

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 7yipol - 04 Nov 2009 10:57

[strivingfortruth wrote on 04 Nov 2009 00:33:](#)

am i supposed to tell myself that maybe we will get back together? what about the fact that i am so disgusted with the way she acted towards me in the last 2 weeks? many times i tel myself shes not for me just con console myself. is this a wrong approach? deep down i feel there is a very little chance i would one day want to marry her.

thanks again

If at this point you already realizee that this is not a long term relationship, then NO, do not 'comfort' yourself with fake thoughts of a future together.

Give yourself a specific time limit to allow grieving, and then move on.

Its already 2 weeks? So erev Shabbos, put it behind you forever.

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

Posted by strivingfortruth - 05 Nov 2009 18:56

here is the sad update

she texted me. i responded but seemed disinterested. the convo lasted about 4 texts. i feel some after affects, but nothing major. so the good news is that im getting over her. i am going to ignore her next time only because i dont want to have any of these feelings, even if they are very little

now for the sad news. i had a fall. i dont know what else to say. i feel terrible. i had a fall because i felt like a failure in school and i didnt feel like being a good jew made any difference. thats about it.

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

Posted by the.guard - 05 Nov 2009 19:24

We feel your pain. This is a most difficult period for you...

i had a fall because i felt like a failure in school and i didnt feel like being a good jew made any difference. thats about it.

If recovery is all about being a "good Jew", then you may not have the strength to ever break this addiction. It's **not** just about that. It's about getting out of the prison of the "self". If we let the addiction control us, it will ultimately destroy our lives and those of our future families.

May Hashem give you strength to get over her, and to start to LIVE with Hashem.

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Re: just took a step forward....but feel worse than when i started
Posted by 7yipol - 06 Nov 2009 10:32

Guard said it best

But wanted you to know that we all care.

Good luck and be patient with yourself.

Keep reading those handbooks!

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Re: just took a step forward....but feel worse than when i started
Posted by strivingfortruth - 11 Nov 2009 20:01

hey guys-

its been a few weeks now. not much has changed. i still think about her a lot. we have not had any contact.

i need chizuk again.

please help

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

Posted by imtrying25 - 11 Nov 2009 20:30

Hey SFT. I dont really know what to say to you. All i can say is that my heart goes out for you. Your bringing karbonos every day. G-D definitely sees what your going through and its bringing him such nachas ruach, something we cant even imagine.

As an eitzah. I think maybe try not to think about the past. Try to keep your mind focused on the present and/or the future. How time heals all wounds. And so give it some time and things will get better. In the meantime keep posting here and we all are gonna be here for you. Think of it as an investment. Although we cant see it or even fathom it now , but everything we give up now will bring us so much more in the future. Hazorim b'dimah b'rinah yiktzoru. We feel the tears. give it some time and the rinah will come. And thats gonna feel like nothing else in the world. Hatzlocha and we are davening for you.

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

Posted by strivingfortruth - 11 Nov 2009 20:34

thanks for the kind words, i really appreciate it.

i know what you mean, i just wish there was a way not to keep thinking about how i miss her in my life. proving to myself she wasnt the one does not help all that much.

heres a great quote:

"Romantic Love is a huge fraud foisted on the western world by poets and novelists, but it has no place in reality, and it always ends in frustration. It is only when marriages are made with rational considerations, that the participants thereby are satisfied. Art 'for itself' is an empty affectation, and Literature is the great chorus of falsehood which continues to persuade men that all these empty values are important."

i fully belive in this. i just want to live it

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Re: just took a step forward....but feel worse than when i started
Posted by withgdshelp - 11 Nov 2009 20:37

Just skimmed over this thread - sorry if someone basically said this already:

no one can make you feel anything - angry, depressed, worried, whatever.

Other people can only act. You choose how you react.

This girl doesn't make you depressed. You choose.

You should not need a relationship to feel happy and fulfilled - certainly not a forbidden relationship.

I wouldn't have the guts to cut off communication completely - but maybe you do. As an anonymous outsider, that seems to be the best course of action.

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Re: just took a step forward....but feel worse than when i started
Posted by strivingfortruth - 11 Nov 2009 20:38

i know i dont need it to make me feel fulfilled.

i want to live it. knowing it does not help.

thanks for the support

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Re: just took a step forward....but feel worse than when i started
Posted by imtrying25 - 11 Nov 2009 20:44

STF. I saw that quote adn i saw that it was from R avigdor Miller. So why not try one of his famous tactics. He would tell people the way to work on loving Hashem is by repeating i love Hashem at least ten times a day. So why not do the same with this quote. Hey you never know.

I recently was speaking to a friend of mine who had gotten divorced some time before that. I was telling him that the expression "Love at first sight" is in essence an oxymoron. Love is something that comes with time with sweat blood and tears. It comes when two people are an unselfish as possible. The love the 95 year old couple has for eachother is unthinkable. it comes with giving, giving and some more giving. And maybe even more giving. Anyways we love you man and we hope and pray that evrything should work out the best for you.

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Re: just took a step forward....but feel worse than when i started
Posted by withgdshelp - 11 Nov 2009 20:45

That's why we said "naaseh" before we said "nishma" when we got the Torah.

The inner faith and commitment comes from the doing it.

You WILL "live it". Everyday that passes of doing the right thing will bring you to a deep understanding of how this perfects your soul.

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Re: just took a step forward....but feel worse than when i started
Posted by strivingfortruth - 11 Nov 2009 20:49

you guys are really amazing. thanks so much.

im gonna keep going. i will keep everyone posted.

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

Posted by 7yipol - 11 Nov 2009 20:56

The advice and support from your peers and friends here is worth far more than anything I could add.

REAL love is out there for you; waiting until you are ready for a long lasting commitment and lifetime of love as Hashem meant it to be shared.

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

Posted by strivingfortruth - 12 Nov 2009 01:36

just found out i did poorly on another test. this one was super easy. somehow i found a way to mess up again.

i feel stupid again. back to where i started. i feel like nothing i do ever works. i want to slip up very badly. i think i might slip soon. i cant take this anymore. my life looks like a total faluire

i fought my yetzer hara and i told him i wouldnt sin til i posted on here. i hope this helps.

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