

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".

=====
=====

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

Posted by Pure123 - 17 Feb 2021 16:35

here you go... this is your work... to work on yourself... knowing that hashem gave you the prettiest and most amazing women in the world that you will be happy... and no other women can make you more happy than being married to your wife... which is really not a different person but rather your second half , based on many torah sources...

Let me ask you this , what if you are the the most handsome guy in the world... and your wife is attracted to other men... and on day she comes home saying... you know all women are attracted to all men...ETC..

i think you would probably get so angry and punch her in the face from anger , or you would go act out just by hearing her ... think about how she feels... instead to affirming that its like explaining gun control to republicans..

does this makes sense to you?

maybe you already getting angry at me when I'm saying this...

=====

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

Posted by starting - 17 Feb 2021 17:12

[wilnevergiveup wrote on 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.

Oooooooh, 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.

Sooooooooo, 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.

When i had a similar conversation with my wife it was along the lines of a non-sexual type of attraction, kind of like how one would find pleasure in seeing a nice view or a cute baby.

Does not have to be the very best, prettiest view to be attractive and certainly does not create competition with the best.

Hope this helps

Hatzlocho

=====

Re: Am I going to suffer for the rest of my life?
Posted by bego - 17 Feb 2021 17:14

[starting wrote on 17 Feb 2021 17:12:](#)

[wilnevergiveup wrote on 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.

Oooooooh, 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.

When i had a similar conversation with my wife it was along the lines of a non-sexual type of

attraction, kind of like how one would find pleasure in seeing a nice view or a cute baby.

Does not have to be the very best, prettiest view to be attractive and certainly does not create competition with the best.

Hope this helps

Hatzlocho

Very much with you on this one. My own experience has been mainly negative in telling my wife. It's our fight to shoulder (pardon the mixed metaphor).

=====

Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 17 Feb 2021 20:18

Okay, thank you guys for all the responses, some were better than others.

Thank G-d she got over it. I was not posting this for advice rather to bring out what women actually think about our behavior.

Here is what I told her in order to explain why she actually is the prettiest in the world.

1. She *is* the pretties of those that are available. Even if she is not as pretty as some underwear model (I didn't actually say that), they are not available.
2. My world is the world that I live in, the people that I see and the people that live around me. In my world, she *is* actually the prettiest and its irrelevant whether there are prettier woman in existence because they aren't in my world. She is the prettiest in my world.
3. It is a proven fact that when you love someone and you grow in a relationship with them, their appearance actually changes and becomes more pleasant (beauty is in the eyes of the beholder). You have a significant advantage over everyone else because I love you so much and you do so much for me. Even if they were prettier, you've far surpassed them because of how much I love you and no one else in the world has this opportunity.

One more thing that helped was that I am 70 days clean and I asked her if she thinks I would be 70 days clean if I actually liked anyone else more than her.

@Starting, thanks for your advice, I am not sure how this would work. I tried something similar, comparing it to food and she totally didn't get it but it could be that food was a bad example. I hear using examples of a nice scenery. Like the Poconos are really beautiful and the Alps are even more stunning but that doesn't make the Poconos any less beautiful.

@willdoit I asked her what she likes about me. she answered, right now? Nothing.

I just hope guys get the message.

All the best,

Wilnevergiveup

=====

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

Posted by starting - 17 Feb 2021 20:38

[wilnevergiveup wrote on 17 Feb 2021 20:18:](#)

@Starting, thanks for your advice, I am not sure how this would work. I tried something similar, comparing it to food and she totally didn't get it but it could be that food was a bad example. I hear using examples of a nice scenery. Like the Poconos are really beautiful and the Alps are even more stunning but that doesn't make the Poconos any less beautiful.

I am saying the opposite

You're wife has to feel she is the alps in your eyes.

And having access to the alps does not take away from wanting to see the poconos.

So she is number 1 in every way and has to know it.

Then it's easier to accept that there are other pleasures, albeit smaller pleasures which may take work to refrain from indulgence.

And having the the most beautiful woman married to you will not stop you from enjoying the 'view' of other women BUT it is definitely totally incomparable and certainly not even bordering competition, just an extra pleasure which one naturally wants.

=====

Re: Am I going to suffer for the rest of my life?
Posted by Trouble - 18 Feb 2021 01:48

[wilnevergiveup wrote on 17 Feb 2021 20:18:](#)

Okay, thank you guys for all the responses, some were better than others.

Thank G-d she got over it. I was not posting this for advice rather to bring out what women actually think about our behavior.

Here is what I told her in order to explain why she actually is the prettiest in the world.

1. She *is* the pretties of those that are available. Even if she is not as pretty as some underwear model (I didn't actually say that), they are not available.
2. My world is the world that I live in, the people that I see and the people that live around me. In my world, she *is* actually the prettiest and its irrelevant whether there are prettier woman in existence because they aren't in my world. She is the prettiest in my world.
3. It is a proven fact that when you love someone and you grow in a relationship with them,

their appearance actually changes and becomes more pleasant (beauty is in the eyes of the beholder). You have a significant advantage over everyone else because I love you so much and you do so much for me. Even if they were prettier, you've far surpassed them because of how much I love you and no one else in the world has this opportunity.

One more thing that helped was that I am 70 days clean and I told asked her if she thinks I would be 70 days clean if I actually liked anyone else more than her.

