

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 TRAPPED - 04 Aug 2020 19:30

I read through most of your thread and I am on the verge of tears. I am so proud of you/happy for you. I want this so badly. SO badly. And I am so thrilled to hear that reaching this milestone is possible. You are so amazing and Hashem should help you continue in this way and live a clean life forever. tzaddik atah. wow.

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

Posted by Snowflake - 06 Aug 2020 13:36

Great post! The Lubavitcher Rebbe talks extensively about that. Even avodas Hashem could be selfish if one is "trying to get closer to Hashem". Our service should be doing His will and not trying to derive benefit from it, even if spiritual benefit. Accepting our type of avodas Hashem is a great step. Big shkoiach!!

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

Posted by Looking_to_improve - 14 Aug 2020 10:15

Wow, just read through your thread. You have done an amazing job to reach where you have, keep it up.

I think grant400 wrote a perspective which I found useful, I'll try send it if i can find it

Edit:

"Grant400" post=353674 date=1597252492 catid=19

So, I'm just thinking out loud. I suffer from this immensely too. Painfully so. What I've read hear many times is that when a person views women as sexual objects then obviously as soon as

they see a woman their mind will head in the wrong direction. Just like when we see food we automatically think of in in terms of if I like it, if I would eat it, if its fresh etc.

So how do we change our mindset? I just started working on a method. Basically when I see an attractive woman (or not attractive just attracted to them) instead of thinking about them as a set of female body parts I think of them as someone's sister, coworker, daughter or aunt. Think of their personality. Think of them in terms of if they are smart, sensitive, annoying and so on. This gives you the ability to value and view them as more then just flesh, but rather a person.

Even when a woman is obviously dressed in a way that is so glaring supposed to entice and share the view of ... I realized that a woman (most normal, not the trash) dresses that way to look pretty and cute not to look sexy and perverted. She's not trying to expose her body to the world she just wants people to find her attractive in a nonsexual way. Just like when you put on a new suit for Yom tov your objective isn't that people should imagine you without it on...

This mindset has helped me so far although I didn't perfect it yet and I'm still working on proper implementation.

Grant

I found this to be a good perspective, I need to implement it more, but overall I think it's a healthy perspective on the topic.

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Re: Am I going to suffer for the rest of my life?
Posted by Meyer M. - 14 Aug 2020 12:31

[Looking to improve wrote on 14 Aug 2020 10:15:](#)

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 14 Aug 2020 13:21

This works well for me at least when it comes to live people who I know.

Kinda useless with stuff on the web though where everything is fake anyway.

Great idea. Gave it a go here and it is very helpful.
Like to imagine how they are when they are bratty, hormonal, pregnant or even better, all three.
Even the prettiest girl is no fun to be around in that state.

I am not sure if this can be relied on but in circumstances where I don't have a choice like sister-in-laws, wife's friends, sister's friends etc. I find it very helpful.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 16 Aug 2020 11:53

I used to get excited when my wife went out (oooh now I have some time without being afraid of getting caught).

Now I freak out when my wife leaves me home alone (oh no! how am I going to get through this).

That being said, Home alone now and struggling a little. Decided to post here for some accountability, planing on going out for a bike ride soon so hopefully everything will be fine.

Good news coming soon (hopefully).

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 16 Aug 2020 12:46

There is something about knowing that your wife wont be home for the next five hours that is really difficult. Like everything I know and want is just less relevant.

Now I know that I am not going to fall (only because I am here posting) but I am just thinking, why does this make any sense?

I am almost 120 days clean, I know I don't want to, I why I am fighting, so what happened?

As I am typing I think I figured it out.

The Y"H told me when my wife left "quick before she comes back, don't even think twice, this is

an opportunity not to be missed! You are never going to get this chance again!"

LIES! LIES! LIES!

It's all one big lie! nothing is going to happen to me if my wife comes back and I remained loyal to her, myself and to G-d. Absolutely nothing!

There is no opportunity and I will not miss anything. It's just a trick, to get me to act before I think. And thanks to GYE and the forum I am trying to do a little thinking before acting.

Thanks for listening,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 16 Aug 2020 18:15

Had a nice bike ride and B"H feel much better now.

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Re: Am I going to suffer for the rest of my life?
Posted by Markz - 16 Aug 2020 18:55

#SupportChaiLifeline

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Re: Am I going to suffer for the rest of my life?
Posted by Meyer M. - 16 Aug 2020 20:55

[wilnevergiveup wrote on 16 Aug 2020 12:46:](#)

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Thanks for listening,

Wilnevergiveup

Beautiful!

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

Posted by wilnevergiveup - 17 Aug 2020 04:59

120 days!

It's important for me to realize that the fight is not over, but it is much easier. I more or less know my triggers and I learned yesterday then when faced with an "opportunity" it can throw me really off guard. When I am pushing, pushing, pushing, I am braced for almost anything but when I am so far into the game and really am pretty much in control these things really throw me off guard.

Looking back, I think this is actually what caused my last fall (leaving open an app that I usually only have open when my wife is around).

Anyway kol tuv everyone, hope you all have a really nice day.

All the best,

Wilnevergiveup

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

Posted by wilnevergiveup - 18 Aug 2020 10:38

Yesterday's chizuk broadcast video really speaks to me. If you didn't watch it yet, here is the link <https://gye.vids.io/videos/ac9cd6bc1a1ee6c225/rothschild-mp4> .

