

I'm Fed Up

Posted by UpAndDown - 14 Sep 2021 21:44

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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 - 01 May 2025 22:39

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Pretty bad.

Thanks for following up though.

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Re: I'm Fed Up

Posted by redfaced - 01 May 2025 22:55

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[upanddown wrote on 01 May 2025 22:39:](#)

Pretty bad.

Thanks for following up though.

Finally there's a post that speaks my language!!

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Re: I'm Fed Up

Posted by kavey - 02 May 2025 13:50

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[upanddown wrote on 01 May 2025 22:39:](#)

Pretty bad.

Thanks for following up though.

Some chizzuk...

A few months ago I was in a bad place and I didn't see hope. I thought of the oft quoted quote (I believe attributed to Einstein) that doing the same thing over and over is the definition of insanity...but I didn't see a way forward. The options available just didn't seem tenable.

However, I then came to the conclusion that this isn't really a jewish concept. Klal Yisroel has hope...T'shuas Hashem K'heref Ayin and I resolved to keep trying NO MATTER WHAT. I reasoned that I don't know what I don't know...now everything seems gray and dark...but we're dealing with the infinite tomorrow or even today everything can change just like that.

So every idea to stay clean that came into my head I tried...and failed...but kept on going. Till something clicked Baruch Hashem...I think what I'm doing is a little unorthodox but so far so good.

Every situation is different but you have a loving father who cares about you and we don't know what he has planned but we trust in him.

p.s. and what if it never gets better? We keep trying! Crazy...I know

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Re: I'm Fed Up

Posted by upanddown - 12 May 2025 11:54

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Been down in the dumps. New levels of being stuck in the mud. To be clear: I crossed boundaries and have been having ??????? with non jewish woman (still very accessible). I have been totally put off Yiddishkeit in a way that I have never experienced. Recently I've started searching and looking for opportunities to be ???? on all ???????. Not been learning, not

praying, not saying Shema. About to eat non kosher food (started with ??? ???"). Almost been  
???? ??? (done stuff ??????)... And obviously done some P&M. It is spiralling out of control.

Did some proper journaling yesterday and feeling a lot stronger. Starting to go uphill BH...

Day 3.

Thanks for listening brothers!

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Re: I'm Fed Up  
Posted by Muttel - 12 May 2025 12:56

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This post is like ??? ???? ?? ??? ????.....

So happy to see you've had some improvement....

Been thinking a lot about you, brother....

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Re: I'm Fed Up  
Posted by mountainclimb - 12 May 2025 13:36

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It's never too late. Sheba yipol tzadik.

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Re: I'm Fed Up

Posted by kavey - 12 May 2025 14:41

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[upanddown wrote on 12 May 2025 11:54:](#)

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Thanks for listening brothers!

Oish! The problem it's hard to give you chizzuk! What can you say to a guy who knows more than you'll probably ever know!

Though, maybe that's part of the problem...how is this adam gadol beating himself up?

I just find myself wondering are there other chalakim in Torah that you perhaps haven't explored that might be appealing? You said you've learnt a lot and presumably a lot of mussar seforim but what about fundamentals...in a way that appeals to you? And I wonder if could help scratch an itch that's waiting to be scratched...clearly you're in a lot of emotional pain but it feels like there's an intellectual thirst as well.

For myself I know things like R' Hirsch on Parshas Bereishis, The Hakdama to He'emek Davar, the Rambam's Hakdama to Peirush Hamishnayos, and Acharon acharaon Chaviv R' Avigdor Miller on Chovos Halevavos have I think given me a more balanced/stable view of Yiddishkeit...

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Re: I'm Fed Up

Posted by upanddown - 12 May 2025 20:53

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Thank you for thinking along with me...

I actually believe it happened as a result of deep trauma and pain. My father is very heavy on me and unfortunately I have had to do with him a very lot in the last couple of weeks. As a child I couldn't bare his heaviness and seriousness. His crazy, insane, obsessive, neurotic approach to Yiddishkeit together with his overloaded, constant ????? ????? have put me off every part of Yiddishkeit. I thought I had gotten over it but evidently I still have some sore wounds that need to heal.

Naturally I am very heavy on myself, very ambitious, try to achieve unrealistic goals and go on guilt trips on a daily basis.

Combined with the fact that I don't feel accepted in my heavy-yeshivish environment resulted in me wanting to throw in the towel!

But it will go uphill from here iyh...

Thanks for the ?????? you have mentioned, I have actually given Shiurim on the Rambam's Hakdamah, its incredible.

Where can I find R' Avigdor Millers writings on Chovos Halevavos?

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Re: I'm Fed Up

Posted by BenHashemBH - 12 May 2025 23:05

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Shalom Brother,

I don't know about the entire Chovos Halevavos, but he has a sefer Chovos Halevavos Ohr

Avigdor Shaar Bitachon.

Kol Tov

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Re: I'm Fed Up

Posted by mosheman - 13 May 2025 14:32

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the sefer is based on his shiurim. both can be found at Simchas Hachaim Publishing.

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Re: I'm Fed Up

Posted by kavey - 13 May 2025 15:51

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Oysh! I said you know more than me!

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Re: I'm Fed Up

Posted by kavey - 18 May 2025 15:23

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R' upanddown we care about you are davening for you and want to hear how you're doing.

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Re: I'm Fed Up

Posted by upanddown - 18 May 2025 23:40

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Thank you @kavey and to some other Tzaddikim here who have been in touch with me via PM... There is no doubt that this safe space – where I can express myself anonymously and without feeling judged – is the sole reason I have not gone back to the very dark place I was in...

Although I am still feeling weakened by what I did a couple of weeks ago, I have managed to stop myself from falling further and have regained control of my life. I'm 10 days clean and feeling a lot stronger.

I am trying to work on ????? ???, understanding that no matter what I have been told, no matter how I was brought up, no matter how disillusioned I may be, no matter how put off Yiddishkeit I am, no matter how frustrated I am etc - the Torah is ??? and applicable in every circumstance and situation. My ??? will only be content and calm when I live with that pure ??? (no double faced life).

At the same time I am trying to work on creating an enjoyable, pleasant Yiddishkeit (within the Halachah framework of course), cutting out all of the pressure and guilt, which will help me feel the ????? (freedom) of being a Yid.

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Re: I'm Fed Up

Posted by kavey - 19 May 2025 14:34

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We're all rooting for you. I think the key is to keep iterating and davening.

If it takes time to find the Emmess that works (and baruch Hashem shiv'im panim laTorah), please keep on searching and trying. HKBH's Torah is broad enough for all of us.

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