

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by davidt - 16 Jul 2025 20:19

[lamaazavtuni wrote on 16 Jul 2025 20:14:](#)

I fell today Trying to capture the moment now and capitalize on it to make a good plan going forward,

gonna list y I want to stop to have it on paper when i need it.

#1its not that enjoyable the main pleasure is the fantasy before .

#2 it's cheating on my wife and although I dont fully feel like shes keeping her end of the deal I'm definitely not keeping mine.

#3after I feel so distant from kedusha halacha hashem.

#4i feel very guilty and end up being snappy and not happy with anything good I do cause its just to get rid of my feelings of worthlessness.

#5 similar to reason 4 it makes me depressed after sad hopeless and not enjoy anything I do whether physically or emotionally.

#6 it takes a long time after to get to a emotionally healthy place.

#7it makes me waste time and not live life while theres so much productive stuff i could do and accomplish.

#8 it makes me feel like the biggest loser ever that cant get his act together.

#9it makes me uninterested in my wife and then our realationship becomes even worse cause now theres no sex drive even.

Hey, writing it all down like that takes real courage. That guilt cycle you described is brutal - doing something you know isn't right, feeling like garbage, then being short with everyone, which makes you feel even worse.

The marriage stuff is probably the hardest part. Even if things aren't perfect between you two, this isn't helping anything. Sounds like it's making everything worse, especially losing interest in your wife afterward.

The fantasy part you mentioned - that anticipation is usually way better than the actual thing. Our brains trick us into thinking it'll be amazing, but then reality hits and it's just empty. Plus all that guilt and distance from everything you care about.

Have you thought about talking to someone? Like a rabbi or counselor who gets the religious aspect? Sometimes having someone to check in with regularly helps break these patterns.

You're not a loser for struggling with this. The fact that you can see how it's affecting you and want to change says a lot. Just take it one day at a time.

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Re: what happened to me

Posted by altehmirr - 17 Jul 2025 02:04

[lamaazavtuni wrote on 16 Jul 2025 20:14:](#)

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great work buddy!!!! it is so crucially important to have **our own** clarity why we wanna stop why we don't want this, not someone else's clarity, it is vital (for me) to have made that adult decision that this is not something that i want for myself at all costs, it is the foundation of it all, once we have that decision clear (let's be honest were all here for the same intention, stopping to act out...., so it is what we all really want somewhere deep down...) than the struggle is that much easier, there's no more tug of war, yes the yh is here to stay and there will always be a battle, but at the core we are clear that we don't want this for ourselves, we know it and believe it and feel it, so dear lama this list of yours is a helpful tool, let those messages sink in..., and keep it with you for the future when the waters might get a little muddy.....,

here's a mirrer hug (i know we all have our chesronos... hugging aint a mirrer trade, although '?' ????? has a fiery ???? on ?????? ?????? ??.....)

kol tuv, and hatzlocha raba!

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Re: what happened to me

Posted by lamaazavtuni - 21 Jul 2025 01:47

Nothing like the sweet taste of success, bh I'm here to report a win!!!! Had an urge and could have easily acted on it but bh texted a chaver describing exactly what I wanted to do and the physical sensation I was feeling (which btw the second I finished typing it the pits in the stomach/butterflies disappeared) and didn't let the thoughts linger which made them promptly disappear into the oblivion.!!!

two hearos I had #1 even if I'm uncomfortable calling someone it can be helpful to send a detailed text, for sure in the initial stages of an urge.

#2 R elya lopian talks about the nekudas habichirah that a person has and he explains that at every given moment a yid just has bechira on one thing and he just gets schar or an oinesh on

that one decision, for example in this struggle first a person get a machshava rah now his bechirah now is to let it stay and fantasize about it or to let it linger ,thats the only decision he could make then ,but now if he chooses wrongly and takes the fantasy route them now there's a new nisayon should he act on it basically not sure how klur im explaining it but what I realized was that once i make a wrong choice I now have a bigger nisayon which again I can pass or fail and then after that again there's an even larger nisayon..... So it's kdsai to nip the thought in the bud

Ah gitten my taiyereh brieder!!!!

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Re: what happened to me

Posted by bar84 - 21 Jul 2025 03:42

thank you

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Re: what happened to me

Posted by cleanmendy - 21 Jul 2025 13:33

[lamaazavtuni wrote on 21 Jul 2025 01:47:](#)

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Ah gitten my taiyereh brieder!!!!

This made my day, my week, my month!!!!

Keep on inspiring us in not letting anything knock you down, thank you!

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Re: what happened to me

Posted by lamaazavtuni - 22 Jul 2025 18:50

Success breeds success!!! Bh today had to take my kid to a far away appointment and panicked cause the last time I did it ended up being hours upon hours of pure gehenim trying to control myself talking to mentors And ended with a fell later that day ..

straight hell . But bh today I spoke to someone was clean in my shmiras einayim and bh productive in how I spent my day , and spent most of the time driving back thinking about the struggle, in a deep way and how I don't want it , very beneficial.

One week clea!!!!

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Re: what happened to me

Posted by Heeling - 23 Jul 2025 02:47

Nice! We missed you on the vaad this week....

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Re: what happened to me

Posted by lamaazavtuni - 23 Jul 2025 21:12

As history repeats itself I pass a nisayon with flying colors and then BAM I fell later ...

also didn't help that I didn't really get to learn yesterday which for me is a huge maztiv of sakanah.

Well well as we truck onwards

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Re: what happened to me
Posted by Muttel - 24 Jul 2025 18:23

Onwards and upwards, Buddy

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Re: what happened to me
Posted by lamaazavtuni - 25 Jul 2025 15:26

Feeling incredibly lonely right now ...

At least since I spoke to vehkam a few days ago I've been pretty goot with shmiras einayim and about making sure to try not to get triggered, so BH at least I don't think acting out is a good idea.

Went at with my wife last night, besides for not having a good time and not much to talk about, and even when we spoke it felt really Forced , it just made me so sad to realize how distant we are, and I don't know if I'll ever get that close connection that I really want and desperately need .I also realized that I didn't care to look at other women , feel like I'm so not interested in life that I don't even care to make myself enjoy it.

I'm really not sure why hashem put me in this matsiv , I know it's for me to grow but right now or I feel like is I'm failing miserably in all areas . I thought after being on this journey for kedusha for such a long time I would be clean for a while and would be able to enjoy life without lust and all the maylos that come along with it, and really be able to fulfill my true potential and my tafkid.

Instead I'm stuck in the mud of lust/stinky marriage,/hard kids/not progressing in learning.

Y does it have to be so hard.

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Re: what happened to me

Posted by cleanmendy - 25 Jul 2025 15:37

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Instead I'm stuck in the mud of lust/stinky marriage,/hard kids/not progressing in learning.

Y does it have to be so hard.

My friend who I've learnt so much from, all I can say is I'm here for you,

Sincerely, Cleanmendy

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Re: what happened to me

Posted by lamaazavtuni - 27 Jul 2025 20:04

In a shtikkle better place now mainly cause I spoke to my wife about what was bothering me...
There's nothing like gye friends (if you don't have any I greatly encourage you to) so

caring, compassionate, kind ,smart ,sensible, The list goes on and on .

there's not one person from this site that I have charatah that i met or spoke to.

Even freinds that I'm not constantly in contact with the mere fact that I know i have them when needed is so valuable .

" Freinds freinds freinds "

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