

Health issues on top of addiction

Posted by Mrsman - 15 Aug 2023 21:51

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In November, I made the biggest mistake of my life.

Except that I made a bigger mistake of not really doing anything about my problems even earlier. While I make attempts and do hold on for a while (at a minimal level), in the end, I do break down and commit the worst.

As I have been married for a while, logically I feel as though I should not have these issues anymore. But I am still trapped. Only because I have come across with new health problems do I finally realize that I have to be serious this time. I hope that G-d can forgive me.

So what happened in November? Well, I had imagined for a few days that I was due to have a special night with my wife because my secular birthday was coming up. My wife has been very good to me in so many ways, and has even kept up with decent S frequency due to my increased libido. But she works very hard and generally comes to bed tired and our intimacy is extremely vanilla. I was hoping for really special (including oral stimulation which she only rarely agrees to), but she bled which meant that we had to postpone. The bleeding was unexpected as she had only gone to mikveh a few days earlier.

Unfortunately, I just lost it. I M'd excessively that day due to anger. (In retrospect this surprised me, since over the previous few months I had been pretty good on not M (Hz"l) during my wife's tuma days, even though I had been terrible about looking at things. Somehow I thought I had been over this part of the addiction, as I generally do pray for Hashem to withhold my urges to M, even though I had not been as careful with images.)

The excessive M has led to urinary pain and frequency issues. (Secondarily, sexual problems have also resulted but not severe enough to warrant treatment.) Overactive bladder or prostatitis or enlarged prostate - not really sure of a diagnosis, but I have been seeing doctors and physical therapists without the issue fully resolving, although some of the medicines have led to some symptom improvement. I may need surgery, Hashem Yerachem. (I am so sorry for abusing myself and abusing the Torah.)

My doctors have dismissed the connection between M and my health issues, but I know that

this is middah knegged middah for abuse of that makom that handles both urinary and sexual functions.

So while I know that none of you can help with the health issues, I have come to realize that I can still try to do something about my addiction issues that I know got me to this mess. Yes, I may not be doing this completely lishma, but I hope that if G-d sees that I am really trying to address the addiction, G-d will help me with the health issues. And maybe if I can overcome the addiction while I am suffering, I can maintain overcoming this addiction if/when the health issues resolve.

My wife is partially aware of my problems given that she is aware of my medical condition and given that I admitted to her that I believe I caused this by M. (Like the doctors she dismissed the connection.) She is also aware that I have some problems with shmirat einayim, but is not fully aware of the extent. She would (rightfully) divorce me if she had full understanding, but I am extremely lucky that she is being very supportive of me as I work through the struggles of both health issues and addiction.

So I am looking for hizuk, support, practical suggestions to get beyond this, with the understanding that I am also not physically healthy anymore and I do suffer pain and frequency issues in my makom and some erectile dysfunction as well.

Whereas a few years ago, I would have said that I was just somebody who committed a very common aveira that is rampant in the secular world, I now realize that I am actually a severe addict and that simply installing filters will not be enough.

I am also happy to provide warnings to others to keep on fighting and to not become as bad as me. Stop everything or you might relapse into M (and from occasional M to frequent M which does in fact lead to health problems as one gets older, despite what the secular world will say). M is not only one of the biggest aveiros, it does lead to actual health problems. Especially Prostatitis.

In short, I seek feedback:

**HELP!**

Provide hizuk!

Provide suggestions!

I really want this addiction to end and I do not want to relapse again.

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Re: Health issues on top of addiction  
Posted by bright - 20 Aug 2023 18:56

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[Mrsman wrote on 18 Aug 2023 23:19:](#)

I am such a bad sinner that I know I fully deserve my current pain and health predicaments.

But in the back of my mind, I am accepting the advice of those who posted here to say that Hashem still beleives in me and maybe if I believe in myself I can get back to where I was (both spiritually and healthwise).

Thanks for sharing, but you gotta realize the attitude aint healthy or right for that matter.

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Re: Health issues on top of addiction  
Posted by pvibes - 21 Aug 2023 01:26

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Thank you for the thoughtful and honest post.

I personally don't think we can play G-d and say it was middah kinaged midah that you happen to have problems in that area of your body. Only Hashem can know that. Don't beat yourself up too much about that - it can cause guilt which will only repeat the problem. Be proud that you had the courage to tell everyone your story and that you're really trying to overcome this.

Wishing you much Hatzalacha!

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Re: Health issues on top of addiction  
Posted by Mrsman - 23 Aug 2023 02:52

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Thank you. This was good to hear.

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Re: Health issues on top of addiction  
Posted by Mrsman - 23 Aug 2023 02:58

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I read the following (originally in the context of alcoholism) and it seems really meaningful.

*"The fact is that most [sex addicts], for reasons yet obscure, have lost the power of choice in [behavior]. Our so called will power becomes practically nonexistent. **We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago.** We are without defense against the first [sexual acting out behavior]."*

*"The almost certain consequences that follow taking even a [little sexual acting out] do not crowd into the mind to deter us. If these thoughts occur, they are hazy and readily supplanted with the old threadbare idea that this time we shall handle ourselves like other people. There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove."*

Any comments?

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Re: Health issues on top of addiction  
Posted by motcha1234 - 24 Aug 2023 01:06

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I am really sorry for the anguish you feel. If it makes you feel any better, I myself experienced something similar. Probably due to MB excessively my urine was orangish. I freaked out understandably and told my dr. what was going on. He didn't shame me and it went away after a few days.

You sound like an erlich Yid. If you are open about these things you might want to discuss it with your rov. I strongly expect him to say we can't know what causes Hashem to give us medical problems. Enlarged prostate is quit common and most people when they hit high 40s low 50s need to start running to the bathroom in the middle of the night. I have experienced pain when MBing. I'm not saying this solvs your problem but it does say your not alone.

I wish you menuchas hanefesh and may we both walk in sobriety.

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