

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 frank.lee - 08 Sep 2024 23:16

Here is an awesome secret weapon, especially helpful when you go UpandDown on flights, and travel out of your regular, set regimen: Daf Yomi by R' Eli Stefansky. Joindafyomi.com

Get a free Gemara, never watch movies or talk to girls in the plane again. Gets you into a different mindspace and energizes you. Keeps you grounded and in the groove, even when everything else is up in the air.

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Re: I'm Fed Up
Posted by upanddown - 12 Sep 2024 12:54

Quick update on this one...

I'm back from my trip unharmed bh.

@BenHashemBH - I did what you said about covering the device. It worked.

@Frank.lee - thanks for the idea, might use it another time. This time I had stuff to do...

The purpose of this trip in itself (without going into detail) was emotionally draining. So even without the regular challenges of travelling on your own through big airports, I was emotionally more vulnerable and looking for comfort, which made the sexual challenges much more difficult.

Thank you all my dear brothers for your support! Once again, I couldn't have managed without you!

Thank you Hashem for bringing me to GYE!

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Re: I'm Fed Up

Posted by BenHashemBH - 12 Sep 2024 13:06

[upanddown wrote on 12 Sep 2024 12:54:](#)

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BH! I'm glad the cover helped. **You** worked.

Thank you for the inspiration that we can all learn how to prepare and face a challenge to the best of our abilities.

Continued hatzlacha!

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Re: I'm Fed Up
Posted by Hashem Help Me - 12 Sep 2024 21:14

The script has changed. Now it says "I go on a trip and BH come back clean".

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Re: I'm Fed Up
Posted by upanddown - 12 Sep 2024 21:46

[Hashem Help Me wrote on 12 Sep 2024 21:14:](#)

The script has changed. Now it says "I go on a trip and BH come back clean".

Yeah you're so right, I didn't even realise, that's exactly what happened to me, **my brain has been rewired**. Thanks for pointing out!

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Re: I'm Fed Up
Posted by upanddown - 22 Sep 2024 00:04

Dear brothers...

I'd like to share with the oilem something that has helped me in recent months.

I found that **working on self control is easier when it's not only Kedusha orientated**.

For example, I have been working on not cracking my finger knuckles constantly (it's really hard btw). Not to just eat anything you see (just as a healthy life style, not to lose weight). Not to react impulsively when one of my children tips their breakfast plate onto the floor and the milk splashes absolutely everywhere... and recently also in regards to checking the news I try to only check once a day (inspired by our friend PY).

So when the YH strikes with some strong sexual temptations, you're well prepared and your automatic first response is "No. Stop. Think..."

Of course, even when having a bad week in regards to checking news or eating habits I try to be in control re acting out, but as a general strategy I find that on a week that I'm working on self control in all areas of life, I get endless opportunities to boost my self control and its easier not to fall.

Wishing you all a Shavua Tov!

UpAndDown

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Re: I'm Fed Up
Posted by richtig - 22 Sep 2024 01:48

[upanddown wrote on 22 Sep 2024 00:04:](#)

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Wishing you all a Shavua Tov!

UpAndDown

I'm also trying to stop cracking my knuckles, difficult indeed. I also relate to the message of working on self control in general.

thanks

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Re: I'm Fed Up
Posted by upanddown - 27 Sep 2024 01:32

Reflecting on this past year...

The worst day of the year was one night when I was doing bad stuff... trying to shake off my yiddishkeit... doing multiple sins at once... it was a very dark tekufah.

The best day of the year will IYH be the last day of the year, on erev Rosh Hashana, when I'll reach **145** days clean!!

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(???? ???? ???? ?????, ???? ????? ?? ?????????)

Although i have had 400 days clean streak in the past, I feel like this time is different. I have done a lot more inner change. Worked on Emunah. Read TBOTG. Gone for some more therapy. Chizzuk in learning. Chizzuk in Tefillah. Been in touch with the oilom here on the forums especially when facing a challenge... I haven't just gotten up, this time I feel **sturdy** - ??? ?????.

