

**Mental Health and Marriage**Posted by hashemyeracheim613 - 13 Oct 2020 20:55

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Hi. I am 26 years old. I have been struggling with inappropriate content since I was in ninth grade. My well meaning father ironically got me an iPod touch as a reward for learning over the summer. After hearing my friends speak about things they had seen, I ventured into the forbidden territory. I tried stopping so many times. I made promises. I put on codes. I eventually smashed the iPod. But the Scourge always found a way back into my life. This wasn't the only front I was fighting though. I had a very low self image growing up. I felt out of place. My family was also semi-dysfunctional and I had a very difficult OTD brother. Then when I was in twelfth grade I started having obsessive thoughts about the craziest things. My self esteem plunged even lower. I was convinced that I was sick and totally beyond help. It was so frightening. I suffered alone until I got to Israel. I finally told a Rebbe what I was going through, and he referred me to a therapist. It took me about six months to even consider the possibility that I was normal, and another six months to get to a point that I was ready to move on to the next stage. I finally went home to start shidduchim. I was convinced that I would get married right away, put my past behind me, and start a beautiful new chapter in my life. After all I had been through, surely God was not going to let me suffer anymore. But my life started spiraling downward very quickly. Being home in a toxic environment brought me back exactly to where I was before therapy. The stress and anxiety of dating was also overwhelming. I went out with the first girl until she said no to me because of my family. I wasn't sure that I wanted to marry her, but I was heartbroken. My dreams of a happily ever after were broken. Then, at the advice of a relative, I moved out of my house. My parents were hurt, confused, and angry. I was filled with guilt. I felt homeless, and I became even more depressed and anxious. It came to a point that I couldn't bring myself to date anymore. I was bouncing around therapists, hoping that someone would fix me, but not believing that they could. I eventually found a therapist who managed to convey to me that the only way out is by accepting my situation, and taking responsibility for my own life. Slowly, I started getting control of my emotions. I began to realize who I am and what I'm capable of. I even started being happy with my life and not blaming God so much for my circumstances. I started dating again, which was a huge milestone. I still had never confronted my 'habit' head on though. I felt guilty about going out and also using the internet. I read some articles about internet usage, and I realized that my habit was really an addiction. I saw the negative effects it can have on a marriage. Studies also show that it's detrimental to mental health, by causing anxiety and depression. It's time to fix up my act. I want to be clean going into marriage. I want to feel good about myself when going on dates. I want to be the best me.

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**Re: Mental Health and Marriage**Posted by hashemyeracheim613 - 20 Apr 2021 19:14

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Hey Chevra. Thanks for all of your feedback. It really helps me out. I just had a one week streak Baruch Hashem. Then on Motzai Shabbos I had a ton of anxiety about marriage. I totally lost my motivation to fight and I fell three times in twenty four hours. I was supposed to go out with

my Kallah the next day and I felt horrible about seeing her in such a state. I spoke to a Rebbi who helped me get into a good mindset, and Baruch Hashem our date went well. I'm back on track and I'm ready to punch back.

Someone asked how to disclose this information. My personal GYE struggle is mainly masturbation. I did have a struggle with Internet several months ago but it was never out of control. These were not things I shared on dates. I think that everyone should consult with a Rebbi on what to disclose, because everyone's struggle is different. I did have to tell her about my family, anxiety, therapy and medication though. I was advised to not make it a dramatic event, rather to discuss it nonchalantly but confidently. She was impressed by how upfront and transparent I was, and by the maturity displayed in confronting and discussing these issues. I think the same would apply to any serious disclosure of any nature.

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Re: Mental Health and Marriage

Posted by ihadstringsbutnowimfree - 20 Apr 2021 19:55

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 21 Apr 2021 19:31

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Hey everyone. The Holy ~~Nudge~~ Ish MiGrodno is demanding that I keep clean for two week stretches to get used to off-weeks in marriage. So far I am two days clean. Thank you Ish!!

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 21 Apr 2021 19:37

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Hey everyone. My Holy ~~talmid~~ Rebbi HY613 **WILL BE** keeping clean for 2 week stretches to get used to "nidah-weeks" beginning with his upcoming marriage. This great tzadik is already 2 days clean! Please chime in with your fanfare, etc.... Thank you HY613 for being such an awesome inspiration!!

