

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 Hashem Help Me - 07 Sep 2020 22:06

[wilnevergiveup wrote on 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.

Excuse my very blunt and slightly prust response (my intention is to be clinical)

Tell that yetzer hara, "No, why in the world should i do it? That last second of the point of no return, when one is supposed to feel immense pleasure, i will be desperately trying to stop it from coming out and not enjoying anything. All i will have is a sticky and soft penis to clean up, along with a sick feeling in my stomach".

Hatzlocha buddy. B'ezras Hashem you are doing great.

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

Posted by wilnevergiveup - 08 Sep 2020 05:40

Thanks HHM for that, You always put it best. I think that's exactly what I needed to hear.

I think I am going to start posting more often on my own thread, as I see the fight is hardly over. I am in a much better place now but I am still fighting. I know that I cannot let my guard down and that I need to continue to grow in this area, as they say, "if your not climbing your falling" and I feel in my case, this to be a reality.

I hope to gain by posting and sharing my struggles to be more in touch with myself as well as to hear from the olam here.

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 08 Sep 2020 13:05

Not doing once isn't to hold back ruining your streak, your streak is meant to hold back not doing it once.

My point is, it's not about being able to get right back up and create another streak. Its about never falling. Because the falling is what's wrong, not the messing up of a streak.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 08 Sep 2020 13:40

[Grant400 wrote on 08 Sep 2020 13:05:](#)

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My point is, it's not about being able to get right back up and create another streak. Its about never falling. Because the falling is what's wrong, not the messing up of a streak.

I think I am past it by now but my issue was, that in my head.....

You know what, it really doesn't make any sense, but it really did at the time...

Whatever...

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 18 Sep 2020 05:48

Hi guys,

I would like to be makir tov to GYE and the amazing chevra here, who with Hashem's help guided me along my journey and for the first time in a really long time I will be"h come into Rosh Hashana with some self respect. I am thank G-d 152 days clean, a feat that I thought was impossible not so very long ago.

Rosh Hashanah in the past has been high stress (I think many can relate) and I don't see this year being better. That being said, in the past I would struggle immensely and white knuckle this whole tekufa, feeling like a martyr demanding from Hashem "look how I am suffering for you, you better give me something in return". Thank G-d I am in a better place this year.

With Hashem's help may us all fellow GYEEers have a kesiva vechasima tova and much success on their journeys.

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 18 Sep 2020 05:49

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Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by chancy - 22 Sep 2020 16:54

I think you can still tell Hashem and you should how much you are suffering for Him. Nothing wrong with that. But in a grown up way.

I say "Hashem, please know how much I struggled this year and it was all for you. I wish i would have been better and i promise you that I will be better this coming year, with your help. I need your help, you see im all in and i want to win this battle for you. But i really need your help"

It makes me feel very close to Hashem to talk like this and it comes from the depth of my heart since im sure he wants nothing more then to help me and I dont feel like a beggar since this is His will that we are fighting for.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 08 Oct 2020 05:43

I just had a fall, quite humbling to see that chart at 0 again.

This journey ain't over fellas.

It's amazing thinking how far I have come and so strange that I only truly grasp this after a fall.

I was at 172, hope to see you again in another 172 days!

I am just laughing how sometimes we ask people here, how long is your streak, sometimes even if the answer is really low they could be coming off a nice long one.

For me B"H it's not about the streak, and this fall has taught me an important lesson. Number one I need to be extra vigilant when I have lots of time on my hands and am not keeping busy and productive (bein hazmanim, basically) but really what I need to work on more is something that I have started to be a little lax on and that is that nothing is going to happen if I "deprive" myself of this pleasure or any pleasure for that matter.

Over Y"T I found myself lax in my diet too as well as some other areas and for me they all go hand in hand, either my mindset is strong about saying no to my desires or it's weak.

I really need to work on my self control in general. The truth is that I have grown a lot in this area over the last half a year but lately have been lax.

Something that scares me a little is that I really have been sleeping for the last week and and change. When I am focused I can do whatever it is that I really want to but sometimes I just stop thinking and put myself on cruise control, my cruise control is to run after pleasure.

I guess whenever I am cruising I can be sure that I will stumble, so I've got to make sure not to give up control, no driverless cars for me.

I have been learning daily mussar and it has helped me tremendously and this is another thing that I have been lax about during bein hazemanim, I don't think it's a coincidence.

