

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 wilnevergiveup - 08 Nov 2020 18:57

It's time for me to do some *chazara*, for those of you who would like to join, here goes.

I am a good person. If sometimes I have an urge to do something not good, that doesn't become who I am, rather something that I struggle with.

I make mistakes, no one is perfect. When those times roll around, there is nothing wrong with saying, okay there are some things that I cannot do, or there are some things that just take time and don't work on the first try (or fifth or fiftieth).

It's not all or bust, 90% is way better than anything less and I don't have to be perfect to be growing. (I really have to read this one a few times....)

Lusting and acting out is not something that I really want to do, it's something that a monster that has overtaken me desires. The real me knows that if I let this monster have its will I will be miserable. The real me knows that this is not something that I want or something that will make me happy. The real me knows that I will not only be able to live without it but that I will thrive without it.

If G-d forbid I deprive myself of this fleeting pleasure, I will not die a horrible death, or suffer for the rest of time.

I will be happy, I will prosper, I will be able to do the things that I really want, I will be loyal, I will escape the guilt, I will be happier (worth mentioning twice).

When the deed is done the feeling afterwards (and during) is so awful and gross it's just not worth it.

I want my home to have a higher level of kedusha, I want my kids to grow in an environment of purity, I don't want the neshamos of my kids on the way to say, "not that house".

The further I am from this, the closer I will be to reaching my spiritual goals. Hashem created the mitzvos as the tool to know what will bring us to overcome our desires. Overcoming physical desire is the root of all avodas Hashem, my connection to Hashem is equal to the level of my disconnection from pursuing physical things.

I love myself, but I have to realize that myself consists of two parts, one that has the power to make me great and one to destroy me. I need to remember to follow the advice and the desires of the real me, the me that is looking out for my benefit and not the me that is only worried about itself. I need to listen to the me that has goals that are not to please itself but to please it's creator. The me that is out for pleasure is stealing from the real me and from it's creator.

There are things that I just cannot control (yes lots of them) and anything that is out of my control is not something worth worrying about.

Do your best and then daven. connect to Hashem, every time you daven it makes no difference for what and what happens after, the davening itself brings you closer to Hashem. One of the reasons we daven is to acknowledge that whatever it is that we are davening for is in Hashem's hands. We are acknowledging that it is beyond our control and that Hashem is the *kol yachol*. Whether He chooses to do something or not, He could, and coming to terms with that brings us closer to Him.

Things don't always go the way you want, that's how it is. It doesn't mean that Hashem hates you or is punishing you, it means that Hashem is telling you "hi, I see you I notice you, I care for you enough to send you a reminder to call out to me and strengthen our connection."

Davening and doing good things don't guarantee that everything is going to work out how you planned it. They do guarantee you becoming closer to Hashem.

Hashem, please continue to give me clarity, please help me grow, please help me fill my life with meaning. Please help me never turn to lust as a means to feel good, I would much rather feel good by becoming closer to you.

Hashem, please keep me clean today, help me be pure and help me bring out my part in revealing your glory.

All the best,

Wilnevergiveup

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

Posted by excellence - 09 Nov 2020 20:14

Wow this is literally JUST what i needed tonight. Ur a Malach and i mean it. Youv'e given me such Chizuk. I am ever so grateful.

Thanks,

Excellence

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

Posted by Lostjew85 - 11 Nov 2020 05:10

Beautiful! I see some breslev torah in you

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

Posted by wilnevergiveup - 17 Nov 2020 14:37

Struggling as of late, not with lust specifically, just with life in general. Lust issues take a blow though when life is gets rough and I need to be on guard.

I know what I need to do to get back on track, my issue is doing them. Or maybe I don't, I really don't know anymore.

Somehow things always seem to resurface when I am deep into a good streak as well as when I am doing well in the other areas of my life. I am wondering, maybe it's some sort of pattern, I do well, and then something inside me realizes that something is wrong and starts fighting and kicking.

Whatever, I am just going through a rough time, hope I can get out of it soon and unscathed. No one said life was going to be easy, no one said it was going to be smooth sailing.

The nice thing is that I git to 40 days and lust really has not been on my mind most of the time. Yeah I've had slips here and there but it hasn't been this everlasting struggle. B"H I am able to go 40 days without much of a thought about this struggle, that is surely an accomplishment.

Beautiful! I see some breslev torah in you

No Breslov in me, just the regular yeshivish stuff (Ramchal, Chovos Halevavos, Michtav Me'Eliyahu, Rav Yeruchem Levovitz, etc.), a healthy dose of Rabbi Twerski and hanging around in this place long enough.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 18 Nov 2020 07:59

I realized that as long as my brain is working, I am okay. The issue is when my brain isn't working, that's when all the trouble starts (it probably causes some medical complications as well...).

