

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

Posted by strivingfortruth - 18 Oct 2009 16:01

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 Israeel 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 - 28 Oct 2009 03:17

i find that most times im thinking about all the assur things we did together, and how much i miss it. yea i know, its the yetzer harah. but i dont want to think about how great it felt, even though it wasnt great right after.

i also have feelings for her. but mostly, the feelings are for lust. as i said before, its not her, its the feelings she gave me. well mostly, anyway. i just wanna move on. i did what i had to do. where does hashems help become apparent?

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Re: just took a step forward....but feel worse than when i started
Posted by habib613 - 28 Oct 2009 03:22

you're asking when you start seeing Hashem's hugs

my answer: when you look for them

I'm not qualified to answer when it gets easier, considering that my longest clean streak lately has been 32 days.

but i do know that when you work on getting rid of your lust, not just stopping acting out, it should get easier.

how do you get rid of lust?

work the 12 steps

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Re: just took a step forward....but feel worse than when i started
Posted by the.guard - 28 Oct 2009 08:00

where does hashems help become apparent?

Please see Chizuk e-mail #233 on [this page](#) (scroll down)

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Re: just took a step forward....but feel worse than when i started
Posted by 7yipol - 28 Oct 2009 09:31

[strivingfortruth wrote on 28 Oct 2009 03:05:](#)

hey guys-

i know it has been a while, but here is the update:

i broke it off. we are only speaking once a week. this is one of my biggest accomplishments. im really proud

yet again, i dont feel right. my feelings have not diminished and its been almost 2 weeks.

please help. how long do i have to wait?

thanks

striving

You have reason to feel proud that you have dropped communication to only once a week.

BUT the truth is, you havent severed anything.

You are still emotionally tied to her

and that neediness *WILL NOT GO AWAY* until you cut the cord totally.

Sorry if it sounds coldhearted,

but been there, done that.

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

Posted by strivingfortruth - 28 Oct 2009 13:55

i know im supposed to fully break it off, but im not ready. i wasnt ready for this move either, and it took me time to make the move.

so now here i am. waiting for my next move. i understand im supposed to make it a clean break but as of now i dont want to. im hoping the feelings will go away at least a little. again, its lonely feelings, not so much feelings for her. does this make a difference?

thanks

striving

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

Posted by Me3 - 28 Oct 2009 14:28

Striving

There is no denying that your interaction with her filled a physical and emotional need for you, and that you enjoyed it. That's human nature and you can't change that.

At the same time it was also spiritually a zero if not torturous.

That is why you stopped. Coming to the spiritual realization that what you were doing was wrong and having the strength and maturity to stop, doesn't change the fact that you enjoyed the past.

That is probably the hardest thing to reconcile in this area. We say how much we want to stop and we daven to Hashem to help us stop, and yet when we fall we enjoy every moment (on a very base level) of it.

Getting over a relationship takes time. More time than 2 weeks. It takes a very long time for feelings to fade, but they do. And I can't sugar coat it for you by saying it will not be a big deal.

It's tough.

It's rotten.

It's lonely

It's worth it.

So be proud of what you've done so far. Keep up the good work. Stay tough, and

Keep on trucking...

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

Posted by strivingfortruth - 28 Oct 2009 15:48

thanks for the chizuk.

OK, so heres what my yetzer hara has been thinking (or making me think about) today:

i would appreciate if you guys could respond to this, so i better understand how to react to this claim of the yetzer hara

what would be so bad, if we continued dating, and we were not shomer? so what? id still be a frum jew, but id have just this one issue, just like all the people out there have issues. why couldnt this be my issue?

eventually, when we got engaged (if that happened) we would stop. but untill then, why couldnt i just work through. its not as if im a perfect person without her. this would have just been on the list, and anyway id fix it as time went on. and lts say i didnt fix it. would it be so bad if i married her? so what, we would still get married. would it really ruin everything? how could that even be?