This is a wake up call, **hey you! Wake up! Look what happens when your sleeping!**

Why I can only wake up with a fall beats me but thank G-d at least that I can do.

I need to wake up, take control of my life and run it the way I really want to (or just plain run it and not get run over by my desires).

Ramchal writes in Mesilas Yescharim that when we are focused it's very hard for the Y"H to get us to sin, that's why one of the Y"H's greatest tricks is to make us lose focus, like Pharoh did to the Jews in Mitzrayim. He knew that they were able to revolt so he worked them so hard that they had no time to think about it. So I guess to sum it up, the goal now is to figure out how to stay focused.

For a fleeting moment I feel like falling again, but as I am writing this I am strengthening myself that I will not die, it will be okay, I am in this world for less selfish things than this.

Really random but I was just thinking, is there anything more selfish than this? Can anyone think of anything else?

I know I have to restart my mussar seder but does anyone have any other ideas how to stay focused?

Perhaps post more on my own thread?

All the best.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 08 Oct 2020 06:39

Oh and I forgot the most important part, I will post again tonight with the good news that I did not have multiple falls today just to *chap arein*.

I would love to hear from you guys.

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Re: Am I going to suffer for the rest of my life?
Posted by Dave M - 08 Oct 2020 14:17

I'm really sorry to hear about your fall, but what you wrote is an incredible perspective and demonstrate that this is only a small bump is your journey of life. The fact that you only fell once and did not "chap arein" is the biggest proof to the sustained growth you experienced over the past half year. You are one of the most inspiring members in GYE and I hope to continue to read your amazing posts.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 09 Oct 2020 03:11

Okay guys, day one clean.

I am not going to lie, it was rough to stay clean, after all I had nothing to lose...

The whole day yesterday was really strange, everything and anything was a trigger that sent my mind wandering. It literally felt like trying to stuff a monster into a cardboard box. I went to the supermarket and found myself helplessly gazing and and fantasizing in a way that I haven't done in a really long time.

It was rough, the whole day I just wanted to do the deed again, but alas I (the real me) prevailed. No extra indulgence, no *chaping arain*, it's hard but I do realize what the goal is and how that would make reaching it that much harder.

All the best and a *gutten kvittel*

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Re: Am I going to suffer for the rest of my life?
Posted by battle-of-the-gen - 09 Oct 2020 20:48

[wilnevergiveup wrote on 09 Oct 2020 03:11:](#)

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The whole day yesterday was really strange, everything and anything was a trigger that sent my mind wandering. It literally felt like trying to stuff a monster into a cardboard box. I went to the supermarket and found myself helplessly gazing and and fantasizing in a way that I haven't done in a really long time.

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All the best and *a gutten kvittel*

Hey long time no talk, stay strong and be YOU. Your a chizuk to all of us and one fall isnt gonna change that. Keep pounding and inspiring!

Hatzlacha!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 11 Oct 2020 18:04

Days 2 and 3,

Climbing this mountain one day at a time.

Yom Tov prep was hectic and busy so that's good. Yom to was nice and b"h things are starting to stabilize a little.

Some struggles here and there but for the most part, was okay.

That's it for now, see you guys again tomorrow.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 12 Oct 2020 08:08

Day 4, (I am all mixed up with the days, whatever...)

Day 4 clean.

Something I've been thinking about is how much I've been thinking about acting out lately. How many times in the last week I've had to tell myself, no, you are better than this. It's amazing how giving in one time can make the struggle that much harder. I going through this week what I haven't gone through in the last two months.

Wow, one fall, and I thought that if I only give in this once it would be easier...

What one fall can do (or perhaps my being lax caused the fall but either way) you give in and you just lost that much. It's not about *schar* or *aveiros* or about how long my streak was, cuz I just wanna be clean and with all the *schar* and all the proud Hashem's and all, all I want is to be clean and now I am suffering, suffering because I gave in.

I guess those Rabbi's knew what they were saying, "feed it and it's hungry, starve it and it's satisfied" (too lazy to look it up right now...).

P.S. I never did daily posts here but the truth is that I keep a diary of my thoughts on a google docs sheet. I am thinking about starting to keep a daily log here too. My thoughts can be quite random and senseless (in my diary I just type and over time somethings form into something sensible) I try to post relatively understandable ideas so we'll see if I can come up with something sensible on a daily basis (at least for the next little while).

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