@Starting, thanks for your advice, I am not sure how this would work. I tried something similar, comparing it to food and she totally didn't get it but it could be that food was a bad example. I hear using examples of a nice scenery. Like the Poconos are really beautiful and the Alps are even more stunning but that doesn't make the Poconos any less beautiful.

@willdoit I asked her what she likes about me. she answered, right now? Nothing.

I just hope guys get the message.

All the best,

Wilnevergiveup

sh*t! she said "nothing!"? OMG! But kudos to you for that conversation. I'm proud of you; i know that means little, but I'm sure others here and your wife especially are. Wow!

=====

Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 19 Feb 2021 07:12

[Dov wrote on 20 Feb 2017 17:02:](#)

I think Shlomo24 said it all when he wrote that *change requires change*.

And Shteeble said the truth when he wrote that *if it's important to you then spend time on it*.

And I agree w Tiger who wrote that *opening up to a safe person* who understands is the way to go.

All that stuff says to me that if I look at how I conduct myself during the years of acting out, I will learn how to do things right...by basically doing the opposite. Isolation is king when I act out. Heck, even when I'm *not* acting out, the worse I feel the more I tend to isolate. If I am lusting or angry or sad, boy do I make myself lonelier by trachten un trachten, etc. and 'figuring it all out'...cuz after all, nobody can really understand me, right?

So if I wanna get right, then I need to do the opposite and start learning how to make friends, how to share myself without cleaning off all my dirt first, and to practice doing those things. Thinking about them will not help me. Thinking is a great part of my problem itself because it increases my fantasy of self-reliance and 'salvation through havonah' - and those things lead to one thing: more masturbation (in private, of course).

And I have learned that fake named friends are not really real friends. So what you really need ain't happening here staying on any forum. But it's a sweet intro.

And I have learned that self-honesty is the *fruit* of being honest with others. Kind of like na'aseh venishma works...counter-intuitive. The silly brain tells me that I need to first be fully self-honest so that I will know just what to say to others...and that's a lie.

So, continued hatzlocha you are on the path with us knuckleheads!

I am posting this here so that I can find it later. This post is probably the most powerful and to the point post I've read so far on GYE.

Powerful stuff.

=====

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

Posted by Lou - 07 Mar 2021 07:09

Looks like the big 90 is coming up soon

Mazel Tov!

=====

=====

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

Posted by wilnevergiveup - 08 Mar 2021 20:56

On the cusp of 90 again, feels regular, may be a good sign, or not.

Here is what I came up with. Overall, things are under control but when things in life go downhill, I really got to hold on tight. I learned that I need to keep myself productive, have goals and work towards achieving them in order to stand a fighting chance. Another thing that I learned that I am really working on is to grow in my real live relationships and share and connect more with family and friends.

I am beginning to think that this thing (don't know what else to call it) is here for the long haul. I may be jumping the gun but it seems that I am going to be here a while. No magic pills or button to press, just some hard work and planning for the rest of my life. Kinda like with most areas of life I guess, when you stop working on them, they just become issues again.

So, I just wanted to share something that I thought about. I used to think I wanted girls for connection, to love and be loved blah blah blah. Now I have a wonderful wife and a beautiful family and when things are good I wouldn't dream of it any other way but when things are downhill, I wish I was with every other woman.

Ain't that strange?

Well, can't be the connection thing can it?

So here is what I came up with (no *chidushim* just *chazara*) it starts with the yearning for connection, but the lusting ain't to fill the connection, rather to numb the pain of not filling it with real connections (or some other void). The lusting is always just numbing something up. I learned that when I start lusting, it's time to figure out how to fill that hole with something right.

Haven't figured out how to actually do that every time, but at least I figured that out.

A this point, I am wondering if there is more I should be doing. I still find myself lusting, although not nearly as much, I would love to be finished for once and for all living this messed up life of thinking about other woman all the time.

I haven't acted out in a while, and another while before that so that's awesome, but I am still not all that happy with my current state of things.

Does time heal with this sickness, or does it fester?

=====

Re: Am I going to suffer for the rest of my life?
Posted by starting - 09 Mar 2021 06:47

[wilnevergiveup wrote on 08 Mar 2021 20:56:](#)

I am beginning to think that this thing (don't know what else to call it) is here for the long haul. I may be jumping the gun but it seems that I am going to be here a while. No magic pills or button to press, just some hard work and planning for the rest of my life. Kinda like with most areas of life I guess, when you stop working on them, they just become issues again.

Sure hope you're here for the long run. Not in a bad way, more like HHM a and DavidT. Totally to give us your much needed chizzuk

=====

=====

Re: Am I going to suffer for the rest of my life?
Posted by Zedj - 09 Mar 2021 07:02

Congratulations on 90 days!

you should go from strength to strength!

I can say for myself...its most probably always gonna be a life time struggle but eventually (I hope) it will be a back burner struggle and not be face to face with it very often.

=====

=====

Re: Am I going to suffer for the rest of my life?
Posted by Hashemhelpme - 09 Mar 2021 08:09

Wow I'm so happy for you mazal tov on reaching 90 days ??? ????

=====

=====

Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 09 Mar 2021 12:05

Mazel tov and thank you for your intelligent and thoughtful posts. You have been a great source of chizuk for me and I am sure for many others too.

=====

=====

Re: Am I going to suffer for the rest of my life?
Posted by Sapy - 09 Mar 2021 14:26

Mazel tov! May hashem grant you harchuvas hadaas and help you stay clean!

I btw relate alot to your point about numbing, and being an escape to fill that hole.

wishing you all the best!

=====

=====