...so thats what going through my mind.

please help!! its really getting to me...im drowning again!!

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Re: just took a step forward....but feel worse than when i started
Posted by strivingfortruth - 28 Oct 2009 17:45

anybody home?

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Re: just took a step forward....but feel worse than when i started
Posted by habib613 - 28 Oct 2009 17:57

i wish someone smarter than me were around, but alas, the forum is quite dead at the moment.

ok

i can really use some help here, im going backwards again
so basically, you realized you were addicted to lust, right?

and then you decided to tackle the issue, basically broke it off with the girl, only you left yourself
an escape route just in case you got tired of fighting the YH.

so what does the YH do?

he tells you that he doesn't exist.

it's all in your head.

you're not an addict. go ahead, do what feels good. it's fun to have a girlfriend, and hey, maybe
one day you'll marry her, so really retroactively it's nto even a cheit!

WRONG!!!

why do you want her now?

because you feel comfortable around her. you feel good.

isn't it nice to have ppl know that you have a girlfriend? i mean, doesn't that prove to the world that you're worthwhile?

thing is, you realize that what you want isn't right. that's why you're even posting.

for you to use this girl, no matter for what, is wrong.

and besides for that, you are an addict! you'll never be satisfied with a little lusting. that's why you're here, to get rid of the lust. that's why i'm here too, in fact.

did this help even a little?

and if it made it worse, please tell me that too.

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

Posted by strivingfortruth - 28 Oct 2009 18:03

habibi-

it certainly did not make me feel worse. so thanks for the support.

the thing is, i dont have an escape route. i cant call her. also, i dont care about people knowing. i didnt feel like iw as using her bc i had feelings for her and she had feelings for me too.

the fact is, you are right in the fact that i was addicted to the lust. yes i know i got carried away. but at the end of the day she is happy with someone else)or maybe not who knows) and im sitting here trying to figure out how not too get tied up in this. i just want to know how im supposed to convince myself i dont need her in my life. im a very very busy guy. i have so much school work and tests on my head. and yet, its still not enough to get my mind off of it. there has to be something more. it cant just be time. at least, i really hope it cant.

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

Posted by habib613 - 28 Oct 2009 18:14

just habib please, not habibi

sorry i was so off the mark before

i think it's really just comfort.

maybe i'm wrong.

but especially for busy people who have tons to do and no time to breathe, having something to fall back on when your stressed is important.

and she made you feel good. it was mutual, ok.

so right now, when she's happy with someone else, you're still missing her.

maybe cuz you're missing the closeness?

really the only thing i can suggest is the twelve steps

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

Posted by strivingfortruth - 28 Oct 2009 19:02

it alright, i appreciate the help.

i guess its a time issue. maybe ill try the 12 steps. im hoping things will just come together in the next few weeks

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

Posted by 7yipol - 29 Oct 2009 11:05

So sorry we werent here for you yesterday.

Habib is amazing though, so you got the best.

You cant replace an *emotional* need with school work! Unless you adore tests!

Emotional emptiness and neediness needs to be filled with emotional fullness, not just "busy".

Filling your need with a physical relationship is like feeding sugar cookies to a diabetic all day, or peanut butter to soemone allergic to peanuts.

How do you think you can heal while holding onto the very poison which is making you sick?

I agree that in many ways, you are just using this girl to fill your basic desires physically and emotionally.

A healthy relationship means GIVING NOT TAKING.

Try fill the emptiness by GIVING and then you will experience real freedom and self esteem.

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Re: just took a step forward....but feel worse than when i started
Posted by strivingfortruth - 29 Oct 2009 16:48

that makes a lot of sense. i understand what i was using her for, i know what was wrong.

i signed up to volunteer for the elderly. i hope this does the trick. i have always loved to give. somehow,after all this discussion i feel like its mostly a time based issue. maybe there are not any secret cures. well just have to wait and see i guess. i just cant stand all the times i randomly wonder about what could have been. thats what hurts the most. those thoughts.

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