

My story, continued update of my progress (please help me)

Posted by NoYiush - 13 Jan 2011 22:31

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**Please see further down for original post**

### **Update #1 (January 18, 2011) :**

B"h, with Hashem's help and the help of my friends here on the forum, I have not watched shmutz for 30 days now, which is when I joined this site. Unfortunately, I did mast\*\* once 3 days after joining this site, so I guess I'm technically 27 days clean. But that was just a small blip on a massively upward trending graph of awesome goodness. 30 days is not a big deal for me; I've done it before on my own, even without filters and this site, but it still wasn't easy. I found that 3 things helped me the past 30 days:

**1) accountability software.** I have a filter also but cmon, I could find stuff out there if I want, and I did want at certain points in the past 30 days. But that accountability software is the real deal, giving me a fear of what my partner will see in the report.

**2) Honesty:** There were a few times where the y"h told me "cmon, just look at something that's not porn, just a pic of a hot girl that's sexy but still wearing clothes." And I thought about it a little and thought, "Wait, you're telling me to watch porn, you just know that I won't watch porn right away so you're telling me to work my way up, that's how it always starts." In other words, I was honest. What is happening here? What's the objective of seeing hot girls with clothes on. It's just to build it up till I see porn. With honesty I was able to resist because I'm invested in this process and I write on the forum. What's the point of investing and then trying to fool yourself by not being honest.

**3) I prayed:** Taking showers is dangerous for me. Growing up, that was always a dangerous place for me. I'm actually taking showers less often now (don't worry, I still take them often enough). Yesterday, before I went to the shower, I heard the y"h in the back of my head telling me to self stimulate. I took 15 seconds to daven to Hashem and tell him to please not test me

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### **Original Post:**

Hello all,

**My status: 3 weeks clean**

I've taken a hachlata to write my story out and update this thread/post with my progress. I found gye recently and have been clean since, so far about 3 weeks.

**My story: Lonliness and Depression**

I've suffered from depression since age 12, or perhaps younger but I'm not sure. The main cause of depression has been lonliness, and more particularly, a need for marital companionship (not just sex, but rather a deep seeded need for love/companionship through a woman). This depression/lonliness is clearly the reason I resorted to the Internet to self medicate. I'm 28 years old, not married yet, and I started looking at things on the internet by age 23. I'm having an awful time with shidduchim since I started dating at age 25. I try to maintain a positive attitude about getting married, but inevitably I become sad. I've gone to psychologists and I've taken medication, but neither will fix my need for companionship.

My deepest fear as a teenager was not getting married and this is why this challenge is so great for me. At age 28, I already feel a sense of shame and embarrassment at not being married yet in my community where boys are generally married by age 25 or 26 at latest. That's why I turned to porn so often in the past 5 years. I'm just very lonely.

Anyhow, I've committed myself now to breaking free of porn, even though I really enjoy it (well, before the tremendous guilt that comes after a fall) and it does actually temporarily help me cope (very temporarily, again til I fall). But it's just not healthy. And it's very bad in the eyes of Hashem (which is important to us, thus the guilt afterward), so I must stop. I'm at 3 weeks now and hope to continue forever. I will update this thread with my status by the week iyh. I would greatly appreciate your words of encouragement. Hopefully, with your support I will make it.

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Re: My story, continued update of my progress  
Posted by mnman415 - 19 Jan 2011 03:04

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[Yosef Hatzadik wrote on 18 Jan 2011 23:18:](#)

Keep on making us proud! :D  
We are all here rooting for you!

It is very impressive & inspiring to see how you are working on growing!

ditto!

what you wrote under the honesty.....its so true. we just look at women to build up to the next level and so on. thats why they say just a little is actually way way way toooooo much!

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Re: My story, continued update of my progress  
Posted by NoYiush - 19 Jan 2011 04:51

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Thank you for your support Yosef Hatzadik and HashemsSoldier.

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Re: My story, continued update of my progress  
Posted by Yosef Hatzadik - 19 Jan 2011 18:11

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Reb **NoYiush**,

**YOU** are the one supporting US!

We get inspired when we read about the growth in our friends! :D

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Re: My story, continued update of my progress  
Posted by silentbattle - 20 Jan 2011 19:48

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Fantastic news, and very beautiful. Being able to see the truth in life is so important - and being able to decide to do what's really in your best interest is an incredible habit to have.

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Re: My story, continued update of my progress  
Posted by NoYiush - 20 Jan 2011 23:22

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thanks silentbattle for your support.

I am having certain difficulties for the past week. My yh is constantly telling me how lonely I am and how I'm an older bochur not married, how embarrassing it is.

And my legs are constantly shaking. I'm jumpy and I badly want to look at things. I want to medicate this hole/loneliness that I'm feeling. If I can't look at things, what can I do to get rid of it. Nothing else ever got rid of it, except for watching tv (before I was frum), but I don't watch tv now. TV or movies would just suck my mind in and stop me from thinking about myself. This is hard, the loneliness is beating me up and making me depressed. Why, why did Hashem create me with such an unsound mind? Why have I been depressed for so long? Why am I so lonely? I just want to be sane like everyone else. It's not fair Aibishter, I can't always control my mind and the depression. I hope the pain will end one day.

Almost everyone around me is married and has an outlet for urges, and has companionship. I'm so embarrassed in my community, people are constantly asking me "why aren't you married yet?" as if I don't want to be married. I would do anything to get married, but I have not found the right one.

