

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 BenHashemBH - 10 Oct 2024 13:50

[upanddown wrote on 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.

Shalom Brother,

It's hard not to feel the pressure of Yomim Noraim. They are a big deal. But remember, like we say in davening, that Hashem gave us these days with love. It is serious business, but it's not supposed to be doom and gloom. Just because you missed selichos doesn't mean you end up on the naughty list and get coal in your socks - that's not our thing. Right now maybe you are holding by davening at home, so try to connect with Hashem through that davening, even just a moment. All He wants is that relationship with us. Open a small pin hole to let Him in - that's all you need.

Keep your ho ho hopes up (sorry, I could have resisted but chose not to). Up and Down, BezH you should go into Yom Kippur Up and Up.

Hatzlacha

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Re: I'm Fed Up

Posted by iwantlife - 10 Oct 2024 13:58

Yes, call HHM! I can still feel the warmth from that first call, and I'm sure you remember it too. He's here for the oilam when we're down, and there's nothing wrong with calling for a boost up. It's free refills!

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Re: I'm Fed Up

Posted by upanddown - 10 Oct 2024 17:12

Thank you guys for your chizzuk. It makes it so much easier being in this battle together.

I was alone at home for a few hours, knowing that my wife is out at work until late afternoon when the children come home... was feeling drained and horny... I decided to give in and to chill a bit, to have some fun and do some body care (without going into detail...) and lots and lots of slips without falling entirely

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Re: I'm Fed Up

Posted by upanddown - 10 Oct 2024 17:21

Thank you guys for your chizzuk. It makes it so much easier being in this battle together. And I will try to call HHM later.

?????, I was alone at home for a few hours, knowing that my wife is out at work until late afternoon when the children come home... I was feeling drained and horny... I decided to give in and to chill a bit, to have some fun (without going into detail...), do some body care and indulge in lots of slips whilst trying to avoid falling entirely...

But in the last minute, without thinking much, I decided ?? ??? ???? and to go to sleep instead.

2 min later my wife walked in unexpectedly!!!

I would have definitely been caught red handed!!

What a neis.

TYH!

And then I saw your posts and it warms my heart...

The urges are still strong but I'm feeling rested and strong enough to keep fighting.

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Re: I'm Fed Up

Posted by odyossefchai - 10 Oct 2024 18:07

[iwantlife wrote on 10 Oct 2024 13:58:](#)

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The man saved my life!!! Many times

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Re: I'm Fed Up

Posted by anonymousushi - 11 Oct 2024 05:34

Not to judge, and definitely not you in particular;

?ive been wondering about the propensity of people here who seem to succeed the most and fall the "hardest" (or similar such description).

is the issue being approached at too steep an angle of attack?

Is it possible that if one somehow were able to break it into even smaller yet bite sized peices, they would find they have much more lasting hatzlocha.

please set the record starstaright, as I feel I'm most certainly missing the boat

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Re: I'm Fed Up

Posted by anonymousushi - 11 Oct 2024 05:39

[retrych wrote on 17 Sep 2021 08:44:](#)

(I almost finished writing this when I lost it, trying again)

I have also had a bad fall after really trying, in this and other areas. I can only suggest that maybe i didn't have strong enough foundations and walls then, and needed to fall to davka a really bad time to do so in order to have the push to rebuild better and set up better defenses.

As for your other feelings, they sound like they are coming from pain and guilt and maybe the taivah. All of it leads subconsciously to this almost selfdefensive lashing out. You know it's not you. even if you ant feel what you used to now, you know it was real, and that you was real. And we all can get it back.

Are you sure there isn't any rebbeim you can talk to? Could be they deal with these things all the time and its just behind closed doors.

If not, maybe can you find someone who you don't know or doesn't know you, maybe even someone not local?

If you don't know anyone, is there someone you can ask to recommend someone you can talk to, gloss over why you cant talk to rebbeim, say something vague, or you need different perspectives or it involves someone they would know or whatever.

Wish I could help you more...sorry

Anyway, you must be someone important for all this to be happening for you. And for being here.

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Re: I'm Fed Up

Posted by kavey - 11 Oct 2024 10:46

FWIW Rav Pincus talks about the guy who sleeps in and quickly says kriyas shema right before the zman and then rolls over that he's a big mekadesh shem shamayim because it's really only for the ribbono shel olam.

