

**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 - 13 May 2021 17:25

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I spoke to HHM at length about not beating myself up so much. It's very hard though. I feel like such a failure from the repeated attempts at stopping that don't work. I find it difficult to find the balance of knowing that masturbation is wrong and trying to stop, and not being too tough on

myself when I do fall.

I messed up yesterday when talking to my Kallah on the phone. It was not a pleasant feeling. I channeled my enjoyment of talking to her into a selfish and wrong act. I feel really gross about it.

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Re: Mental Health and Marriage

Posted by DavidT - 13 May 2021 18:20

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Instead of viewing your slip as a step backward, think of it as a progression on your road to recovery. Most people in recovery have relapses, and if you think of each attempt at sobriety as a means of getting closer to your end goal — a lesson in your cumulative recovery learning, so to speak — this setback won't be in vain.

A slip may feel like the end of the world, but really, it's an opportunity for growth and reinforcing basic life skills that need more work. Many people emerge from relapse with a fresh scare regarding what they are up against, as well as a deeper commitment to becoming sober. This renewed motivation can help you come back from a relapse even stronger than you were before.

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 14 May 2021 11:33

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Your honesty is refreshing and will iyh be a key component of your recovery. Let's review. You have radically changed your life by BH having kept yourself clean from pornography for a long time. Your masturbation is more of an anxiety issue than a ta'avah issue. Your kallah is on the same page as you about setting up a home technologically safe. You have more clarity than most chassanim about the purpose of the bedroom. You are heading toward iyh a beautiful married life.

Disclaimer - Of course it is far from geshmak to masturbate while on the phone with the kallah. Meeting and shmuesing as chassan and kallah is very teasing and challenging. I would dare

say that it is quite common that things like that happen with many guys. Of course i am not saying "it is ok", but you are normal buddy. Maybe next time shmuess while outdoors... or come up with some other practical deterrent.

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Re: Mental Health and Marriage

Posted by bego - 14 May 2021 14:02

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Disclaimer - Of course it is far from geshmak to masturbate while on the phone with the kallah. Meeting and shmuesing as chassan and kallah is very teasing and challenging. I would dare say that it is quite common that things like that happen with many guys. Of course i am not saying "it is ok", but you are normal buddy. Maybe next time shmuess while outdoors... or come up with some other practical deterrent.

I strongly second this. being engaged was VERY hard. Still remember it well. Would have loved to have this website and the ideas here to guide me through.

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Re: Mental Health and Marriage

Posted by Captain - 25 Jun 2021 13:44

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Hey HY613, how's it going?

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Re: Mental Health and Marriage

Posted by ihadstringsbutnowimfree - 20 Jul 2021 18:17

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Re: Mental Health and Marriage

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Posted by ihadstringsbutnowimfree - 20 Jul 2021 18:19

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Re: Mental Health and Marriage

Posted by FighterWithFire - 06 Aug 2021 02:49

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@HY613, you're incredible. I'm a 20 year old Bochur in the States who has been struggling with pornography (no masturbation whatsoever, B"H) for 3 years. I long to be with a girl constantly. Your story is truly inspiring (especially since you're dealing with much rougher situations than I am, B'li Ayin Hara). Feel free to read my story here (and I should add to it that right now, the Wi-Fi in my house is filtered on ALL devices, so I have almost no access whatsoever, B"H): [guardyoureyes.com/forum/1-Break-Free/366231-I-want-a-girl-so-badly](https://guardyoureyes.com/forum/1-Break-Free/366231-I-want-a-girl-so-badly)

Again, thank you so much for the inspiration. Wishing you continued Hatzlacha, and may you and your Kallah know nothing but Bracha, Simcha V'shalom, and be zocheh to build a Bayis Ne'emon B'Yisrael!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 10 Aug 2021 03:25

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Hi everyone. It's been a while. Baruch Hashem things are going very well, but the story of Mental Health and Marriage still continues. I am really busy and I don't know when I will post next. All the best.

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Re: Mental Health and Marriage

Posted by supremeone - 10 Aug 2021 10:57

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Hey there,

I am new but I just wanted to say I have read your story and honestly it's amazing how much I related to it. Thank you, it gives me some hope that maybe I can find someone myself.

I wish you only success. God speed.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 14 Sep 2021 05:17

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Hey everybody. Baruch Hashem life has been busy. These past three months of marriage have been very good. My wife is wonderful, and going on the journey of life with someone else is really amazing. But subjectively, it's been very difficult. The two topics of my thread, mental health and marriage, have merged into one huge obstacle. While I was engaged, I was barraged by nervousness about having a broken engagement, or if I was making the right choice. Now, those anxieties have increased. I wonder if I made the right decision. I wonder what the future has in store for us. I wonder if our bond is strong enough to last a lifetime. I wonder if she really loves me. Sometimes these thoughts totally disappear, but when I am not my best self, they haunt me. Sometimes it seems so real. When I don't feel like I love myself, it is so hard to trust in her love. Only a strong sense of self can be the receptacle for someone else's love. I don't mean to say that I'm never successful, but it is taking some time to adjust. And now it's not just me in the picture. I do share what I'm going through with my wife, but for the most part I try to keep the struggle contained. I really make an effort to put aside my thoughts and to be a positive presence in our home. As always, I'm speaking to my therapist who is guiding me through this. Overall, I am very grateful to Hashem for getting me to this incredible stage in life, and I am looking forward, with His help, to overcome these challenges.

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Re: Mental Health and Marriage

Posted by YeshivaGuy - 14 Sep 2021 05:21

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I have no good eitzah besides keep it up with the therapist and may you have Hatzlocha.

It may be a good idea to learn when you can, the ?????? in ??? ?? of ??? ???...

Im hoping all your devices are secure and that you've discussed already with your wife about having filters in the house... if not, then now would be a great time.

Take care,

YeshivaGuy

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Re: Mental Health and Marriage  
Posted by Yoina mutzhoo - 14 Sep 2021 14:50

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I'm in marriage therapy besides individual therapy. That helps a lot in both aspects interpersonal and individual.

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Re: Mental Health and Marriage  
Posted by gettingthere9 - 15 Sep 2021 00:23

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I can relate to a lot of those insecurities and second guessing. Therapy helped me tremendously.

It can be brutal when you are second guessing the love of the person you are so close with and the person that loves you so much. (Deep down we know we made the right decision... and I know she loves me just my low self esteem and insecurities get in the way) Its almost like you are constantly testing and testing the relationship and cannot believe that it can be...

That was what it was like for me. And again, therapy was a life changer.

I feel your pain

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