

existential sadness

Posted by rakchazak613 - Yesterday 13:38

I'm 32 days into my journey. Just had enough of it. But I've been downright sad for most of these 32 days and so not myself. Just thought I would share that. Helps to get it off my chest. I hope it goes away soon, cuz i don't know how much longer my wife can cope with this version of me. As proud as I am of myself, within my current sadness, frankly, I don't want to be around myself either. Not suicidal G-d forbid, I'm just annoying to be around. Can't be easier for everyone around me. I need a real celebration, but sadly i'm struggling to take joy in my incredibly blessed life in the moment. First post.

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Re: existential sadness

Posted by yitzchokm - Yesterday 13:53

If you are referring to depression it would be worthwhile to try behavioral activation. There is a workbook about it called Getting Out of Depression One Step at a Time. I briefly described behavioral activation over here:

<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

There is one thing that you have to be careful with behavioral activation and that is that you continue doing your regular activities of functioning like davening, learning and working because it can become tempting to replace them with things you enjoy doing. Other than that, my psychologist says that behavioral activation is safe for everyone who has depression.

Google AI says that depression is a temporary withdrawal symptom from pornography use.

Don't make the mistake of having setbacks because of temporary withdrawal symptoms. Behavioral activation should be capable of treating it effectively.

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Re: existential sadness

Posted by kavey - Yesterday 14:09

Is this your body's way of telling you need porn and masturbation? If so, you're in the right place. A lot of the internal work people do is around reframing their mindset for porn and masturbation. Come jump in the water's warm!

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Re: existential sadness

Posted by lasttimewasthursday - Yesterday 14:31

[rakchazak613 wrote on 25 Aug 2025 13:38:](#)

I hope it goes away soon, cuz i don't know how much longer my wife can cope with this version of me.

i don't know if my next few words will be helpful or not but i decided to say it either way and you could take out of it whatever you want.

I don't know how much longer your wife would've be able to cope with your old version of livening a double life. One day she would've figured out what's going on and it would've been much worsen then the temporary pain that you and here are experiencing right now. Submit.

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Re: existential sadness

Posted by mggsbms - Yesterday 15:08

[rakchazak613 wrote on 25 Aug 2025 13:38:](#)

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myself either. Not suicidal G-d forbid, I'm just annoying to be around. Can't be easier for everyone around me. I need a real celebration, but sadly i'm struggling to take joy in my incredibly blessed life in the moment. First post.

I relate to all of this, and my wife can get super annoyed by sober, yet irritated and sometimes sad - me.

We tend to gravitate to lust to soothe underlying issues, and then they come to the forefront when we stop, however as the brain gets used to the new version of us, the pain and the sadness will lose its sting somewhat, that's been my experience atleast.

It's not easy and that's why support and friendships with guys that get it can be very helpful.

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Re: existential sadness

Posted by chaimoigen - Yesterday 17:16

[mggsbms wrote on 25 Aug 2025 15:08:](#)

[rakchazak613 wrote on 25 Aug 2025 13:38:](#)

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May I suggest that you read mggsbms's relatively recent thread entitled "a continuous struggle"? There's a lot to learn and I think you may find tremendous chizzuk. Here's a

link <https://guardyoureyes.com/forum/17-Balei-Battims-Forum/436206-A-continuous-struggle#436206>

and here's a warm hand,

chaim oigen

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Re: existential sadness

Posted by resilientviper61 - Yesterday 19:19

Same boat as you - except I'm on constant day 0....

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Re: existential sadness

Posted by rakchazak613 - Today 09:28

Today I'm finally feeling more similar to my former self for the first time since I began my streak. It probably has to do with the fact that I finally posted on the forum yesterday. So thanks for listening and replying. I never thought the hardest part of maintaining a streak this long would be such intense sadness. I'm assuming that life on the other side is worth the temporary uncomfortability. Please tell me this is worth the price. How much longer?

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