

I'm Fed Up

Posted by UpAndDown - 14 Sep 2021 21:44

This Nisayon is to big.

Long story in short: The journey started 10 years ago. A year ago I reached my longest clean stretch of about 450 days. But then I fell. And then I got up. Then I fell again. Then I got up, had a clean stretch and fell again. (with all the emotions that a person goes through...)

Finally I managed 100 days clean.

And then, just 3 weeks ago I fell again. But really badly. My worst ever.

I watched many hours of pornography on a unfiltered device that I got hold of. I acted out many times - trying hard to ignore the fact that it's Elul, AY"T etc.

I don't have the will to get back up again because I have lost my Emunah.

I do believe there is a creator of this world but I am loosing my Emunah in Torah Misinai and in Chazal.

If Hashem is really bothered about HZ"L then why is it not clear in the Torah? (I know there are some answers in the Seforim - but still - if something so important is asked from a person then why not say it clearly?!)

And why is man put in a situation where he will definitely sin, it's only a question of when and how??

I am full of anger, upset and guilt.

I was a top top avreich, but now I wish I could just leave my Yiddishkeit and just live a "normal" human life.

This past Shabbos - Shabbos Shuvah - I had a battle with my YH whether to be Mechalel Shabbos!!

I am in a state where I am open to commit any sin possible...

Dear friends -

Please save my soul!! (and my gorgous family)

I would love to be able to live like a loyal Yid but I need Chizzuk - mainly in Emunah, and I have no Rav who I feel would not judge me. And no Rav who could give me clear answers.

I am utterly fed up!

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Re: I'm Fed Up

Posted by upanddown - 14 Jan 2025 21:09

Posting for accountability.

I have an unfiltered device in my home ATM for another few days.

Will keep you posted.

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Re: I'm Fed Up

Posted by BenHashemBH - 14 Jan 2025 21:13

[upanddown wrote on 14 Jan 2025 21:09:](#)

Posting for accountability.

I have an unfiltered device in my home ATM for another few days.

Will keep you posted.

Shalom Brother,

What boundaries can you put into place to help?

Hatzlacha and Kol Tov

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Re: I'm Fed Up

Posted by Markz - 14 Jan 2025 22:43

[upanddown wrote on 14 Jan 2025 21:09:](#)

Posting for accountability.

I have an unfiltered device in my home ATM for another few days.

Will keep you posted.

Good move.

by me it's a long term situation.

Keep us posted!

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Re: I'm Fed Up

Posted by upanddown - 14 Jan 2025 23:43

[BenHashemBH wrote on 14 Jan 2025 21:13:](#)

[upanddown wrote on 14 Jan 2025 21:09:](#)

Posting for accountability.

I have an unfiltered device in my home ATM for another few days.

Will keep you posted.

Shalom Brother,

What boundaries can you put into place to help?

Hatzlacha and Kol Tov

Perhaps I could use the Taphsic method...

But I think accountability on the forums will do the job as I'm scared of cande and some others here.

I also have a personal accountability partner, but I wanted the accountability of the oilom here as well.

Any suggestions are welcome.

Thanks so much

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Re: I'm Fed Up

Posted by upanddown - 16 Jan 2025 12:30

[upanddown wrote on 14 Jan 2025 21:09:](#)

Posting for accountability.

I have an unfiltered device in my home ATM for another few days.

Will keep you posted.

Filter installed. Test passed BH.

????? ????? - I learn Nidah in the morning ????? and got to daf 13 beginning of this week which is all about ?????". It was a great chizuk at the right time of a big Nisayon!

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Re: I'm Fed Up

Posted by upanddown - 27 Jan 2025 00:07

[simchastorah wrote on 23 Jan 2025 06:03:](#)

I want to also remind myself of a few facts

- There is no need to ejaculate, I will be just fine even if I don't
- Every urge will pass if not obsessed over
- Acting out ALWAYS makes me feel much worse
- I like the person that I am when I'm clean much more than the other guy

These types of posts I would love to store in my "favourite posts" or "archived posts".

I wish GYE would add such a feature.

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Re: I'm Fed Up

Posted by upanddown - 03 Feb 2025 12:15

60 days clean. TYH!

I'm feeling really sad and upset for various reasons so just wanna vent a little without going into too much detail....

Still going through difficult times especially with wife's emotional health. She's been depressed for past 11 years including panic attacks and constant negative thinking. Obviously with ups and down, now being in a major down. Besides for that she is dysfunctional in more than one way. I've been extremely patient with her over the years, listening, loving, caring, unconditional love, prioritising her and my children over EVERYTHING in my life, forgiving her, supporting her emotionally, giving her financial freedom, etc etc. And she acknowledges it. I'm just feeling tried and drained atm.

This morning I once again couldn't get up in time to daven betzibbur (because my wife was crying to me last night until very late about many dramatic, exaderated problems). Then I missed going to learn with my morning chavrusa because I had to deal with some other issue that came up.