Thank you GYE.

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

Posted by wilnevergiveup - 28 Aug 2020 11:50

[trying613 wrote on 05 Jul 2020 02:58:](#)

Hey I made it to 90 days recently, but unfortunately had a fall on day 92. I had two serious falls this past week, and unfortunately masturbated twice, along with viewing Schmutz. Ive picked myself up and started moving again , but everytime I masturbate I get nervous, because I know how bad this sin is , it's punishable by death god forbid, it's considered like murder, it brings evil souls into the world , and just keeps getting worse. I'm afraid hashem has it in for me even if I do teshuva because of the severity . Anyone have any chizuk?

I just saw this post on a different forum and this was my response. I think it's worthwhile to share it here as well, to give a different angle on the matter.

I know you posted this a while ago and you've built up quite a streak since then but you must know that there is no sin that you cannot do teshuva for. Some are harder to atone for than others but there is no one who does sincere teshuva and it's not accepted.

Hashem doesn't "have it in for anyone". Hashem is not this evil devil with a deathly laugh that smirks as he sends his charges off to hell.

I am sorry but that's just not a Jewish approach. If someone does imply this, it's most likely influenced by the "heaven and hell" of Christianity.

As Jews We view Hashem as ????? ?????, Hashem created the world to bestow goodness, that is his purpose, not to punish us. It's Hashem's greatest desire for us to return to him, and there is nothing that we can do to change that ?? ????? ???? ?? ?? ?? ????? ????? ???? (or something like that, *Yechezkel* somewhere, I have to look it up).

Hashem lives us every breath is a gift, every beat of your heart is undeserving. Chovos Halevavos (sha'ar 4 perek 4, and other places) says that even if one's good deeds were as numerous as the sand of the sea, they would not be equal to even one of the favors of Hashem. Our very existence, the creation of the world, is a favor from Hashem.

If Hashem didn't want our teshuva and didn't judge us with *rachamim* we would cease to exist!
No slow painful death here, rather complete nonexistence. POOF!

I feel a lot of people don't get this and I feel especially before Rosh Hashana we should understand this a little.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 06 Sep 2020 05:46

140 days!!!

With Hashem's help, and of course all you guys, I am here today.

Still struggle from time to time, coming here really helps but when all is said and done, I know that it's really up to me. If I pursue it GYE won't stop me, only I can.

I used to think that when I struggled there was only one way for it to end the question was just how long I would be able to hold out.

Now, although the fight is not easy, I realize that there is a another way for it to end.

I still find myself in dangerous situations and I have to grow and work on this but they are significantly fewer then before.

I am learning that when they come I have to be calm (no freak out, "here we go again...") and tell myself firmly, there are two ways for this to end, one is easy and painless (not going to say feels good because even then I know how awful it is after) and the other is difficult and painful. I will choose the difficult one because my life depends on it. There is no other choice, the other one is really death for me, it will cause me to have 3 days that I can't look at myself or my wife.

Three days where I feel like there is nothing I can do to fix myself, like I am a hopeless hunk of flesh obsessed with satisfying my own desires without any regard to others.

It has to be as strong as steel, I love my life right now and I know that I will hate my life after a fall and I have to say, it's much more pleasant to love your life then to hate it. I spent a large chunk of my adult life hating it, and I'm finished.

I am growing, I am staying clean, I am trying to become a different person, one who lives a life of ??? ?????, a life where I have the ability to choose to do what I really want and not be forced to follow my physical desires.

I want to be able to choose. Doing whatever I desire is not called being able to choose. That's called being controlled by my desires. If every struggle ends with choosing the easier option, is that really called doing what I want? It's not called making a choice if the other option is not even a choice.

I daven every day that Hashem should help me in my struggles, but also for me to be more grateful and appreciative of my family. They don't deserve a husband/father, like myself preGYE, and with Hashem's help, I can be a decent one now that I have had a *techiyas hameisim*.

May Hashem grant us all the ability to become better people by making the changes we need to make that will allow Hashem to pour over his *siyata dishmaya*.

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 07 Sep 2020 19:23

I had a very troubling thought this morning. I was thinking, or should I say I wasn't thinking rather my Y"H stole the mic in my brain and was proclaiming loudly, listen, you are 140 days in, you know you could do it again, you know you could get up right after a fall, just do it, just once. I am telling you you will be fine afterwards, you will get back up, just do it.

Now just typing this feels idiotic and stupid, but I can't figure out how to counter this. What, I should tell him back, "no i will fall multiple times and not get another streak?!" Really? No way!

I know, I have to make a new goal of 150 or 180 days, don't worry I have, but I really, really, really, don't actually care about a streak.

I really have to review my "why" I guess.

At this stage I don't have "urges" as much, instead I just get curious, my Y"H tells me, what do you think, is this thing still there? or you think that other thing still looks like that? You know all this time clean they mike look like trees to you, it can't hurt to just make sure....

Now one thing I do know is that this only happens when I am bored. I need to have something to do when I am bored.

Today I had a struggle that b"h ended pretty quickly. I was able to start my workout and b"h that made me feel much better.

Thanks for hearing me out.

Wilnevergiveup

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