Seem like that might apply here too.

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Re: I'm Fed Up

Posted by kavey - 11 Oct 2024 10:47

[upanddown wrote on 10 Oct 2024 12:56:](#)

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Re: I'm Fed Up

Posted by upanddown - 30 Oct 2024 16:53

In the meantime I bought myself something
Feeling drained.

Had very hectic 2 weeks with lots of hosting over Yom Tov.

Had my father hovering over me, pressurising me, checking where I'm holding in my learning whether I've done ??? of ??? yet etc etc. (Funny thing, he still reminds me of ??? ??? ??? whenever he's here... even though the whole year round I manage without him np...)

My Panassah is down the drain Atm. (This is probably the most depressing of all.)

I have ZERO cheshek to learn.

ZERO Cheshek to daven.

Dreading this coming winter.

Once again just simply fed up. Wish I could act out. To live like a goy.

2 days ago i saw a bunch of non jewish teenagers late at night having such fun. The girls looked stunning. I was so jealous. I never had that in my teenage years. Its a thrill which us frum yidden are deprived of.

Wish I'd find out that my mother is really a non jew and I could run off and start a new happy normal simple life without any guilt and pressure.

But meanwhile my Yichus iis looking much too good from all sides...

I'm desperate to act out.

My wife has not been very sex orientated lately and I don't really wanna bother her, just want to sort myself out.

??? ?? ?????? ??? ?? ???????.

Thanks for listening to my rant.

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Re: I'm Fed Up

Posted by odyossefchai - 30 Oct 2024 16:57

[upanddown wrote on 30 Oct 2024 16:53:](#)

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Thanks for listening to my rant.

Someone mentioned Rav Pincus earlier so I'll quote something else in response!

He was asked this very question. If you woke up tomorrow and found out you're a goy, what would you do?

He answered; I'll bring a Korbon on a Bama because only a yod is not allowed to buy a goy is!

(It's only "slightly" different from what my answer was!!!!)

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Re: I'm Fed Up

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[odyossefchai wrote on 30 Oct 2024 16:57:](#)

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He answered; I'll bring a Korbon on a Bama because only a yod is not allowed to buy a goy is!

(It's only "slightly" different from what my answer was!!!!)

I've heard this story many times.

It doesn't mean much to me.

It's actually ridiculous. It's from the olden days. (If Rav Pinchus would have been a young man today, amongst goyim, had an unfiltered device and no big position, he would have probably ditched the ???)

Thanks anyway.

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Re: I'm Fed Up

Posted by chosemyshem - 30 Oct 2024 17:30

[upanddown wrote on 30 Oct 2024 16:53:](#)

2 days ago i saw a bunch of non jewish teenagers late at night having such fun. The girls looked stunning. I was so jealous. I never had that in my teenage years. Its a thrill which us frum yidden are deprived of.

Thank you for the very honest and relatable share.

I feel like this is a major trigger of mine too. I see people living the free life and it worms into my head. Why can't I also just party?

And yes, I know intellectually all the stuff. Their happiness is probably not very long lasting most of the time, and the life I live is something I've chosen by choice, and is a life that is good in two worlds. But still. . . Sometimes I see something like that and it just eats away at me. Especially if

Now, why that somehow results in copious amounts of masturbation to cope with those feelings is something I will leave to my fellow amateur Freudians, but that is the result. I think a lot of non-Jewish music also activates that feeling.

So what's the solution? Idk. 12 Steps has a lot of relevant Torah.

I'd like to one day be so comfortable with my own life that things like this don't bother me.

my life is feeling unpleasant for other reasons, as it sounds like you've been dealing with KOT.

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Re: I'm Fed Up

Posted by youknowwho - 30 Oct 2024 17:37

[upanddown wrote on 30 Oct 2024 16:53:](#)

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But meanwhile my Yichus iis looking much too good from all sides...

Felt like this too many times...~~here's a warm squishy hand.~~

Thank you for writing a vivid and raw portrayal of your emotions.

Just a share: For me, having a dear friend to vent these feelings to, and not getting any kinds of "chizuk" as a reply, can go a long way in helping alleviate them.

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