I went on a long bike ride yesterday (instead of going to Yeshiva) and that felt really good.

Really just lacking motivation for any of my goals and want to focus on other things obsessively

(like exercise, CCT, making beer, exploring Yerushalayim on my bike and some other hobbies of mine).

Then I feel down and guess what happens next?

You got it! And the issue is that when I am going through this, my brain is out of order.

I feel like my life is a cycle; I push, things go well then they fall apart, repeat.

I guess my question is, is this how everyone is, or is it just me?

Either way, gotta go to Yeshivah (can't miss anymore).

See ya all, hope to hear from you guys.

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 18 Nov 2020 12:28

[wilnevergiveup wrote on 18 Nov 2020 07:59:](#)

I guess my question is, is this how everyone is, or is it just me?

You bet buddy! Everyone.

Either way, gotta go to Yeshivah (can't miss anymore).

Yup. That's where you belong. (But I am sure the bike ride was geshmak!)

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 30 Nov 2020 05:22

53 days clean.

I am going through a rough patch emotionally but B"H am in a much better place emotionally than before. My *avodas Hashem* is still not at it's best but I am taking it slow, the main thing right now is progress.

One thing that is amazing is that with Hashem's help, throughout this time, acting out was really not an option. While in the past acting out would have been first choice, this time around it was off the radar. I think this is huge. I was, even in a pretty bad emotional state, able to realize clearly that acting out (especially in my situation) would have brought out the worst emotional stress and prolonged my time in the dumps. Even though I needed a pick me up, I didn't turn to the tried and true (joking) method for pleasure and instead waited patiently to be able to do something real and satisfying. I am still working on this but I know that in order to feel happy I need to fill myself up with productive and satisfying things. Those are things like doing for others, putting a smile on someone's face and being there for others. The more selfless, the more satisfying, the more selfish, the emptier it leaves you. One thing I realized is that acting out (especially when married) is quite selfish, in fact one of the most selfish things ever. Think about it, you are sitting there alone doing something pretty gross, for what, for that self gratifying feeling, just to feel good. You did nothing to earn it, you are just taking without providing anything to anyone in return. Uch.

Anyway, I really just wanted to reflect on this new clarity that feeling good is not the same as feeling happy and it's possible that "feel good" things (that take without giving) actually leave us feeling more unhappy. The true path to happiness is through things that we do that follows the divine plan.

Here are some links that helped my perspective.

www.simpletoremember.com/media/a/happiness/

gye.vids.io/videos/1c9adbb61c1de2cb94/how-do-we-protect-our-children-from-seeking-bad-pleasures (a short clip focusing on parenting but makes the point so clearly)

I feel like my life is a cycle; I push, things go well then they fall apart, repeat.

Well, I guess the good news is that this time the cycle didn't lead to the inevitable. Actually, it turns out that the inevitable is actually nit inevitable. Progress, going through a tough time without acting out. Not bad, not bat at all. The "fall apart" wasn't fun but I will grow from it and thank G-d I am still clean.

Thank you to all you guys for being there for me.

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 11 Dec 2020 06:51

Progress, progress, progress, that's it, that's the goal. (Just reminding myself)

I had another streak of 60ish days, what does that mean?

My cycles have been 30is 10, 170is 60.... does that mean that I am due for another 150 plus streak? maybe even beating my record?

I don't know what to say, except that I am not really bummed out I really don't struggle all that much anymore, I had no struggle at all leading up to this fall, no epic battle, no buildup, it was really just a fluke (okay maybe I could have been more careful...) it was quick, triggered acted stood up straightened my jacket and carried on. no pre struggle, no post struggle, no dying etc. Back up, no second helpings (although I did have lots of siyata d'shmaya for that).

Is this progress, or numbing? I hope the former.

Obviously, I would like to be clean for life but if you do the math, I'd be pretty happy to repeat the last six months or so, is that wrong?

On a side note, this had nothing to do with my emotional state, B"H I am in a much better place, planning on posting about that too but haven't had the head space yet.

I hope I am moving in the right direction. Counting days is really not my primary motivation, I am just trying to life as a good person (husband father friend Jew...) and I hope I can live up to it.

Thanks for listening.

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Re: Am I going to suffer for the rest of my life?
Posted by Uriel - 11 Dec 2020 09:04

1ST One thing I know; if we keep on trying Hashem will have mercy and let us Die as a righteous Hero in our clean seasons. If we keep at it Hashem is so good that He will not let the Malack HaMavet visit us when we have a "fall" but rather in our kedusha time. The longer we're clean the better. And we're not constantly failing but constantly succeeding. B'H

2ND I used to be addicted to weed. One of those many "clean periods" became a "forever clean period". It's been 18 years now B'H....HASHEM will make the same with this addiction. How hard is it for Hashem? I just have to keep at it.