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It doesn't say ?????? - standing. It says ?????? standing upright and sturdy. When is that

possible? When we're together ??????. One man on his own can easily fall. But when Klal Yisroel are together.. holding on to each other for support, we're no longer valnurable but rather standing strong!

I'm so grateful to each one of you for being here for each other, for your constant support and inspiration!

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A git gebensht Yohr,

UpAndDown

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Re: I'm Fed Up
Posted by nefesh - 27 Sep 2024 02:34

Don't give up! focus on each time you get through some time staying clean as a tremendous step, life is full of ups and downs, you are normal, I myself went 2,750 days clean I thought I beat my yetzer hara ad meah vaesrim, But this past year he has re entered my life, But one can never give up! Stay strong, you are clearly a holy yid if you sat and learned for many years. Dont give up and focus on the positives in your journey each time you are successful, Ha - shem wants us to not give up even after we fall and to keep trying!

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Re: I'm Fed Up
Posted by upanddown - 08 Oct 2024 14:16

I'd like to share a powerful piece I have learnt in the ??? ??? (???? ??????? ??? ?????? ???"?) which has given me tremendous ?????? and I hope others can benefit from it.

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We must remind ourselves constantly, that however much we fall, our ?????? hasn't changed.
The sin is just by mistake, because of the YH, but inside we're ??????!

And in the ?????? they bring another piece on the Pasuk ?????? ??? ??? that ?????? (Vs. ?????) is a
smooth man. He says:

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(????? ?? alot more on this topic)

So there is hope...

May Hashem help us utilize these beautiful, holy days - days of tremendous opportunity- with
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Re: I'm Fed Up
Posted by upanddown - 10 Oct 2024 12:33

Having some crazy strong urges these days....

Probably to do with me feeling like a failure.. I'm not managing to get myself to Selichos (while
my 10 year old son is going every single day... I'm so embarrassed of the people in my shul,
not davening with a minyan (doing it at home fast, just to be ?????)... feeling the pressure of
Yomim Noraim... (I haaaate pressure!) not learning enough... feeling guilty... + an extra trigger

that I have at home at the moment... *bekitzer*. 100 reasons to act out. But 1 million reasons not to.

Maybe it's time for another phone call to HHM...

In the meantime I bought myself something

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Re: I'm Fed Up
Posted by upanddown - 10 Oct 2024 12:41

Having some crazy strong urges these days....

Probably to do with me feeling like a failure.. I'm not managing to get myself to Selichos (while my little boy gets up early and goes every single day... I'm so embarrassed of the people in my shul), not davening with a minyan (doing it at home fast, just to be ????)... feeling the pressure of Yomim Noraim... (I **haaaate** pressure!) not learning enough... feeling guilty... + an extra trigger that I have at home at the moment... *bekitzer*. 100 reasons to act out. But 1 million reasons not to.

Maybe it's time for another phone call to HHM...

In the meantime I bought myself something

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Re: I'm Fed Up
Posted by upanddown - 10 Oct 2024 12:56

Having some crazy strong urges these days....

Probably to do with me feeling like a failure.. I'm not managing to get myself to Selichos (while my little boy g?ets up early and goes every single day... I'm so embarrassed of the people in my

shul), I'm not davening any tefilos with a minyan (doing it at home fast, just to be ????)... feeling the pressure of Yomim Noraim... (I **haaaate** pressure!) not learning enough... feeling guilty... and there's also an extra trigger at home at the moment... *bekitzer*: 100 reasons to act out. But 1 million reasons not to.

Maybe it's time for another phone call to HHM...

in the grocery to sooth my need of some physical pleasure... but now I feel sick. Wish I could throw it all up. But I suppose its better than acting out which would undoubtedly result in depression and more falls etc.

What a life... just can't seem to get it right.

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Re: I'm Fed Up
Posted by odyossefchai - 10 Oct 2024 13:42

In the meantime I bought myself something
My heart goes out to you.

Yes, make that phone call NOW!

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