

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 kavey - 21 Jul 2025 18:01

Let me clarify.

R' Pincus has a mashal he gives (I think) during Yamim Noraim. He says there's a guy who has inappropriate magazines and during Elul wants to clean up but doesn't feel ready to quite throw them out. So he goes up to his attic and shoves them in a dark corner under a ton of boxes.

He then is strong for Tishrei, Cheshvan and Kislev but on a dark Teves night he has a horrible fight with his wife and unearths those magazines.

If the magazines were gone this wouldn't have happened.

I'm wondering if your yetzer hara is giving you a harder time because he knows where your weak spot is and expects that if he keeps pushing it can be exploited.

That's what I mean by gedarim. Note that I'm not saying get rid of the internet and/or smartphone.

I don't think these things can really be removed physically as the very sad example of people buying "burner phones" shows but I think there is a point where "inappropriate material feels out of reach" which is personal to yenem where by necessity the struggle becomes less.

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Re: I'm Fed Up

Posted by upanddown - 21 Jul 2025 21:11

[kavey wrote on 21 Jul 2025 18:01:](#)

..... but I think there is a point where "inappropriate material feels out of reach" which is personal to yemem where by necessity the struggle becomes less.

I get what you mean.

But it's really not easy to make it feel out of reach because the reality is that...

- On ANY given day I have the option to drive to 10 different locations, all just 5-15 min away, and have a most pleasurable experience for only a small fee (VY*).
- At ANY given moment I have the option of removing my filter from my **personal** laptop and breathing a sigh of relief.
- At ANY given moment I can go to the bathroom or get in the shower and indulge...
- EVERY time I'm out on a jog, disguised in my baseball cap and t-shirt, on my own, it's getting dark... I can easily take a different route and end up at the dirtiest places with the most beautiful night birds—without being noticed.

So ultimately, what's stopping me?

Just one passuk: ????? ????.

And [Shem's](#) story.

Nothing else.

*?????? ????.

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Re: I'm Fed Up

Posted by kavey - 22 Jul 2025 14:44

Wow that's hard. Can you possibly make a small change that makes any of these incrementally further away? Everything counts.

I'm also wondering about your batteries? I see a lot of 'Yirah' type motivations but those will fall away if and when the motivational batteries get drained.

Are you baking in some R&R (rest and relaxation) to recharge your batteries? Exercise is good, but personally I find it gives a "boost" but not a "reset" which I think is stronger. I think a lot of us have trained ourselves to relax with porn and other escapes but there are alternatives that aren't gateway drugs (can you say Youtube)...

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Re: I'm Fed Up

Posted by upanddown - 22 Jul 2025 19:46

You're making some good points...

Not sure how to make the pitfall further away... its literally around the corner. Accountability is probably the best option, but anonymous accountability (via GYE) is not so effective. In person, I can't think of anyone I can trust. If my wife knew about my struggle (especially the first one mentioned in my previous post) then that would be a good shmirah. But I can't disclose to her.

Truth is, I'm in a really good place atm, full of determination, getting fresh enthusiasm almost every day by learning the fundamental Mussar Sefarim, but the fact that I have such an easy way to be with a *Shiksa* is causing my YH to keep bothering me...

Re relaxation - I can't think of any relaxing activity that is as good as P and M. Youtube browsing leads to watching inappropriate stuff. But you're right, I must find an alternative, as generally I'm really harsh on myself.

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Re: I'm Fed Up

Posted by upanddown - 24 Jul 2025 22:31

"Dear Hashem,

I'm feeling so upset. Frustrated. Angry. Disappointed. Things are just not working out. I'm feeling deeply hurt by certain people. I'm feeling in despair. I just don't know how to continue. I daven to you. I cry to you all the time. On the outside I appear confident and strong but you Hashem can see my broken heart. ??????? ??????. You can see my streaming tears. You can hear my sadness.. I'm trying so hard to do my best. What do you want from me? What am I doing so wrong? Why are all of my friends so matzliach and not me? Is it perhaps because I have sinned so much in the past? You yourself are the one who put this horribly sly YH inside me! And my sins happened partly as a direct result of my unfortunate circumstances. What's wrong? And why are you not answering me? It's so frustrating. I'm experiencing immense ??? ????? and feel so stuck in a life I hate. One thing I know for sure: acting out is not the answer! I'm 76 days clean and the urges are very strong. Please help me to pull through and please give me some clarity. Thank you Hashem and thank you for the many blessings in my life."

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Re: I'm Fed Up

Posted by upanddown - 25 Jul 2025 11:27

BH passed the nisayon of last night. Circumstances haven't changed, but feeling a lot lighter since I was able to unload here.

TYH for GYE.

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Re: I'm Fed Up

Posted by davidt - 25 Jul 2025 15:28

[upanddown wrote on 24 Jul 2025 22:31:](#)

"Dear Hashem,

I'm feeling so upset. Frustrated. Angry. Disappointed. Things are just not working out. I'm feeling

deeply hurt by certain people. I'm feeling in despair. I just don't know how to continue. I daven to you. I cry to you all the time. On the outside I appear confident and strong but you Hashem can see my broken heart. ??????? ??????. You can see my streaming tears. You can hear my sadness.. I'm trying so hard to do my best. What do you want from me? What am I doing so wrong? Why are all of my friends so matzliach and not me? Is it perhaps because I have sinned so much in the past? You yourself are the one who put this horribly sly YH inside me! And my sins happened partly as a direct result of my unfortunate circumstances. What's wrong? And why are you not answering me? It's so frustrating. I'm experiencing immense ??? ????? and feel so stuck in a life I hate. One thing I know for sure: acting out is not the answer! I'm 76 days clean and the urges are very strong. Please help me to pull through and please give me some clarity. Thank you Hashem and thank you for the many blessings in my life."

