

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 Sapy - 22 Jan 2021 04:46

I just have no words... you are incredible... you should just know how much you inspire me to stay clean, and keep strong! I'm really speechless.... your a true hero!

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 22 Jan 2021 05:01

Woah. I just got really close to a major fail. I was watching America's Got Talent on Youtube when an add came on promoting a show about two lesbian women and it wasn't really kosher. I looked up the add again and I was watching it, but then I remembered my last post and I felt really stupid. There was no way I was going to come back here and say I messed up after that. It would hurt my Gaavah way too much. So after that small slip I came back to my senses somewhat and I think I'm good for now. I hope that doesn't count as a fall...

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Re: Mental Health and Marriage

Posted by Markz - 22 Jan 2021 05:58

[hashemyeracheim613 wrote on 22 Jan 2021 05:01:](#)

Woah. I just got really close to a major fail. I was watching America's Got Talent on Youtube when an add came on ... and it wasn't really kosher. I looked up the add again and I was watching it, but then I remembered my last post and I felt really stupid. There was no way I was going to come back here and say I messed up after that. It would hurt my Gaavah way too much. So after that small slip I came back to my senses somewhat and I think I'm good for now. I hope that doesn't count as a fall...

Woah - **You've** got Talent - Coming back to your senses real quick!!

If I were in your shoes I'd still feel like I'm headed for a fall. Not much to do to pause the momentum...

However, there actually is what to do.

Which gye guy did you call last?

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 24 Jan 2021 21:11

I come bearing bad news. After three months of not looking up inappropriate content, I had a fall. The pull of unfiltered Internet was just too much. After I did the deed, I promised myself that I would never do it again, After all, I had just gone three months without it. This was just a small blip, and once I had gotten it out of my system, I would be fine. Then I fell again this morning. Unbelievable. How do I keep on falling for the same lies that I tell myself? I let my guard down, thinking I can handle it, and then BOOM. I feel that I have less motivation to try now. It was so hard the first time, and so easy to just fall right right into it. How do I get my fire back?

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Re: Mental Health and Marriage

Posted by Zedj - 24 Jan 2021 21:34

I'm sorry to hear about your fall.

It can be tough to get back on the road.

Now you have a chance to reassess and make changes necessary to stop another fall.

I think

The motivation will come when you make a strong resolve to start again.

90 days is around the time you realize you don't need to rely on viewing garbage to live your life.

You did it once, you can do it again!

If you can, get rid of your access to unfiltered devices....it will help tremendously.

Wishing you much success!

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 24 Jan 2021 21:45

Please make it a habit to PM or call one of us (or simply ramble on with a post) when struggling. This is what changed my life after 25 years of spinning my wheels.

You may feel like a loser but we all view you as quite the opposite; it takes remarkable courage to post after the devastation that you feel.

Feel the love that we all have for you, dear friend!

IMG

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 26 Jan 2021 18:18

Hey guys. I'm up to day 2 of being clean. It hasn't been so hard until now. After I watch videos of women I kind of get disgusted and turned off from the whole taavah thing. But it eventually comes back with a vengeance...Fun days ahead.

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Re: Mental Health and Marriage

Posted by Ish MiGrodno - 26 Jan 2021 18:34

Dear heilige friend HY613,

During your clean moments, be sure to enjoy healthy and positive "self talk."

Saying "I have no taavah anyhow" is suicide.

HHM's command that I look in the mirror and say (well...call him and ask HIM!) is literally what began the rewiring process and the new me.

I know it aint so simple (and that therapy and the such may also be critical), but please trust me.

Is the oilam maskim? Anything to chime in to add encouragement to our dear friend HY613 is appreciated!

IMG

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Re: Mental Health and Marriage
Posted by YeshivaGuy - 26 Jan 2021 19:08

Good idea to do the Mirror thing.

Also gotta look ahead and plan for times of nisayon. We can't wait until our heart starts pounding with taiva, by then it's almost too late...

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Re: Mental Health and Marriage

Posted by Grant400 - 26 Jan 2021 21:12

Write a post or a letter to yourself describing the exact disgusted feelings you have after indulging. Read it when those feelings vanish.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 02 Feb 2021 18:21

Sup y'all. It's been a little bit since I last posted. Things have gotten somewhat better since last time. I was feeling really hopeless for a long time, and I think I'm finally crawling out of it. My natural state of being is to be quiet and withdrawn and anxious. I'm afraid of being myself, because maybe I'm just too weird and people will judge me. I'm afraid of taking risks. I'm scared to give myself credit for success, because failure always lurks around the corner. I started allowing the walls to crumble, and to try to embrace the vulnerability that comes with it. I feel raw and unprotected, and I want to retreat back into my fortress, where I can be safe...and small. But I know that the only way out is through, and that real opportunity is only found by moving forward and becoming bigger.

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Re: Mental Health and Marriage

Posted by YeshivaGuy - 02 Feb 2021 18:57

[hashemyeracheim613 wrote on 02 Feb 2021 18:21:](#)

Sup y'all. It's been a little bit since I last posted. Things have gotten somewhat better since last time. I was feeling really hopeless for a long time, and I think I'm finally crawling out of it. My natural state of being is to be quiet and withdrawn and anxious. I'm afraid of being myself, because maybe I'm just too weird and people will judge me. I'm afraid of taking risks. I'm scared to give myself credit for success, because failure always lurks around the corner. I started allowing the walls to crumble, and to try to embrace the vulnerability that comes with it. I feel raw and unprotected, and I want to retreat back into my fortress, where I can be safe...and small. But I know that the only way out is through, and that real opportunity is only found by moving forward and becoming bigger.

Beautiful beautiful. Ashrecha!

A therapist would be quite helpful in this journey of yours, if you you're not seeing one currently

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Re: Mental Health and Marriage

Posted by tzitzis dude - 02 Feb 2021 20:36

[hashemyeracheim613 wrote on 02 Feb 2021 18:21:](#)

Sup y'all. It's been a little bit since I last posted. Things have gotten somewhat better since last time. I was feeling really hopeless for a long time, and I think I'm finally crawling out of it. My natural state of being is to be quiet and withdrawn and anxious. I'm afraid of being myself, because maybe I'm just too weird and people will judge me. I'm afraid of taking risks. I'm scared to give myself credit for success, because failure always lurks around the corner. I started allowing the walls to crumble, and to try to embrace the vulnerability that comes with it. I feel raw and unprotected, and I want to retreat back into my fortress, where I can be safe...and small. But I know that the only way out is through, and that real opportunity is only found by moving forward and becoming bigger.

So glad to hear that!!!!

By the way, (not that I'm endorsing it, but) if you have access to YouTube, check out the song "Castle" by Daniel Goldblatt (I wish my voice was anything like his). I think you might be able to relate.

If you dont have access, pm me.

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Re: Mental Health and Marriage

Posted by hashemyeracheim613 - 04 Feb 2021 20:45

I just went out with an amazing girl last night. She was so positive and upbeat, with a really sweet personality. Conversation started off a little awkward but it eventually picked up and it felt pretty good. I was so scared that she was going to say no...but she wants to go out again! I know I've written about this before, but now all my worthless feelings are coming right back. I have that horrible premonition type feeling that it's not going to work out. I just have to know that it's a feeling, nothing more. I am going to accept it, be nice and understanding to myself, and do

my best. And Daven. A lot.

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