Hashem knows my situation and won't be ?? ??????? ?? ???????. But I still feel like such a failure.

What was difficult for me was to take my little daughter to her school this morning, seeing all other daddy's rushing to work/kolel after having davened betzibbur (my assumption), and noticing many put together, functional mothers, well dressed, out and about, bright and early bringing their children to their schools, while my wife is at home, rolled out of bed late (children frustrated with her), smelling from her mouth, walking around in her pijamas with her belly sticking out as she's gained tons of wheight until she absolutely **must** get dressed and put on make up - not for me - rather because she has to go out to work to which she always arrives late btw. Always. (Hey, it's so not nice of me to write all of this about her behind her back... maybe I'll delete/edit this post in a few days).

I noticed one specific beautiful, positive lady who I have always been attracted to (had a bit to do with her because I taught her son).

It was soooo difficult.

I controlled myself. I looked down. I ran to my car. I cried to Hashem. Bitter tears. I screamed to Him. I davened that he should sort out my many struggles in all areas of life. I mainly asked him to hold me tight in the area of Kedusha. Then I went home and davened a long heartfelt shachris.

I don't feel much better yet. But I'm trying to breath deeply and live in the moment and say to Hashem ????!

Oy bashefer! It's so hard!

Thanks for listening my dear brothers...

?????? ??????,

UpAndDown

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Re: I'm Fed Up

Posted by chaimoigen - 03 Feb 2025 12:53

Hurts like hell to read this.

Running to your car and crying to Hashem like that makes you a man that I admire and want to emulate. ????? Wow.

Here's a warm hand, from a guy who has cried in his car more than a few times.

Hope you can find a place of of peace, at least inside yourself.

Hope it gets better.

chaimoigen

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Re: I'm Fed Up

Posted by Hashem Help Me - 04 Feb 2025 03:25

HUG!!!!

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Re: I'm Fed Up

Posted by lamaazavtuni - 04 Feb 2025 04:01

No words (My matsavs not even close to yours but I could def relate) The famous story oy r zusha and r meilech they got locked in a jail and couldnt learn or daven cause the toilet was in their room and r zusha was very sad that they couldn't do any mitsvos but r meilech comforted him that if hashem put us here this is obviously what he wants and our avoda is here and they danced around the toilet with the hakara that hashem was there with them.

This story is something I drilled into myself ,yiddeshkeits not about streaks it's about the current moment. What do I have to now. RIGHT NOW, WHAT SHOULD I BE DOING. Another story bocherim from r chaim Epstein's yeshiva were on way to friends

chasuna and they got stuck in traffic so they called r chaim if they should stop in a town on the way to daven mincha betsibur and miss the chuppah or daven beychidis and make it on time for the friends chuppah. And he paskened miss the chuppah daven beychidis cause the chosson is going to be nervous that he wont have friends by the wedding. One of the bocherim cried out but rebbi I didn't miss davening with a minyan since my bar mitzvah .. r chaim answered yiddeshkeits not about streaks now the right thing is to miss minyan and make the chuppah.

My friend the this is our avoda hashem put us in this stinky matsav he obviously wants us here. Hatslacha (keep venting it's good every once in a while). Keep fighting

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Re: I'm Fed Up

Posted by Muttel - 04 Feb 2025 09:23

R' Upanddown,

Your persistence, drive, and sincerity in your avoda is inspiring. I get to se it more than our brothers here, but you just gave the olam a glimpse at what kochos it takes for you to pull through.....

Here's hoping and davening your situation improves, and until then, that you consistently trump over your nisyonos...

With a ton of brotherly love,

Muttel

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Re: I'm Fed Up

Posted by excellence - 06 Feb 2025 23:18

I am sitting here in absolute AWE.

May HKBH give you the inner clarity and strength, and may you continue to inspire us, and see a Yeshua.

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Re: I'm Fed Up

Posted by shulem25 - 07 Feb 2025 02:48

wow i feel your anger i feel your pain, im in same status as you, i understand you 1000%.

but to leave yiddishkeit is not the the ansure, it will be much worse, you are a good guy agood jew just keep it up, winston chuchill said *Success is not final, failure is not fatal*: it is the courage to continue that counts.'

so just keep on doing wahts right

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Re: I'm Fed Up

Posted by shulem25 - 07 Feb 2025 02:55

"Every step you take, no matter how small, is progress—keep going!"

"You're stronger than you think, and every challenge is just another chance to prove it!!!!!!!!!!

i"I know it's tough, but the hardest climbs lead to the most beautiful views—you're closer than you think, just keep going keep pushing forward!"

"Falling back doesn't mean you're failing; it means you're learning how to rise stronger each time—keep getting up, you're building resilience!"

"It might feel impossible now, but remember: the strength you gain from pushing through the

hardest moments will be worth it. You're capable of more than you realize—one step at a time."

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