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Re: Am I going to suffer for the rest of my life?
Posted by lionking - 11 Dec 2020 11:54

Thanks for the post. Sums up very well how I feel. I usually fall in a similar fashion no major build up or post fall. Just a quick fall, get up and back. BH my emotional state is also much better. However if I'm really analyzing the situation, there is a build up before a fall. It is not a lust build up or struggle, rather it is a dip on my emotional barometer.

Hatzlocha Rabba

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 11 Dec 2020 13:07

[Uriel wrote on 11 Dec 2020 09:04:](#)

1ST One thing I know; if we keep on trying Hashem will have mercy and let us Die as a righteous Hero in our clean seasons. If we keep at it Hashem is so good that He will not let the Malack HaMavet visit us when we have a "fall" but rather in our kedusha time. The longer we're clean the better. And we're not constantly failing but constantly succeeding. B'H

2ND I used to be addicted to weed. One of those many "clean periods" became a "forever clean period". It's been 18 years now B'H....HASHEM will make the same with this addiction. How hard is it for Hashem? I just have to keep at it.

First off, congrats on your first post, it's an honor to have it on my thread! Maybe start you own thread where you can share your own journey.

Now to your post;

1ST One thing I know; if we keep on trying Hashem will have mercy and let us Die as a righteous Hero in our clean seasons.

Not super comforting... I have no intention of dying anytime soon and that isn't what freaks me out. Honestly, I don't give a darn if I die clean or not, I care about whether I fulfilled my purpose and for me, right now that purpose is progress. As long as I am growing, I am not sure it makes much of a difference if the *Malach Hamaves* catches me on the wrong day in between two streaks that consist of the majority of my life.

I would only be nervous if they do an autopsy and discover something, oh my poor family...

I don't think dying a righteous hero has anything to do with being this fight and I really try not to think too much about dying altogether for that matter.

Thanks though for your support I just don't relate that much to the whole dying thing.

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by excellence - 11 Dec 2020 14:13

Dear R' willnevergiveup,

Wow ur name truly personifies your essence, no words, what's amazing is that you only had a small setback at the beginning of the battle but ultimately you won, because more than the yetzer hora wants us to fall he wants us to stay down, and you proved him wrong.

Sometimes we are forced by the satan to fall just to see whether we are able to pull ourselves back up again, and that's what you have done. this can not be underestimated.

You and all your posts are a tremendous Chizuk for me.

I heard from A Talmid Chochom based on a Midrash that even in Yosef Hatzadiks case there was some sort of Pgam/slip but because he pulled himself out he became the epitome of Kedusha in Klal Yisroel forever.

This is what you are doing raging forward in a nisoyan like no other as the Yetzer hora tries to win with his last bit of strength before he is wiped away forever.

Continue climbing ODAAT,

A freilichen Chanuka,

Gut Shabbos,

Excellence

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Re: Am I going to suffer for the rest of my life?
Posted by YeshivaGuy - 17 Dec 2020 04:23

How u been?

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 20 Dec 2020 20:21

Chess, chess is what saved me today....

It really did, but seriously, something that I thought about today that never really occurred to me before is that if I reflect on where I am today compared to say a year ago, it's light years away. Yeah I still struggle, I still go through rough patches but it's just not the same.

Here is wat I mean: I was walking down the street today and realized that just a year ago what I would be doing was thinking about each and every pretty looking woman that I passed by, sometimes would follow them in order to obsess over their features etc. and today, even though I still struggle with this garbage, I wasn't doing that. I was just glancing and looking away saying, they are their own people, with their own lives to live and they have a right to live with the privacy of not having some jerk obsessing over their gross physical features etc.

I didn't actually daven for any of them but I did reflect on how far I have come ant that brings me to this point, even though I am not finished with this garbage, I can tell G-d and myself that I am moving in the right direction.

This brings me back to my dying saga and that if I did have to die right now, even if I was in the not in the greatest state as far as pureness is concerned, I know that at least I have come this far and that is no shabby thing to bring before the holy one. I don't know where G-d want's me to be in 100 years or in 30 or even in a week but today, I think he want's me to be exactly where I am right now.

Thanks for hearing me out, no catastrophe here but was alone and struggled and thank G-d for GYE and that I came here to stretch my finger muscles.

Wishing myself and all the rest of you all the best.

Wilnevergiveup

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