Can anyone reading this please say a prayer for me, even a short one. I don't know what Hashem wants from me. My problem is depression and loneliness, not porn. My physical urges are back to almost normal now that I'm more than 30 days clean. The problem is now that I want to look at things because it will get my mind off other things. Porn helps me escape. I'm still clean, but weak, please pray for me. I cried while writing most of this post, I wish the Aibishter would just cure me. I'm not always so emotional, most of the time I control it pretty well, but I inevitably break. I'm a broken person, dysfunctional, perhaps I will recover shortly I don't know. Why doesn't Hashem just heal me? I just need a wife, some companionship. Maybe I'm not marriageable. Can it be that Hashem put me on earth not to get married. I can't think like that, he will give me a wife, I hope, I'm not sure what Hashem has in mind.

I'm sorry for the rambling, there's just so much pain.

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Re: My story, continued update of my progress (please help me)  
Posted by Yosef Hatzadik - 20 Jan 2011 23:34

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I feel for you.

I so wish I had the answers for you. I don't even know what chizuk to offer.... Just know that there is someone out there who feels connected. Together, let's hope some of the wise men of the great GYE Group will post something with which we can strengthen our emunah.

And yes, I am praying for you. :D

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Re: My story, continued update of my progress (please help me)

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Posted by NoYiush - 20 Jan 2011 23:52

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[Yosef Hatzadik wrote on 20 Jan 2011 23:34:](#)

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And yes, I am praying for you. :D

thank you for your kind words

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Re: My story, continued update of my progress  
Posted by ur-a-jew - 21 Jan 2011 00:19

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[NoYiush wrote on 20 Jan 2011 23:22:](#)

Can anyone reading this please say a prayer for me, even a short one. I don't know what Hashem wants from me.

NoYiush, I will certainly attempt to keep you in my mind in my tefillos and I hope that Hashem answers our collective tefillos to help you out of this depression and help you discover your true zivug.

I'm not sure I can tell you what Hashem wants, but I can certainly tell you what He doesn't want. Hashem doesn't want perfection, he wants what you are doing here. Heartfelt tefillos and a recognition that He is the only one that can help you. It's this constant reaching out for Him and striving to improve yourself, that brings Hashem pleasure.

Keep it up and your tefillos should be answered quickly. We feel your pain.

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Re: My story, continued update of my progress  
Posted by NoYiush - 21 Jan 2011 01:12

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[ur-a-jew wrote on 21 Jan 2011 00:19:](#)

[NoYiush wrote on 20 Jan 2011 23:22:](#)

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Keep it up and your tefillos should be answered quickly. We feel your pain.

thank you for your heartfelt words.

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Re: My story, continued update of my progress (please help me)  
Posted by ZemirosShabbos - 21 Jan 2011 01:27

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wow, your situation sounds so hard. whatever efforts you make are all the more valuable because of how much you struggle.

i will keep you in mind at davening as well

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Re: My story, continued update of my progress (please help me)  
Posted by NoYiush - 21 Jan 2011 01:31

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[ZemirosShabbos wrote on 21 Jan 2011 01:27:](#)

wow, your situation sounds so hard. whatever efforts you make are all the more valuable because of how much you struggle.

i will keep you in mind at davening as well



thank you, thank you for your kindness

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Re: My story, continued update of my progress (please help me)  
Posted by silentbattle - 21 Jan 2011 07:08

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My dear brother - I hope you don't find this offensive, but your posts make me smile. As you write about how different you are, you may not realize, but you're actually talking about the truth that exists for most of us here. Some people, like you, see it clearly. For others, it takes a while, and for some, they never accept it.

Lust is rarely purely about fulfilling a sexual need. It is usually about an emotional need, a hole, as you put it - something missing, or something bothering us. There's a problem, and we medicate - whether by viewing inappropriate things, talking to people we shouldn't, etc. But it's all to put a band-aid on a gaping wound.

So you ask why Hashem doesn't just take away your urge. I'll tell you why - because he loves you. He doesn't want you to cover up a gaping wound and pretend it isn't there, he wants you to deal with the underlying issues - and as crazy as that sounds, it is possible. Read my thread, from the beginning - I understand what loneliness is, and I went to insane, and dangerous lengths to comfort myself, insisting it was the only thing I could do in my situation.

Boruch Hashem, I was forced to face my issues and grow past them (at least a bit) before I got married, so that my wife was able to marry something closer to a whole person.

You can do the same.

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Re: My story, continued update of my progress (please help me)  
Posted by NoYiush - 21 Jan 2011 15:12

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[silentbattle wrote on 21 Jan 2011 07:08:](#)

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Boruch Hashem, I was forced to face my issues and grow past them (at least a bit) before I got married, so that my wife was able to marry something closer to a whole person.

You can do the same.

Yes, I understand your points and I agree that I'm medicating, and I'm aware of that. However, just to note, I'm actually asking Hashem to cure/ heal me from the underlying problems of loneliness and depression, not from the porn. Frankly, as I mentioned above, my sexual urge is back to normal now and I don't have a massive pull to watch porn. Fine, I've overcome that, but how do I deal with the wound now? The depression will not go away and has no reason to go away until I have strong hope of getting married.

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Re: My story, continued update of my progress (please help me)

Posted by ss7107 - 21 Jan 2011 15:21

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Wow, your pain sounds unbearable. I can identify with the sense of total loss of direction. Also, the chizuk from you guys is amazing!

As I was reading I was wondering what you would do if you found out today that you are NEVER going to get married. How would you live your life differently? If as you say, your sexual acting out is under control then what would your life look like. Would you find [healthy] things to make you feel good? How would you deal with depression and loneliness then? Well, I certainly don't have any idea of HIS plan for you but my sponsor would tell me "get into gratitude", make a list today of 20 things you are grateful for. It helps so much.

Good Shabbos.

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