

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 Demolished - 28 Oct 2020 07:48

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

Posted by Demolished - 28 Oct 2020 07:48

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

Posted by wilnevergiveup - 28 Oct 2020 09:50

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

Posted by Rebuild613 - 28 Oct 2020 12:05

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

Posted by Rebuild613 - 28 Oct 2020 12:18

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 28 Oct 2020 12:43

[Demolished wrote on 28 Oct 2020 12:18:](#)

[Hashem Help Me wrote on 28 Oct 2020 03:09:](#)

In GYE we speak the language of the heart. The oilam will understand you. By thw way it

Warning: Spoiler!

seems you did know how to spell demolished!

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good question.

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

Posted by starting - 28 Oct 2020 13:18

[Demolished wrote on 27 Oct 2020 13:03:](#)

[wilnevergiveup wrote on 27 Oct 2020 12:04:](#)

The Y"H is giving me a run for my money, not by throwing triggers my way but by making my lie difficult in general. When things don't work out how I planned, I have a very hard time getting back on my feet.

I am working on a certain area of growth and made a very precise plan on how I am to achieve this and nothing seems to be working out.

I know that the nisayon is to get back to the plan when things settle down, but this is always my struggle. I have a record of forgetting about all my plans as soon as there is a small bump. Its so hard for me to remotivate myself after I am forced to abandon my plans for one reason or another.

I guess at least I know what I have to change. My work is cut out for me, now I have to make sure to do it.

In other news, doing well struggle wise, just have to keep my emotions in check because that is a major trigger.

All the best,

Wilnevergiveup

I have what to share on this, it's a shame that I'm very bad in writing as English is not my first language

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Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 28 Oct 2020 13:30

[Demolished wrote on 28 Oct 2020 12:18:](#)

[Hashem Help Me wrote on 28 Oct 2020 03:09:](#)

In GYE we speak the language of the heart. The oilam will understand you. By thw way it

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Re: Am I going to suffer for the rest of my life?
Posted by Rebuild613 - 28 Oct 2020 13:48

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 28 Oct 2020 20:44

Getting back to where this all began, I was sick in bed for the last two days and have not been able to do much. I don't feel very productive and I am not feeling the greatest.

I couldn't daven with a minyan or go to Yeshiva which have been the foundation of my daily structure. It is challenging to accept that Hashem doesn't want those things from me now and he is asking for something else. I just hope that when I get over this I will be able to regain the momentum.

Some slight urges today mostly due to being stuck at home all day. With Hashem's help I was able to keep everything at bay (although I did do a lot of munching, something that I have been working on too).

Either way, it's nice to see those numbers growing slow and steady.

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by Gevura Shebyesod - 28 Oct 2020 21:15

Refuah Sheleima!

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Re: Am I going to suffer for the rest of my life?
Posted by Demolished - 28 Oct 2020 21:31

Refuah Sheleima

hope to see you back here a.s.a.p.

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 30 Oct 2020 01:19

Refuah shleima buddy. We need you strong and productive so you can inspire. Don't let the discomfort and boredom get you down.

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

Posted by wilnevergiveup - 30 Oct 2020 06:39

That is really sweet of you guys, thank you so much.

I spent a lot of yesterday watching GYE videos and reading through old threads, I guess not a terrible way to spend the day.

Was very anxious like I really wanted to do a two hour workout but my head was hurting too much.

B"H I didn't do anything that I wouldn't be proud of so that's great.

In the past, 22 days was freak out time, it's when it would usually start building up and soon it would all be over. All the promises, all the kabalos, all the incentives would suddenly be meaningless because I had this monster inside me.

Now B"H 22 days in I am calm and not even thinking out how long this will last. I am just doing my job today. Of course I know that if I do what I need to do every day I will succeed, but for now I deal with today, today, and tomorrow I will deal with when it shows up.

Wilnevergiveup

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