

**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 Rebbi 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 MottehPoisansky - 12 Oct 2021 01:21

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You might like the book "insecure in Love".

If i recall it deals with exactly what you are describing

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 12 Oct 2021 11:27

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Beautifully written! You express what many of us experience. Let me reassure you it is normal. What works for many is finding ways to "get to know each other" in non intimate ways that are presently off limits. A hug may be a very powerful validation and reassurance of love, but one can learn to realize that simply spending time together and smiling a bit can accomplish the same. A phone call during the day checking on each other and interesting ourselves in our spouse's goings on is somewhat "intimate" and can accomplish a lot. Hatzlacha.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 28 Nov 2021 03:38

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Hi everybody. I'm clean 39 days. This is probably the longest streak I've ever had since I was 13.

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Re: Mental Health and Marriage

Posted by soaring high - 28 Nov 2021 03:52

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wow wow wow!! amazing!! that must feel awesome for u, go out and celebrate it, u deserve it i'm sure it wasn't easy!!!

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 28 Nov 2021 12:30

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Keep it up buddy. You can b'ezras Hashem just keep on going...

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Dec 2021 04:40

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Hey guys. Baruch Hashem things are still good on the Kedusha front. Still having a lot of anxiety about my marriage though. I wish I could just feel secure and confident that things are going to work out. Another wrinkle is that I started noticing and being annoyed by some of my wife's habits and flaws. It makes me doubt myself because love is supposed to cover up all flaws. I'm working really hard to accept her for who she is.

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 03 Dec 2021 05:44

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Can't explain the exact mechanics (HHM, can you please help me?); but my ceasing to m\_\_\_\_\_ .....somehow coincided with this new phase - in which I worship the very ground that my DW walks on.

Sure hope you get this straight waaaayyy quicker than the many years it took this slow Grodnian to figure it out.

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Re: Mental Health and Marriage

Posted by inshallah - 06 Dec 2021 12:42

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This is a post in relevance to parents not allowing filters on devices in the house.

I also had the same thing for 5 years! I've been trying to convince my parents that we need filters on the devices in the house. I moved out and don't really go home partly for that reason. My parents finally agreed after I explained to them the problems of having unfiltered internet

and the access I have to all sorts of disgusting websites. I don't know your whole situation and I haven't read all the posts in this forum but perhaps sitting down with your parents and explaining to them what unfiltered access leads to could be an option. You don't even have to tell them you're struggling with it (if they don't know already). Just make them aware of what happens online and suggest a filter like covenanteyes which only blocks the worst stuff and has an accountability feature which can allow you to feel like someone is watching you every time

I told my parents about what is available online and they agreed BH. Might be worth a try in your situation.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 29 Dec 2021 23:05

you use the internet and takes screenshots. You don't have to tell your parents that though

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I'm sick at home with Covid. It's been really hard not to fantasize and masturbate. I'm just so bored and so uncomfortable. The computer is also calling to me. I do not want to go down that route again, especially now that I'm married...

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 30 Dec 2021 19:30

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Baruch Hashem I'm feeling a lot better. I managed to not give in!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 19 Jan 2022 04:23

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Hey y'all. Check out my 90 day streak. First time ever since 13.

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Re: Mental Health and Marriage

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Posted by TheYoungerTwin - 19 Jan 2022 05:14

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[hashemyeracheim613 wrote on 19 Jan 2022 04:23:](#)

Hey y'all. Check out my 90 day streak. First time ever since 13.

now that... is a big deal.

Mazal Tov!!!

that is a huge accomplishment!!!

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Re: Mental Health and Marriage

Posted by Sapy - 19 Jan 2022 14:13

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Mazel tov!!!!!! Mazel tov!!!

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 21 Jan 2022 12:33

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Mazel Tov . You have always been an inspiration here, and now it only gets better. keep the good news coming!

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