for me that I had the strength to get this taken care of.

Thank you Hashem for guarding me and answering my tefilos, I was really able to see the yad Hashem protecting me.

They say over from the *Ba'al Shem Tov* that before Hashem gives us something special, we are tested with a test of *ka'as* or *taivah*. This fits really nicely with what just happens as I am ly"H making a bris soon, Hashem tested me with this huge test and I really hope I passed. Not perfect but much better than the old me, that's for sure.

Thanks guys for being there for me.

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Re: Am I going to suffer for the rest of my life?
Posted by willdoit - 19 Jan 2021 22:05

[wilnevergiveup wrote on 19 Jan 2021 21:06:](#)

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Thanks guys for being there for me.

@wilnevergiveup, Amazing, you managed to withstand this nisoyon.

Keep it up!!!!

Thank you hashem for saving our dear @wilnevergiveup.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 28 Jan 2021 06:35

50 days! *L'ma'alah min hatevah!*

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Re: Am I going to suffer for the rest of my life?
Posted by Zedj - 28 Jan 2021 06:47

Your at the height of purity!

Mazel tov on 50 days!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 31 Jan 2021 09:17

I thought of a nice vort on the parsha that I'd like to share.

In Parshas Beshalach (14:15) Hashem tells Moshe "why are you crying out to me, speak to Klal Yisrael and go!" Rashi explains that Moshe got up and started davening. Hashem responded, now is the time to me *marich b'tfillah...* your salvation is in your hands... You have zechus Avos who trusted in me.

I think you can explain Rashi as follows. Klal Yisrael is faced with a *tzarah*, what does Moshe do? the tried and true crying out to Hashem. To this Hashem responds, "right now, your *avodah* is not *tefillah*, your *avodah* is *emunah*."

Sometimes, we decide we are going to grow in a specific area of *avodas Hashem*, and we plan and work and even see some success. Sometimes though, Hashem sends us a message that

it's not meant to be. What happens? We get all stressed out and cry out and say, Hashem, what do you want from me? I am trying so hard to grow, why do you have to do this to me?

The answer is that Hashem gets to choose where He wants you to grow. Hashem is telling us, that is not your *avodah* right now, this is.

Recently, I was really working on going to daven in shul at a specific minyan and getting to first seder on time. I was really doing well and B"H we were blessed with a new baby boy. I started getting all stressed out about how I am going to continue with my goals. Now I am telling myself, WNGU, you have a new *avodah*. It may very well be "just" not to get stressed out when you are faced with new challenges, or something else but one thing is for sure, I have a very different mission now than I had before.

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 31 Jan 2021 12:28

[wilnevergiveup wrote on 31 Jan 2021 09:17:](#)

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Excellent post. Very true. So many of us get stressed by our insistence that "this is what Hashem wants from me now", when really it is obvious that right now Hashem actually wants something else.

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Re: Am I going to suffer for the rest of my life?

Posted by Ish MiGrodno - 31 Jan 2021 15:46

??? "?" ?????? ???????? ?? ????? ??? ?????, ????? "??? ?????" ??? ?? ?????? ????? ??? ?????, ?????
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Great people make the timely (not the fancy) choice.

As my kids would say, WNGU rocks.

With love from Grodno ~ IMG

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Re: Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 09 Feb 2021 07:29

I am, how close I am to Hashem today in reference to yesterday. It's important that when determining that, I must include my accomplishments just as much as my shortcomings.

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Re: Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 17 Feb 2021 15:01

70 days clean. Been here before, with Hashem's help I will move forward.

In other news, I had a conversation recently with my wife about our struggle in general and I mentioned that the average guy is attracted to the average woman that he sees on the street to some degree.

Ooooooooooh, bad idea.

"So basically, I am in competition with all of the women in the world?"

"NO! I love you and I don't even know them, but I still have to look away when I see them in the street!"

"I give up! You can have them all, just not me!"

"You know that I love you so much and that I think you are the prettiest in the world."

"Liar!"

Etc.

Soooooooooooo, I did learn something from this and that is that she will just never get it.

It's like trying to explain gun control to a Republican.

Or trying to convince my grandmother that it's okay if I don't go to College.

Or trying to explain to a democrat why increasing labor rights will create less jobs, or how raising taxes can actually hurt the economy.

Some things, some people will just never understand.

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Re: Am I going to suffer for the rest of my life?

Posted by Pure123 - 17 Feb 2021 16:00

Dear [wilnevergiveup](#) ,

Women has a sense of feeling and an intuition that's an inside voice that is telling them the truth...

when she said "Liar" its because that's what she feels and usually the truth... let me ask you, do you really believe she is the prettiest in the world?

if you need more the a split second to think before you answer then she is right that were lying...

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Re: Am I going to suffer for the rest of my life?

Posted by willdoit - 17 Feb 2021 16:07

[wilnevergiveup](#) wrote on 17 Feb 2021 15:01:

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Hi,

I think maybe you can ask her back: What is it that you like about me? let's say she answers XYZ, now ask her do you think that i am the best being XYZ aren't there other guys out there who are better with XYZ?

Lets see what she would answer on this. If she doesn't have an answer, then you could start explaining - but try to stick to referring to yourself - That when I look around I see so many people better than me with XYZ, so why should I feel good about it, and the answer is that all humans have their own characteristics which is unique which is whats making me different than the rest of the world so even in comparison to someone who happens to be XYZ I'm still vastly different due to my blend of my characters.

Same with you darling, I love you for who you are, for your physical appearance combined with your character which cant be found by someone else!

It would be good for you to make a list of the things you like about her and share it with her.

Yours truly

Willdoit,

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Re: Am I going to suffer for the rest of my life?
Posted by willdoit - 17 Feb 2021 16:10

[Pure123 wrote on 17 Feb 2021 16:00:](#)

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Great point!

But what if she isn't the prettiest in the world?

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Re: Am I going to suffer for the rest of my life?
Posted by Trouble - 17 Feb 2021 16:30

[wilnevergiveup wrote on 17 Feb 2021 15:01:](#)

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sorry to hear that.

i'm here for my thread, but I saw this, and this post is so important for the marriage struggle. Yes, you put your foot in your mouth (and trouble will try not to say anything troublesome), so you need a follow up. It will not be easy, but I wouldn't give up so fast. There are ways to explain it, and there are ways to move further even without fully explaining.

Good luck to you

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