

Fridays and sadness

Posted by simchastorah - 10 Feb 2023 07:52

Friday morning I often look at porn and masturbate, I have no work, so less on my plate. My wife goes back to sleep, so no issue there. I'm especially in danger right now because I'm feeling gross, because yesterday something embarrassing happened to me, and I had something of a conflict with a coworker. Lately the way that I would deal with this is to escape into fantasy land, and then hate myself for the rest of the day. Then to get away from hating myself, I'll smoke a little weed, which just makes me feel more depressed.

Additionally I'm struggling right now because my wife is dealing with extreme anxiety. She's not so mentally well, she's on 3 or 4 different medications, but still is in a state of struggling to get anything done because of her anxiety. On top of that, we haven't been together in around three months, she hasn't even gone to the mikva because of issues in our shalom bayis. I also unfortunately have trouble being attracted to her, because of weight gain and some skin problems.

So right now there is a side of me that wants to just throw seichel to the wind and watch porn. But I really really don't want to do that. I want to be close to Hashem. And I want to behave in a way that I can respect, so that hopefully over time I can handle the different external difficulties in my life without feeling so compelled to seek comfort in these unhealthy ways.

The truth is, I walk around feeling pretty bad about myself a lot of the time. I was badly abused and bullied for around a year at age 13, though not sexually abused b'h. I still walk around with these bad feelings about myself, and when anything goes wrong, it's magnified many times because it's compounding the bad way that I already feel. It's very hard for me to bear all of these feelings, and I turn to porn, masturbation, weed, and some alcohol to deal with them. Unfortunately they all have terrible costs. So I need to learn to deal. Hashem help me.

I generally keep everything to myself, because 1) I don't want people to look down on me, 2) I know that everyone is dealing with their own stuff, some more than others, and I don't want to burden them with my stuff and 3) I know that look down or not, people full of negativity are less pleasant to connect with, and people will not want to associate with me.

Writing this all out, I'm filled with a tremendous sadness. At the same time though, I feel like maybe

I have a bit more of a chance to not descend into the hell of porn and self loathing

=====
=====

Re: Fridays and sadness

Posted by Eerie - 10 Feb 2023 08:12

My dear friend, here we are your brothers. We don't look down at you, and we have room in our hearts and minds for everyone. Here you can share and no one is judging. Keep on posting, we want to hear from you! And may Hashem shine His face upon you and may you and your wife know only of health and happiness in every way! Stand strong! Let us know what's going on my friend

=====

Re: Fridays and sadness

Posted by Vehkam - 10 Feb 2023 15:00

[simchastorah wrote on 10 Feb 2023 07:52:](#)

Friday morning I often look at porn and masturbate, I have no work, so less on my plate. My wife goes back to sleep, so no issue there. I'm especially in danger right now because I'm feeling gross, because yesterday something embarrassing happened to me, and I had something of a conflict with a coworker. Lately the way that I would deal with this is to escape into fantasy land, and then hate myself for the rest of the day. Then to get away from hating myself, I'll smoke a little weed, which just makes me feel more depressed.

Additionally I'm struggling right now because my wife is dealing with extreme anxiety. She's not so mentally well, she's on 3 or 4 different medications, but still is in a state of struggling to get anything done because of her anxiety. On top of that, we haven't been together in around three months, she hasn't even gone to the mikva because of issues in our shalom bayis. I also unfortunately have trouble being attracted to her, because of weight gain and some skin problems.

So right now there is a side of me that wants to just throw seichel to the wind and watch porn. But I really really don't want to do that. I want to be close to Hashem. And I want to behave in a way that I can respect, so that hopefully over time I can handle the different external difficulties in my life without feeling so compelled to seek comfort in these unhealthy ways.

The truth is, I walk around feeling pretty bad about myself a lot of the time. I was badly abused and bullied for around a year at age 13, though not sexually abused b'h. I still walk around with these bad feelings about myself, and when anything goes wrong, it's magnified many times because it's compounding the bad way that I already feel. It's very hard for me to bear all of these feelings, and I turn to porn, masturbation, weed, and some alcohol to deal with them. Unfortunately they all have terrible costs. So I need to learn to deal. Hashem help me.

I generally keep everything to myself, because 1) I don't want people to look down on me,

2) I know that everyone is dealing with their own stuff, some more than others, and i don't want to burden them with my stuff and 3) I know that look down or not, people full of negativity are less pleasant to connect with, and people will not want to associate with me.

