

just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 18 Oct 2009 16:01

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Hi-

this is my first time posting. i am a little nervous as to how this may go. Needles to say i have no idea what to expect, but i need help.

I was in a modern orthodox yeshiah high school, all boys. i messed up with porn pretyt frequently, and i was involved int he usual high school activities. namely, basketball, girls and the like.

I went to Yeshivah in Israel after high school. everything was unreal i grew a tremendous amount. i was clan for about a year an a half! i felt like no one can ever stop me. i was beyond all the troubles left behind. i did not think i would ever have to look back.

when i got back to America, i started college. the first few months went pretty well. i tripped up here and there but nothing consistent. i still felt like i was growing for the most part. granted, not as much as before. but that was expected

then the summer rolled around. i met a girl and we started dating. we were shomer. things esccalated and we slipped up with with being shomer. this went on for 2 months. finally, i decided i wanted to move on and be alone, because i wanted to grow again. i felt like she was holding me back. we had other reasons to break up, like school, but the main reason was because i wanted to get back to the place i was befre. we both felt this was true for both of us.

after e broke up, we still spoke. i felt fine. i was growing. then a few weeks later, something happened and we cut each other out of our lives. this just happened.

i feel terrible. this is hat i wanted the whole time, yet now that i have it, i feel liek garbage. i feel like i dont want this. i dont want to continue on this teshuva path anymore. i dont feel inspired. this is what i wanted, but now i dont want this to be the realty.

how do cope with this issue? i cant focus on anything anymore and i feel like i might mess up because im feeling depressed. please help

thank you

hope to hear from you soon

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 15 Nov 2009 15:58

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thanks guys. thats the plan! the lessons have been learned, now its time to live them

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Re: just took a step forward....but feel worse than when i started  
Posted by imtrying25 - 15 Nov 2009 22:02

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im happy that she put all the tension to rest. now i can move on and not have any unanswered questions.

And we are all happy to hear things worked out the way they did. Good for you. Sounds like your more relaxed now which can only be a good thing. So hatzlacha on your "**strive**"!!

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 16 Nov 2009 18:06

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hey guys-

here is the CRAZY update. i really hope everyone is out and there and can read this very soon.

so like i said, we made up. she was around school yesterday so i went to say hello. long story short, after talking about my issues, i realized hers. she pretty much admitted that she is still dealing with the issues we were dealing with (shomer nigiyah) and that she has lost emunah completely. she does not have any desire to be frum in the slightest. she has completely given up hope. she thinks frumkate will not get her anywhere, so why not just do whatever she wants. that's her attitude. she just does not care.

after 2 hours, i got her to admit her life is fake. she is not really happy. she realizes that there is almost no way she will end up happy the way she is going. im not sure if she decided to take my advice. i know she heard it. she said she would think about it. i made some impact.

so we had that discussion. her boyfriend found out we talked, and he flipped. an hour later she called me to tell me we can't talk anymore. we need to be "distant" fine, that hurt. but whatever. i just don't care anymore. she has not done anything positive for me. i don't care if i don't have her anymore.

so first the good news. the good news is i now have close to no feelings for her. she is REALLY not for me. i don't want someone with these issues. so BH i don't have her. yea it hurts now, but so what. im better off without her in my life. i can't possibly live a happy life with someone like this. maybe she will change. but for now, there is now way i can think about anything happening

the bad news is i feel sort of guilty. i feel guilty for not being able to help her, and bc this may have sort of been partially my fault. just a little bit. maybe i can help her. i know she is wasting her life. i know her well. i know she is going to wake up one day and realize a year later she has nothing. this guy clearly only wants her bc she is offering him physical pleasure. she knows this is a bad move. she knows she is wasting herself. but maybe i can help her. but i can't anymore. or can i?

i really hope to hear from you guys soon

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 16 Nov 2009 20:00

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guys?

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Re: just took a step forward....but feel worse than when i started  
Posted by habib613 - 16 Nov 2009 21:29

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i wanted to reply, but i couldn't arrange my thoughts properly.

and then rage came along.

i have nothing to add!

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 16 Nov 2009 21:49

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thanks a lot.

im going to step aside. i guess she needs to relaize it on her own. deep down she knows she on the wrong path.

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Re: just took a step forward....but feel worse than when i started

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Posted by strivingfortruth - 16 Nov 2009 21:59

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i hear you on that. she was my addiction. and know shes gone, causing some other guy to be addicted to the same exact same thing i was. but thats besides the point

so i have no challenge! hashem just took it from me like candy from a baby, baruch hashem. yet, i still have these feelings. maybe theres more?

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 16 Nov 2009 22:03

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i acted out on my addiction once in 35 days. i dont have pron issues. im too busy for that stuff. when i hadher it was easy to get what i wanted. now i cant get it, so im left feeling alone.

yea lust is my issue....but it turns into being lonly

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 16 Nov 2009 22:13

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i guess im feeding it by feeling lonely

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Re: just took a step forward....but feel worse than when i started

Posted by 7yipol - 17 Nov 2009 09:51

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Rages replies are so on the ball that I have nothing of value to add.

Listen to that man; he knows his issues when he sees 'em.

I honestly relate to your feelings Striving; as Ive said before, Ive been there too.

Time to feel good about the correct decision youve made,

fill that hole by giving to someone else in need

and return to living.

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 17 Nov 2009 16:15

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im giving to the elder community today. im really excited. i started doing this once a week, and i think its a great idea, thanks to you guys. today is my first real day at the home. ill keep u guys updated on that.

as for moving on, its hard starting all over. thats really about it. its so clear shes not the one. i have to find more emunah, something she is severely missing, and has given up on. what a crazy world.

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 17 Nov 2009 16:26

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thats the plan. this time, i gotta work harder on minimizing the bumps on the road

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Re: just took a step forward....but feel worse than when i started

Posted by 7yipol - 17 Nov 2009 19:19

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[strivingfortruth wrote on 17 Nov 2009 16:26:](#)

thats the plan. this time, i gotta work harder on minimizing the bumps on the road

Oh oh, you said the wrong thing here. :o

R' Dov and Uri are going to be here really soon telling you that control is not the way to go!

I hear R' Dov pedaling over on his tricycle ...

and Uri panting behind as he flips thru pages from Rav Shlachters book...

Forget minimizing the bumps.

Hashem places the bumps in strategic spots, davka.

Learn to enjoy the ride (come on; dont you like roller coasters? So whats a bump or two)?

Sit comfy in the passanger seat, fold your arms and relax.

Hashem is the in the drivers seat.

And He'll never get you lost!

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 17 Nov 2009 19:29

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i do really beleive that to be true. its just lately every time i fall, a nd i want to keep going something always pulls me back. here i am again. i moved for 3 weeks, sh shows up, then leaves again. its like roller coaster that just does not want to end.

thanks for the input though..hope to hear from everyone else soon

**GYE - Guard Your Eyes**

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