Humbled in Grodno ~ IMG

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Re: Mental Health and Marriage

Posted by Hakolhevel - 22 Apr 2021 01:04

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2 Weeks. One day at a time. YOU GOT THIS!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 26 Apr 2021 17:24

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Hey guys. I fell twice. I didn't know how hard Shomer Negiah was going to be. We didn't touch, but being around her definitely wakes up a ton of urges. I'm also still having a lot of anxiety about marriage. I really want to hit two weeks so away we go...

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Re: Mental Health and Marriage

Posted by jewish jew - 27 Apr 2021 02:33

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Keep up the great work!

You were shomer negia (no simple feat at all)!!

The only thing you need to think about right now is what boundaries can you put in place to keep you from slipping in the shomer negia area.

In regards to the p&m issue, that you'll deal with when you are in a slightly better emotional place, (hopefully that will be by tomorrow)

**Warning: Spoiler!**

**Warning: Spoiler!**

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 28 Apr 2021 17:51

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I went out again last night. After the date we got really close to each other and it was so hard not to touch her. We decided that this can't happen again, so we came up with four reasons not to touch until the wedding

1. We want Hashem to be in our relationship. When done properly, it's holy and hopefully Hashem will bestow us with his Bracha. If we engage in touching when we are not allowed to it's animalistic and selfish.
2. We want it to be new and exciting by the wedding.
3. Touching and getting really close is Assur. Even though we are engaged we aren't Halachically any different.
4. We want to exercise our self-control muscles for off-weeks and learn how to be close without touching.

P.S. I'm two days clean Baruch Hashem.

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 28 Apr 2021 21:01

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OK, so here goes the most super-annoying-response of all time:

?May I nitpick and change the order to:

## **HALACHA GOES FIRST**

*1. Touching and getting really close is Assur. Even though we are engaged we aren't Halachically any different.*

## **HASHKAFA / MENTAL HEALTH REASON**

*2. We want to exercise our self-control muscles for off-weeks and learn how to be close without touching.*

## **RUCHNIYUS FRINGE BENEFIT**

*3. We want Hashem to be in our relationship. When done properly, it's holy and hopefully Hashem will bestow us with his Bracha. If we engage in touching when we are not allowed to it's animalistic and selfish.*

## **RELATIONSHIP & GASHMIYUS FRINGE BENEFIT**

*4. We want it to be new and exciting by the wedding.*

You can call me tonight to blast me for this most annoying post : )

Bein' arrogant in Grodno ~ IMG

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Re: Mental Health and Marriage  
Posted by Oved - 28 Apr 2021 22:31

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 28 Apr 2021 23:14

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R' Oved Shlit"a,

Great point - and well taken : )

Efshar could be that you are more of a nefesh hachaim (or Tanya?) guy - whereas I am from the mesilas yesharim school?

Either way, this would make for an unbelievable conversation over bourbon and cholent...

Lookin' forward to meetin' by Kidush @ the great shul of Grodno ~ IMG

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Re: Mental Health and Marriage

Posted by concernedjew21 - 28 Apr 2021 23:33

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In my unfortunate experience once a boy and girl have disclosed to each other that they find it difficult not to touch, it only makes it more of an option and possibility, and, if you allow yourselves the opportunity, an inevitability.

The only way to stop it is to stop talking about it and to absolutely not allow yourselves to be in a place where it's possible for it to happen, which means going BEYOND what hilchos yichud requires. No shmoozing in the car for long periods, even if you're parked on a street somewhere, etc.

It's tough, but if you're serious about not touching, it's the only way.

But if you keep telling each other how much you want to and how hard it is, and allowing yourselves to be somewhere where its possible, all the logic in the world wont stand up to desire. Ein apitropis laroyos, you can't plan for pure willpower to win out against lust, it's planning to fail.

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Re: Mental Health and Marriage  
Posted by EvedHashem1836 - 29 Apr 2021 01:27

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[Oved wrote on 28 Apr 2021 22:31:](#)

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Uhhh explain please?

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Re: Mental Health and Marriage  
Posted by Ish MiGrodno - 29 Apr 2021 01:28

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The Rabbanim have instituted basic gedarim for chasanim & kallos; HY613 is doing a great job seeking the healthy and moderate approach within those parameters.

With all due respect R' CJ21, I think that your approach is a bit extreme...

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IMG

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