

Rosh Hashana despair - hopeless

Posted by MW - 25 Sep 2008 20:26

It is only few days to Rosh Hashana and since the beginning of the summer my short term goal has been to get just a little bit better and closer to hashem by Rosh Hashana, I have not only failed in this mission but gone considerably worse, this week I uninstalled the filter on my computer (they don't really help anyway) out of sheer despair. I have been struggling with masturbation for 13 years (I'm 30) and am at the end of the rope. I have seen five separate therapists over the past three years (5th just started).

At this point in Elul and at the stage I am in, I cannot face Rosh Hashana in the eye this year, I cannot daven and say selichos (said it once this week) knowing that the minute I walk into my office the temptations start bugging so bad and eventually I will fall. I don't know what I'm going to do about Rosh Hashono and Yom Kippur this year, if not for my wife and kids I would seriously consider running to Atlantic City for yom tov. Don't get me wrong, my Emunah is extremely strong and I will go to shul but I find my ruchnius situation impossible to deal with and cannot work on my yiddishkeit the way I am behaving.

I need a reason to go to shul, daven hard and learn during yomim tovin (as I enjoy doing), I need a reason to be able to face yom hadin with a little optimism and be able to dance motzei yom kippur feeling good about the holy days. This is impossible for me to do knowing that the day, week or month after yom kippur I am going to be in exactly the same situation I am in now, probably worse. I know every yid comes to hashem every single year with the same story as the year before promising once again that he will do teshuva but at least when he is doing teshuva, he kind of believes himself and he does try to be a better person and while climbing and falling over the year he gradually climbs the ladder. I cannot console myself this way because I've been doing this for too many years and the only result is falling deeper and deeper into my self made bottomless pit.

Please don't get me wrong, by giving up I don't mean giving up completely, I am still going to see a therapist and am a little optimistic that one day I will climb out of it, but I feel that my optimism is only an excuse for me to continue masturbating and my tears, teffilos and sadness is only a symptom of ?????? ?????? ??????. I wanna skip the yomim tovim this year and hope that maybe next year I could go to shul with some pride.

I read the posts on this forum and notice that mine is the only one that does not have a happy ending but I hope there will be a happy ending to tell. Well at least over the last hour and a half as I was reading the forum and drafting this post I was porn free, yaa!

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Re: Rosh Hashana despair - hopeless
Posted by BentleyJunkie - 02 Oct 2008 22:37

Curiosity problem?

Huge problem for me! I too have site that are constantly updated which i used to frequent. When I thought about what's causing this curiosity, i realized that I wasn't getting this rush and excitement (that I would get from these updates) from any other parts of my life at that time. I might suggest doing something Kosher that you find just as interesting and exciting.

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Re: Rosh Hashana despair - hopeless
Posted by battleworn - 05 Oct 2008 12:58

Dear MW and everyone,

First of all I need to tell you that you made my Rosh Hashana. This thread gave me the hope and opened my heart to be able to daven with kavana and to cry to Hashem.

The first night I was sitting by the seuda and I started singing "Haben yakir lee efraim". I began to think about MW. The meanest-of-

mean, sadistic, wicked menuval has been battering this holy precious yid for years, without the slightest hint of a shadow of mercy. MW, for his part, tried again and again to break free, with seemingly no success. And after all that, he hasn't given up. He comes to the forum to ask for help, and look what response he gets from more holy precious yidden. I thought to myself "Well of course Hashem loves us so much". And I started crying in front of my wife and kids, who had no idea at all what I was thinking.

Then I sang "Hayom haras olam" and I started crying again. In my heart I was saying to Hashem "The way Your precious children don't give up, they most definitely deserve to be treated as children -Rachamainu kerachem av al banim"

Curiosity is a killer (not just for cats). But you should realize that just like the vicious, malicious menuval uses curiosity against you, you're entitled to use keeping busy against him. Perhaps you should set yourself a goal of learning a certain amount by Simchas Torah. And how about finishing Tehilim-with tears! And this forum is also a terrific way to keep busy. But, for me, the long term solution to curiosity is to use the trait for what it was created for. Moshe Rabainu was zoche to his special connection with Hashem, because-as the pasuk says- "Vayaar Hashem ki sar liros". If you search for Hashem you won't need to search for filth.

GUE,

I read the story about the steipler in a sefer called "Holchay Nesivos" (chailek sheini page 39)

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