

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 - 11 Aug 2024 01:55

[frank.lee wrote on 11 Aug 2024 00:33:](#)

Following in this post, and you response on the thread "inner change", here is answer number six, as I understand from TBOTG.

Normally your challenges is choosing between this pleasure vs. missing out on the pleasure, due to some long term, abstract, potential reason. That can be very hard, as you wrote above. Solution 6 says you should realize that it is a choice between pleasure vs. a much greater pleasure right now! Basically the feeling you will get right now is so much more pleasurable, physically, emotionally, than from falling.

If you get to such a place of perspective, the Battle is so much easier.

Like you just popped a Nr. 20 to fight the Nr. 12. (Sorry if there is no such thing in Stratego)

Firstly, thanks for being ?????? to my post that I wrote until 3 in the morning... I thought it went unnoticed...

I'm maskim to the immediate emotional pleasure. You feel strong and happy.

But physical pleasure? Real pleasure, like a sensation? I'm not so sure... maybe physical benefit but not pleasure...

I'd phrase it like this:

6. Understand the real emotional pleasure you will have from withstanding the urge. It's much

greater than the physical pleasure of acting out. **This way the YH may be a Nr 10 but you're even stronger...** (there is nothing stronger than nr 10 in Stratego, unfortunately...)

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Re: I'm Fed Up
Posted by frank.lee - 11 Aug 2024 11:35

You're welcome, thanks for your great posts!

Correct, maybe not physical, but as tangible. The choice is between getting a short lasting physical pleasure vs. an immediate mental, spiritual, spiritual, pleasure. A chemical high, so much more pleasurable, right now!

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Re: I'm Fed Up
Posted by 1-12steps - 13 Aug 2024 15:44

I copy pasted this for myself, to re-read again and again.

Gonna print a copy when the kids go to sleep

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Re: I'm Fed Up
Posted by m111 - 13 Aug 2024 19:30

[upanddown wrote on 09 Aug 2024 02:20:](#)

Sharing some of my thoughts ?????? ?????? ?????? ?????? ??????

5. Connection. Understand that what you are really yearning is connection. Direct this need to the correct place. Connect to so many holy Yidden by learning ????, connect to your chavrusa and to the heilige ?????, ???????, ???????, ???????. That's what the ???? means when it says ?? ????? ????? ?? ?????? ???? ?????, it's not an escape. It's the real connection that you are desiring. (If learning is not an option then simply shmooze to a fellow Yid.) **This way you are actually using the battle to your own benefit!**

Well said. This is a point that I've come to realize only after working with myself and GYE for about 2 years.

The Nefesh Habehamis craves connection. The pleasure of porn is in a certain degree the pleasure of connecting with one's self.

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Re: I'm Fed Up
Posted by chaimoigen - 13 Aug 2024 19:41

It's a great point.

The way I see it is a little different.

A person craves connection and porn can give the *illusion* of the pleasure of connection, or at least something that feels (in the moment) like a substitute.

I've never thought about it as "the pleasure of connecting with one's self". Hmm. Going to think on that a bit .

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Re: I'm Fed Up
Posted by upanddown - 13 Aug 2024 23:47

[m111 wrote on 13 Aug 2024 19:30:](#)

[upanddown wrote on 09 Aug 2024 02:20:](#)

Sharing some of my thoughts ?????? ?????? ?????? ?????? ??????

5. Connection. Understand that what you are really yearning is connection. Direct this need to the correct place. Connect to so many holy Yidden by learning ?????, connect to your chavrusa and to the heilige ?????, ????????, ????????, ????????. That's what the ????? means when it says ?? ????? ?????? ?? ??????? ?????? ??????, it's not an escape. It's the real connection that you are desiring. (If learning is not an option then simply shmooze to a fellow Yid.) **This way you are actually using the battle to your own benefit!**

Well said. This is a point that I've come to realize only after working with myself and GYE for about 2 years.

The Nefesh Habehamis craves connection. The pleasure of porn is in a certain degree the pleasure of connecting with one's self.

It's not your ??? ??????? that's craving connection. It's your ??? ??????? that's craving it.

As you yourself have written so beautifully in your signiture:

"When 2 yidden get together, it is two nefesh elokis (godly souls) against one nefesh hebehamis (animal soul)".

I think this vort is from the Imrei Emes. And after he said the above, someone asked him "but Rebbe, just like the 2 Nefesh Eloikis connect, so to the 2 Nefesh Habahamis connect, so its again an equal battle?" And the Rebbe answered: "**The Nefesh Habahamiyos don't connect! As it says in the Passuk ?????? ???? ????".**

A very powerful vort. A *shmooze far zich*...

So I don't think a person is trying to connect to oneself by watching porn. Because it's mainly the Nefesh Habahamis watching, which doesn't like to connect. And even that bit of connection that is desired by watching porn (possibly coming from the Nefesh Eloikis) also doesn't get satisfied, as chaimoigen says, it's an *illusionary* connection...

