

Paranoia after porn

Posted by radiantfox67 - 27 Aug 2024 22:04

Hi all,

I'm a mid-twenties bochur. I started watching porn with m at around 19, trying basically since then to stop. My best time was a little over five months (was in yeshiva and basically didn't have access, also didn't m so that's cool. This broke when I got back home). I've been lurking for a little bit (about a month or something) this is my first time posting. I thought I wouldn't need to post (just fell yesterday after being clean since Tisha Bav, [always tell myself, "ok , after {insert significant date} I'll be clean for good] but looks like I was wrong.

A big issue I face (besides for porn itself) is the fear and resentment I experience after I fall. Please feel free to correct me, but the way I understand it is that I'll either be punished here or in the Next World, and the best I can hope for is being punished here so I can get more Olam Haba, I don't know how teshuva factors in: is it like I never did the sin or does teshuva make it that instead of being punished in Olam Haba I get kapara here? Also even if I have that answer, something that adds to the frustration is how do I even know if my teshuva was mikabel?

Basically all this amounts to me, after falling, walking around with this fear that "Ok great, this is how Gd is gonna get me after what I did". Like for example, let's say I watch p and then I have a flight the next day, it'll probably cross my mind that maybe the flight will go down or something. Or maybe if I'm slated to give a speech, daven for the amud, or go to some social thing, I'll be nervous that Gd will make me mess up somehow or send a shliach to embarrass me so I can get kaparah so I can get more Olam Haba (that's assuming that I like learned a bunch or something so I reason that I deserve kaparah as opposed to just losing some Olam Haba). A big example of this is that I have a semi-major operation coming up and I'm afraid that I've lowered my chances of a successful operation/recovery because I watched so much p recently. (I'm not completely gripped or convinced by this fear, like I'm able to question it, but it is definitely convincing enough to cause distress). Edit to include another way this manifests: Dating. Every time I fall I'm like, "ok, now there's *no way* I'm gonna get a good girl". Again, not totally taken by this fear, I know on some level its yetzer hara, but is still very bothersome.

Walking around like this and having this mentality is exhausting and makes me resent Gd. A lot of times it makes me think, "Why don't I just give it up and indulge? Why do I subject myself to this game of cat and mouse? I know people who were religious, and based on rational arguments , are now completely OTD and do whatever they want, why don't I just join them?"

I've heard the answer that its not a game of cat and mouse, and that Gd is not out to get us, rather Gd has provided us with a gym where we're given the opportunity to become ubermenschen, but its not easy to inculcate this answer on an emotional (and therefore day to day) level. I also know that if I did just give it all up and did whatever I wanted I'd be miserable (one reason being the guilt, which itself becomes another source of resenting Gd [You put this guilt in me!]). I think I've pretty much ultimately concluded in a resigned way that Judaism is my best bet at a great life, I just resent the fact that it is.

Looking for support and a healthier way of understanding Judaism.

Also I have OCD so there's that

Sincerely,

[my current username]

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Re: Paranoia after porn

Posted by Yosef90 - 09 Sep 2024 02:08

Hello and welcome Radiantfox67!

First, I want to say it's amazing you didn't fall until you were 19.

I see this theme in other posts and it's sad to me that this is how people view Judaism. It is not a religion of guilt rather a religion of love. We say in the first bracha of shmonei esrei three times a day that Hashem loves us and that why he does so much good for us.

I remember hearing in an analogy in a shuir from Rabbi Orlofsky years ago that stuck with me. A father comes over to his kid and tells him to clean his room. He says if you clean your room I'll take you out for ice cream, if you don't I'll break every bone in your body. We would call social services on such a father and get the child to safety. It can't be that that is how we view our father in heaven.

I don't think we know exactly what will be after we die. I hope I will have done enough mitzvos that the angels created by them will be able to protect me from the angels created by the averos I've done. We have to do our best but we're human and will fall and that's ok. You just have to get back up.

Hashem loves us and wants a relationship with us. Watching porn and masturbating pushes us away from him. Of course, there is an idea of schar veonesh but it can't be the focal point.

Feel free to reach out to discuss more.

Good luck!

A fellow guy with OCD

yosef90gye@gmail.com

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Re: Paranoia after porn

Posted by bright - 09 Sep 2024 18:13

[Yosef90 wrote on 09 Sep 2024 02:08:](#)

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Good luck!

A fellow guy with OCD

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Love it. Always find it interesting how people without anxiety can have that viewpoint of Hashem as a punisher and be perfectly fine with it.

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