

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 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 MarriagePosted by hashemyeracheim613 - 24 Feb 2025 23:18

Day 5. Let's go! For those of you who mentioned anxiety, you're spot on. I constantly have an undercurrent of anxious energy pulsating beneath my psyche. Any advice on this is much appreciated (besides for therapy. I love therapy, but I can't afford it). Some of you mentioned

some resources, I will comb through the old posts to see what they are. To the person who mentioned the book on IFS, what is that called?

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Re: Mental Health and Marriage
Posted by m111 - 25 Feb 2025 13:20

[hashemyeracheim613 wrote on 24 Feb 2025 23:18:](#)

Day 5. Let's go! For those of you who mentioned anxiety, you're spot on. I constantly have an undercurrent of anxious energy pulsating beneath my psyche. Any advice on this is much appreciated (besides for therapy. I love therapy, but I can't afford it). Some of you mentioned some resources, I will comb through the old posts to see what they are. To the person who mentioned the book on IFS, what is that called?

Self-TherapyA Step-By-Step Guide to Creating Inner Wholeness Using Ifs, a New, Cutting-Edge TherapyBy [Jay Earley](#), [Phd Jay Earley](#)

https://www.google.com/books/edition/Self_Therapy/Ny96Z7N_ihsC?hl=en&gbpv=0

Have your wife/mother fill in the characters in the illustrations to make them frum tznus.

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Re: Mental Health and Marriage
Posted by hashemyeracheim613 - 26 Feb 2025 01:39

Day 6. I feel like I'm slipping into depression.

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Re: Mental Health and Marriage
Posted by m111 - 26 Feb 2025 12:43

[hashemyeracheim613 wrote on 26 Feb 2025 01:39:](#)

Day 6. I feel like I'm slipping into depression.

I feel for you.

You won't die from depression, even though our psyche may make us feel that we are literally can't live with it.

Cutting out the P and M helps us not cover up our emotional difficulties, and eventually then heal them since they are now on the surface, they are now in arms reach to be accessed and then healed.

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Re: Mental Health and Marriage
Posted by boardg - 27 Feb 2025 23:21

while they are more accessible to be healed the healing doesn't happen by itself. something has to happen for it to be healed. many use therapy for this.

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Re: Mental Health and Marriage
Posted by hashemyeracheim613 - 28 Feb 2025 03:23

Day 7. I appreciate the idea that stopping the numbing behaviors of P&M allows us to focus on the real issues and begin healing. However, saying you won't die from depression doesn't do much for me. I'm not afraid that I will "die" from it. Depression is a horrible, painful feeling of apathy and hopelessness. In a way, it is emotional death (at least in my experience). I can't feel real sadness, joy, hope, or longing. Just a dull, cold, and powerful pain.

As I mentioned earlier, I love therapy, and I think that many people can gain from it. I got out of a deep hole with the help of an amazing therapist. However, it is so expensive, and my father isn't footing the bill at this point. So now what?

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Re: Mental Health and Marriage

Posted by yitzchokm - 02 Mar 2025 17:53

Maybe try the book Getting Out of Depression One Step at a Time. My therapist says that it is safe for anyone with depression. I used it a few times for depression and it worked well. It is based on the technique called Behavioral Activation. It is important not to give up on your responsibilities like work, davening, learning, etc. when using this book but other than that I haven't found any downsides or risks with the book. You don't need a therapist for this book. You could read about it over here but unlike what they write that it is done in therapy, it can be done through the book without a therapist. I did it without my therapist for clinical depression and it worked. I just saw in the article I linked that it isn't to be used with someone who is at risk of harming himself.

<https://www.psychologytoday.com/us/therapy-types/behavioral-activation>

In this link on the forum I described behavioral activation.

<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

You won't fully understand how or why it works until you experience it. When someone is depressed the depression makes them feel like there is no hope and they often believe that trying out something new will prove futile. For this reason you shouldn't rely on your judgement when reading everything I wrote about behavioral activation. Rather, buy the book and go through the chapters and do all the exercises faithfully. Leave your judgment about the book for after you have gone through most of the book slowly according to the instructions in the book. By then you probably shouldn't be depressed anymore.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 05 Mar 2025 03:02

I Fell on Friday, today is Day 4.

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Re: Mental Health and Marriage

Posted by stopsurvivingstartliving - 05 Mar 2025 12:50

[hashemyeracheim613 wrote on 05 Mar 2025 03:02:](#)

I Fell on Friday, today is Day 4.

If your up to it you can post after a fall that you fell. No one here will judge.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 07 Mar 2025 20:51

Day 6. I think I can make it to Day 7. Depression isn't talking as loud right now.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 10 Mar 2025 03:14

I think at 12 AM I will have completed day 9.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 19 Mar 2025 03:25

I fell on Sunday, but it was a decent streak. I'm currently on Day 2. I will try to get to a month BL"N.

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Re: Mental Health and Marriage

Posted by yitzchokm - 19 Mar 2025 15:10

One day at a time works better than setting limits.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 09 Jul 2025 11:18

Got in a fight with wife two nights ago. Was supposed to go out last night with her but got into another fight (ironically it had to do with where we were supposed to go). Today is Day 5.

My friend OveidElokim sent me an awesome podcast by Eli Nash featuring Avi Wolf. Really fresh perspective on this addiction. Still working with that inspiration.

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