

**Depressed Over Falls / Computer Misuse**

Posted by Struggling in the UK - 24 Nov 2009 23:49

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Hi

Too long a story to explain how I reached here. But b'kitzur, I'm married and in 30s with children kn"h. I managed to stay clean for just over two years. Then for certain reasons had a slip in July 2006 and since then have not be able to shake it off. I've tried a lot of different things and have driven myself mad. I even smashed my iPhone once to punish myself.

Anyway, I have bought a new laptop just over two months ago and - partly driven by my gashmius-loving attachment to my pride-and-joy new computer - had not looked at anything inappropriate on it. That's not to say I have been good because I used my wife's computer instead. However, having set up all manner of passwords that can never be got through short of reformatting my wife's computer, this morning I finally succumbed and misused my new laptop.

I am now devesated. First and foremost obviously because I am trying hard to overcome this problem. Secondly though because I feel I have now tainted my computer and feel like 'it' needs to go to the mikvah as much as me!! Is this totally insane? Has anyone else ever felt like this? I have been crazy all day about it wishing I could turn the clock back. I feel like I now have a 'dirty' and 'impure' computer.

Maybe this is me projecting my depression about my impure neshomo or impure eyes onto a third party. I don't know. But has anyone else felt this? Or am I just crazy? And what can I do about it? There is part of me wants to destroy the computer and another part wants to reformat it and start again but I know this is crazy and can't undo the aveirah I have done.

Please help

Struggling in the UK

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 20 Dec 2009 19:30

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I know you're right. Still, it's a struggle.

The key for me is to stay happy - and to avoid acting out which of course makes me incredibly unhappy. If only in moments of temptation I didn't forget just how miserable I'd be making myself.

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 21 Dec 2009 02:36

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I know - it's so easy to focus on the temporary fake pleasure. It's so tempting.

That's part of why GYE helps - it helps us remember what we need to do, what's important, and what we really want.

And the fact that you're involved with this, and the very fact that you ARE struggling, and not giving in (as most of world has done) should make you smile, even if just for a few moments.

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Re: Depressed Over Falls / Computer Misuse  
Posted by imtrying25 - 21 Dec 2009 13:37

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Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 21 Dec 2009 22:42

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trying hard - thanks for asking.

Keeping smiling and keeping myself away from bad things

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Re: Depressed Over Falls / Computer Misuse

Posted by imtrying25 - 21 Dec 2009 22:46

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[Struggling in the UK wrote on 21 Dec 2009 22:42:](#)

trying hard - thanks for asking.

Keeping smiling and keeping myself away from bad things

Nu? What could be better?

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 27 Dec 2009 03:34

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help!

i was on day 11 and got tempted.

I started looking at sites and acting out but as i have mentioned before, without any real pleasure from it. As a result i didn't even complete the act as it were and just stopped.

i've had enough and will sort k9 with a gabbai on here.

But do i have to start the count of days again? /it's weird but that thought depresses me so s o much.

thanks

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Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 27 Dec 2009 03:53

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to clarify question, i obviously have done the aveiro of pogum habris not to mention failing to be shomer aynayim. But i wasn't oiver szl.

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 27 Dec 2009 06:12

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Yeah, I think the clock gets restarted. I'm sorry, I can only imagine the difficulty you must feel at having to start again.

But remember that this fall got you to where you are now - which is, ready to start using a filter! And that's a huge step forward! So look at it that way, you're starting again, but better prepared than ever before!

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Re: Depressed Over Falls / Computer Misuse  
Posted by Momo - 27 Dec 2009 08:36

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**YOU ARE SOMEBODY SPECIAL!!!**

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Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 27 Dec 2009 08:47

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I don't feel it :-(

does anyone have lots of thoughts of self-harm etc when they have fallen? I just feel so low now  
- not in a kind of 'it doesn't matter, you're going to gehinom so you may as well have fun' type  
way. More in a 'i want to seriously hurt myself' way.

it is a horrible feeling.

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Re: Depressed Over Falls / Computer Misuse  
Posted by Momo - 27 Dec 2009 08:51

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[Struggling in the UK wrote on 27 Dec 2009 08:47:](#)

I don't feel it :-(

does anyone have lots of thoughts of self-harm etc when they have fallen? I just feel so low now  
- not in a kind of 'it doesn't matter, you're going to gehinom so you may as well have fun' type  
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it is a horrible feeling.

Yes. I did (feel like hurting myself).

You have to try to not get yourself down about it. You fell, OK, give the Y"H that korban, now  
live the rest of the day for you and HaShem.

It's not the battle lost or won that counts, it's the overall war. Even the best general loses a

battle or two, but not the war.

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Re: Depressed Over Falls / Computer Misuse

Posted by silentbattle - 27 Dec 2009 09:39

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And especially with your history, you KNOW that it's not coming from a place of realizing how terrible the aveirah is, in a way of emes - rather, it's coming from the yetzer hora - and he's ALL about sheker.

So if you want to listen to the yetzer tov, then smile, and know that by doing so, you're doing what hashem wants.

And what we want, here - we want you to be happy! And it's even better, since we (certainly me, and i think everyone would agree with me) know that you're on the right track, and you're working to improve yourself, and that being happy will help you in that!

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Re: Depressed Over Falls / Computer Misuse

Posted by silentbattle - 27 Dec 2009 09:40

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Can I ask if you've ever gone to therapy?

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 27 Dec 2009 10:44

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no i haven't

why do you ask?

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