

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 - Yesterday 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 - Today 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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