My Beloved Child,

Your tears do not fall unnoticed. ??????? ????? - yes, I see every tear, hear every cry. What you call unanswered prayers, I call preparation.

You ask what I want from you? Exactly what you're giving Me right now - your broken heart turned toward Me, your 76 days of choosing light over darkness. "???? ??????" - according to the pain is the reward. Your struggle itself is your service to Me.

Did I place this yetzer hara within you? Yes - not as cruelty, but as opportunity. "??? ??????" - according to the greatness of the person is his yetzer hara. Your intense struggle is evidence of your soul's potential, not your failure. Your friends' external success? Each neshamah has its own tikun. Some souls are designed for external achievement; yours is designed for internal transformation. Your hidden victories matter more to Me than any material success.

You feel stuck? What you call being "stuck" I call being planted. These 76 days aren't just about avoiding sin - they're about becoming who I always knew you could be. Why does it feel like I'm not answering? Because the answer isn't always in changing circumstances - it's in changing you. Every prayer, every tear, every choice for connection over escape - this is My answer taking shape within you.

You're feeling urges now? This is precisely when your real strength shows. When every fiber pulls you toward old patterns and you choose Me anyway - this is where you become a warrior of light. I don't love you because you're perfect. I love you because you're Mine. Continue davening, continue choosing Me. Your breakthrough is exactly on time.

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Re: I'm Fed Up

Posted by amevakesh - 25 Jul 2025 19:50

Oh God! I haven't really been so active lately, but your pain jumped out and hit me with such force, I feel compelled to acknowledge it. I could have written both your painful post, and your follow up a day later, about one month ago. It's so so painful and frustrating, especially when we're in a rut and don't see how circumstances will change. Man, I have no words for the strength of character you must have,, to have been able to pull through your ????? just by posting. You have my utmost respect, and my prayers for your circumstances to change for the better, swiftly and speedily. For whatever it's worth, here's a tight, empathetic huge bearhug.

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Re: I'm Fed Up

Posted by upanddown - 28 Jul 2025 09:01

Had a productive win last night. By productive I mean that I was able to analyse my feelings and rewire my brain.

The cycle just a few months ago:

UNSATISFIED>GUILT>DISPAIR>CRAVING COMFORT>BROWSE YOU
TUBE>FANTASIES>REMOVE FILTER>ACT OUT>ACT OUT>ACT OUT>DEPRESSION>ACT
OUT>GYE

The cycle on day 80:

UNSATISFIED>GUILT>DISPAIR>CRAVING COMFORT>SLIGHT SLIP ON YOU
TUBE>STARTED FANTASISING> COUGHT MYSELF>STOPPED>FOUND ALTERNATIVE
SATISFACTION>MOVED ON>FEELING GRATEFUL>GYE

Thank you my dear brothers.

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Re: I'm Fed Up

Posted by amevakesh - 01 Aug 2025 20:26

[upanddown wrote on 28 Jul 2025 09:01:](#)

The cycle just a few months ago:

UNSATISFIED>GUILT>DISPAIR>CRAVING COMFORT>BROWSE YOU
TUBE>FANTASIES>REMOVE FILTER>ACT OUT>ACT OUT>ACT OUT>DEPRESSION>ACT
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This is the stuff of legends! HERO!!! Thank you so much for sharing. It brings so much Chizuk to me personally, and I'm sure to others as well.

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Re: I'm Fed Up

Posted by bochurwhosstruggling - 03 Aug 2025 19:56

I need a place to vent

I don't know if this makes sense, but I'm fed up with Hashem. How could He allow me to get myself into such horrible things?

I'm fed up with myself, and how come I can't just be a normal person like everyone else.

I'm fed up with my nisyonos and my addictions.

I'm fed up with all the times that I failed miserably.

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Re: I'm Fed Up

Posted by upanddown - 04 Aug 2025 01:24

Dear Bochorwhosstruggling,

Welcome to the Forums! I feel your pain. The feeling of being fed up is something that I have felt many times, incl being fed up and even angry with Hashem. The never ending cycle of falling and getting up and falling again etc is so frustrating and emotionally draining.

All I can say is, you've come to the right place! There is hope. And with the correct understanding and techniques you will be able to snap out of this cycle and become the person you wish to be.

Meanwhile, why not start your own thread and share with us a little about your challenges? You'll discover many special Yidden here on the forums who have alot of knowledge and experience and will be able to support you on your journey.

Please don't be upset with yourself. There is nothing wrong with you. Our generation is going through Nisyonos that have never existed and all those "normal people" that you're talking about are most likely struggling just as much. If you enjoy reading I very much recommend reading "The Battle of the Generation", see link in my signature.

Wishing you tremendous Hatzlacha,

??? ????,

UpAndDown

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Re: I'm Fed Up

Posted by hashemisonmyside - 05 Aug 2025 16:46

seems like a lot of pain, but knowing that you're part of such a caring family and so many success stories should give you the reassurance that you will win Big!!

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Re: I'm Fed Up

Posted by yitzchokm - 05 Aug 2025 17:22

[hashemisonmyside wrote on 05 Aug 2025 16:46:](#)

seems like a lot of pain, but knowing that you're part of such a caring family and so many success stories should give you the reassurance that you will win Big!!

As long as you stick with us. Keep on posting and sharing.

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