Your heilige Neshomo is yearning connection. Your Nefesh Eloikis is yearning connection. Then comes along the YH and tries to feed that need with some fake illusionary subsidiaries... so one acts out.. but the yearning for connection has gotten nothing from it. So as soon as ones acted out, the ??? ??????? is left feeling **empty and depressed**. Because it has once again been misunderstood.

That's the way I understand it.

Lmk your thoughts...

Fast well..

UpAndDown

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Re: I'm Fed Up

Posted by upanddown - 02 Sep 2024 00:51

Having a hard day... A customer of mine was very unhappy with something and upset with me... so I'm feeling bit low and looking to fill the void...

half a year ago I would have acted out.

Now, thanks to GYE I'm in a different position, so I'm just posting for accountability.

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Re: I'm Fed Up

Posted by freeswan83 - 02 Sep 2024 02:56

[upanddown wrote on 02 Sep 2024 00:51:](#)

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Hello i'm new here, bumped in first into this thread and i can so much relate, had a miserable day, I'm feeling that i must act out in order to survive... unfortunately i cannot yet finish up my post with the words you ended it...

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Re: I'm Fed Up

Posted by proudyungerman - 02 Sep 2024 03:22

[freeswan83 wrote on 02 Sep 2024 02:56:](#)

[upanddown wrote on 02 Sep 2024 00:51:](#)

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post with the words you ended it...

Welcome to the GYE family!

Here you will find care and concern.

Here you will find the tools to hopefully break free from the beast that holds you captive.

Having the courage to post is a great first step.

Read around the threads, check out the Flight to Freedom program, and join the amazing crowd here!

Why don't you start your own thread and tell us about yourself? The people here really care and will do whatever they can to help you.

(If you're daring (or desperate) I'd recommend reaching out to Hashem Help Me - HHM - who is the mentor-in-chief. He has helped hundreds break free, present company included. His is reachable at michelgelner@gmail.com. If you're not ready, take your time.)

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Re: I'm Fed Up

Posted by upanddown - 02 Sep 2024 07:27

[freeswan83 wrote on 02 Sep 2024 02:56:](#)

[upanddown wrote on 02 Sep 2024 00:51:](#)

Having a hard day... A customer of mine was very unhappy with something and upset with me... so I'm feeling bit low and looking to fill the void...

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Hello i'm new here, bumped in first into this thread and i can so much relate, had a miserable day, I'm feeling that i must act out in order to survive... unfortunately i cannot yet finish up my post with the words you ended it...

Welcome my friend!

The support here on GYE is phenomenal. I owe them my life. My family owes them their life without even knowing it! I've been on this site for 7 years now, had my ups and downs... but now I finally feel its under control.

In addition to what proudyungerman wrote, I very much recommend reading the book "The Battle of The Genration" (link in my signature, or available on amazon) which has helped me and so many here to get the right perspective on these challenges..

Looking forward to getting to know you more...

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UpAndDown

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Re: I'm Fed Up

Posted by upanddown - 08 Sep 2024 06:58

Posting for accountability.

Travelling this week. Spending many hours at various airports. Plenty of opportunities for the YH to catch my attention... But what he doesn't realize is that there is GYE!

2 years ago I had a 400 day clean streak. But then I travelled to Israel with EL-AL. On my way back the stewardess said to me something triggering, it ignited a YH-spark and eventually caused me to fall. It went downhill from there...

But this time will be different.

Meanwhile I've already boarded the packed aircraft and have a young lady sitting right next to me..

So here's my plan ????:

1. ?????? ?????? will be top priority.
2. Not to fall for the YH's "Make-a-????? ???-stick"! There's absolutely no need to be too friendly to all of the female passengers and staff or to shmooze to the stewardess at the back of the aircraft... (even about Judaism!).
3. Not to feel "there's no-one looking". Rather ?????? ?' ?????? ??????. (Not an easy one).
4. Try to keep myself busy with learning or reading.

Thank you for listening.

Will update at end of this week iyH.

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UpAndDown

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Re: I'm Fed Up
Posted by stopsurvivingstartliving - 08 Sep 2024 09:31

All I can say is wow! Crazy Gevura you have. I wish I would be at such a stage. Hatzlacha Raba!

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Re: I'm Fed Up
Posted by Hashem Help Me - 08 Sep 2024 11:30

How was the trip?

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Re: I'm Fed Up

Posted by upanddown - 08 Sep 2024 22:26

[Hashem Help Me wrote on 08 Sep 2024 11:30:](#)

How was the trip?

So far so good. Kept to my plan as much as I could. Was travelling for over 14 hours and it was really tough. I'd say 95% success in Shmiras Einayim and the other 5% when I did look, I didn't dwell over it but just moved on..

Much to my dismay, the place I'm staying in for next few days has an unfiltered device available to use. I might make a ?????? not to use it. The fact that it's Elul definitely helps as well. TYH!

Thank you all for your care & support. I have no words!

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