

Mental Health and MarriagePosted by hashemyeracheim613 - 13 Oct 2020 20:55

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 MarriagePosted by hashemyeracheim613 - 18 Jan 2023 03:47

Hey everyone. It's been a pretty rough few months. I recently moved to a different neighborhood and the stress associated with the move put some pressure on my marriage. My wife and I weren't our best selves and it strained our relationship. Plus we both were dealing with family

crises on both sides. Of course, my OCD blew things out of proportion and I assumed that our somewhat intense discussions were a sign of impending marital disaster. I spoke to a Rav today and he said that nothing I told him was off the charts, and he gave me advice on how to deal with future issues. It was a huge relief. I am doing pretty well on the Kedusha front.

Thank you all for sharing your journeys. I have been following your stories just not posting so much myself.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 05 Apr 2023 00:30

At the urging of a very close GYE friend, I restarted my 90 day count after neglecting it for some time. I haven't looked up inappropriate images for quite some time besides a few isolated slip-ups, so my main focus now will be MZ"L. Will try to post more frequently also.

My most recent falls I think are due to the stress that a certain situation has produced. My family is literally ripping apart at the seams, and as the only nonpartial member of the family in the ongoing conflict, much responsibility has been placed upon my shoulders to repair the ever-widening rift. This has caused me a lot of stress and anxiety, plus mild insomnia. I am fatigued and sick often. MZ"L has become my coping method/drug as I lie in bed tossing and turning my tired body as well as the many problems that plague my family, trying in vain to find a solution.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 17 Apr 2023 20:39

I have not succeeded in staying clean. I even watched some YouTube videos today. I reset my count. I will BL"N restart to read a chapter a night of Battle of the Generation.

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Re: Mental Health and Marriage

Posted by Bennyh - 17 Apr 2023 21:23

[hashemyeracheim613 wrote on 05 Apr 2023 00:30:](#)

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Wow, I know the pain of family tension. It can destroy a person. I hope you have someone impartial to vent to at least!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 16 Jun 2023 22:06

Things have been difficult lately. My family situation and that of my wife continue to take interesting turns. The people who need the most help are the ones most adamantly refusing to get it. I have a very hard time disassociating myself from all the drama, at least emotionally. The insomnia I've been experiencing has been horrible, and it affects everything in my life. Shemiras Einayim has for the most part gone out the window. I want to take that back. Also, someone who I consider a close friend has made the choice to no longer live by our holy Torah. The way of life that I thought was obvious and logical, to him was antiquated and unconvincing. This has shaken me. Another friend of mine also commented flippantly that I am the type of guy to do the same, due to my questioning nature. This has opened the door, just a crack. A part of me wants to follow suit, to just run, to leave everything about my old life behind. But I know that's not what I believe, and the Truth would haunt me forever.

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Re: Mental Health and Marriage

Posted by tzitzis dude - 18 Jun 2023 13:46

[hashemyeracheim613 wrote on 16 Jun 2023 22:06:](#)

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Sounds like you're in a roller coaster of tough.

I can really relate to the aspect of those who need help refusing to seek it. Numerous of those currently in my life.

I've found my best approach to be working on myself as best as I can (WAY easier said than done, granted), and trying to accept them for so they are.

Wishing you the best of hazlacha.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 05 May 2024 14:33

Hi everyone. It's my first time posting here in quite some time. The amount of new members is astounding. It's nice to see so many people trying to improve themselves, but sad that many of us need this service. I am still struggling with this issue. I had some success over the past few months, but a recent fall brought me back here. The hardest moments are when the stresses of life leave me feeling emotionally raw and high-strung. The Taavah is so strong at those moments that I feel I don't have a choice. As you all know, the relief that acting out provides is so short that it's almost over before the deed is finished. I'm feeling pretty down about how long I've been struggling with this. It's been close to seventeen years since I started falling.

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Re: Mental Health and Marriage

Posted by Hashem Help Me - 05 May 2024 19:55

Welcome back. HUG!!!

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Re: Mental Health and Marriage

Posted by yitzchokm - 05 May 2024 20:17

For stress, try exercise, socializing or Urge Surfing. All three worked for me.

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Re: Mental Health and Marriage

Posted by vehkam - 05 May 2024 23:47

[hashemyeracheim613 wrote on 05 May 2024 14:33:](#)

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Thanks for posting. Keep in touch

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 24 May 2024 01:38

Thanks for the welcome back, and hello to all of the novices. It is odd being back here with so many new people. I see the enthusiasm of the latest members and it makes me sad. I remember thinking to myself how this would finally be my salvation. Almost as if posting my story would cure the urge inside me, that getting it off my chest and soul would make it permanently gone. When I first started therapy I thought the same thing. I reasoned that once I told someone about the harsh, crazy, and cruel thoughts inside of me, they would disappear, almost as if talking them out would expunge them from my mind. In both cases, I was wrong. For all you new guys out there, this is just the beginning. It's a start, which is better than not starting, and it's even a good start, but ultimately, any growth I experienced, and the growth of everyone else I know on this forum, resulted from doing the hard, gritty, internal work. We can give you advice, we can cheer you on, we can celebrate your victories and mourn your failures. We can listen to you when no one else in the world can understand the embarrassing and dark battle that you are fighting. But the only one that can make it happen is you. Welcome

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Re: Mental Health and Marriage

Posted by chosemyshem - 24 May 2024 13:39

Well said!

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Re: Mental Health and Marriage

Posted by jewizard21 - 24 May 2024 15:01

It is a common misconception that sharing your story will cure you. Even opening to a rav or therapist might only help you stay 100% clean for 6months max. Just telling does not cure you but it definitely helps you move forward on your journey. Don't feel discouraged and say, "If it doesn't cure me then there's no point in telling" bc this may not cure you but it is a giant step in becoming clean.

Something to keep in mind, and you may argue with me if you would like, is that there isn't a complete and total end and that you will not necessarily be 100% tahor for the rest of your life, the goal of this journey is to make progress and keeping on trucking.

If we masturbate and it's been long time since the last time then that's a great accomplishment. Not the masturbation but the fact that we don't need it as much and we are distancing ourselves from it as much as possible. The takeaway from a fall should be both acknowledging how long you went without needing it, and learning from your mistakes of why you felt the need to

masturbate so that it doesn't happen again.

"Journey before destination"

Keep on trucking and even tip towing bc all progress is progress

Have a great shabbos!

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Re: Mental Health and Marriage

Posted by gye365s - 24 May 2024 16:20

It can help to face the darkness, bringing it out into the light - but you have to keep the lights on.

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