Writing this all out, I'm filled with a tremendous sadness. At the same time though, I feel like maybe

I have a bit more of a chance to not descend into the hell of porn and self loathing

Thank you for posting your story. There are others here who have had similar experiences. You can get better. You can learn to cope using other methods. Please spend a few days here reading posts and responding to the ones that talk to you. You will find a group of people that you can connect to and share. Some of the suggestions will work better than others. Everyone is different in what exactly works for them. The key is to stay connected.

It is very important that you learn to have a positive perspective of yourself. That will help take away a lot of the sadness. It can be done. None of us are perfect. Accept that and move forward in the best way that you can right now. Posting here was a great start.

Wishing you tremendous success

vehkam

=====

Re: Fridays and sadness
Posted by DavidT - 10 Feb 2023 15:29

[simchastorah wrote on 10 Feb 2023 07:52:](#)

Friday morning I often look at porn and masturbate, I have no work, so less on my plate. My wife goes back to sleep, so no issue there. I'm especially in danger right now because I'm feeling gross, because yesterday something embarrassing happened to me, and I had something of a conflict with a coworker. Lately the way that I would deal with this is to escape into fantasy land, and then hate myself for the rest of the day. Then to get away from hating myself, I'll smoke a

little weed, which just makes me feel more depressed.

Additionally I'm struggling right now because my wife is dealing with extreme anxiety. She's not so mentally well, she's on 3 or 4 different medications, but still is in a state of struggling to get anything done because of her anxiety. On top of that, we haven't been together in around three months, she hasn't even gone to the mikva because of issues in our shalom bayis. I also unfortunately have trouble being attracted to her, because of weight gain and some skin problems.

So right now there is a side of me that wants to just throw seichel to the wind and watch porn. But I really really don't want to do that. I want to be close to Hashem. And I want to behave in a way that I can respect, so that hopefully over time I can handle the different external difficulties in my life without feeling so compelled to seek comfort in these unhealthy ways.

The truth is, I walk around feeling pretty bad about myself a lot of the time. I was badly abused and bullied for around a year at age 13, though not sexually abused b'h. I still walk around with these bad feelings about myself, and when anything goes wrong, it's magnified many times because it's compounding the bad way that I already feel. It's very hard for me to bear all of these feelings, and I turn to porn, masturbation, weed, and some alcohol to deal with them. Unfortunately they all have terrible costs. So I need to learn to deal. Hashem help me.

I generally keep everything to myself, because 1) I don't want people to look down on me, 2) I know that everyone is dealing with their own stuff, some more than others, and I don't want to burden them with my stuff and 3) I know that look down or not, people full of negativity are less pleasant to connect with, and people will not want to associate with me.

Writing this all out, I'm filled with a tremendous sadness. At the same time though, I feel like maybe

I have a bit more of a chance to not descend into the hell of porn and self loathing

It's so special that you have the courage to come here and write all this. You're going thru so much pain, we can't begin to imagine what it's like to deal with all of this. Being abused and bullied as a young teenager is very damaging as well. **Been there...**

We are here for you! There is light at the end of the tunnel. Let's try one day at a time and we'll celebrate together with you.

Please stay connected, we need you.

=====

Re: Fridays and sadness

Posted by simchastorah - 11 Feb 2023 20:56

Thank G-d I made it through Friday and Shabbos. It's been almost a week without porn and masturbation.

The craving is pretty strong. I know that at least for a few minutes I would have relief from the pressure of

life. I just spent the last two hours helping my wife do her job, because she's currently not able to get it done

on her own. As a person who's also struggling. I can feel compassion for her. But at the same time the fact

that she needs me so much at the time that I am also struggling makes me feel like there's no room for me.

=====
=====

Re: Fridays and sadness

Posted by Geshmak! - 12 Feb 2023 01:16

[simchastorah wrote on 11 Feb 2023 20:56:](#)

Thank G-d I made it through Friday and Shabbos. It's been almost a week without porn and masturbation.

The craving is pretty strong. I know that at least for a few minutes I would have relief from the pressure of

life. I just spent the last two hours helping my wife do her job, because she's currently not able to get it done

on her own. As a person who's also struggling. I can feel compassion for her. But at the same time the fact

that she needs me so much at the time that I am also struggling makes me feel like there's no room for me.

Wow a full week clean!!! Amazing! Keep it up brother!!

=====
btw love your username
=====

Re: Fridays and sadness

Posted by simchastorah - 12 Feb 2023 04:27

hey we're is your karma?!?! I want to give you a few pluses...
Thanks for the support

How do I turn on karma?

=====
=====

Re: Fridays and sadness

Posted by Geshmak! - 12 Feb 2023 04:44

[simchastorah wrote on 12 Feb 2023 04:27:](#)

Thanks for the support

How do I turn on karma?

Your very welcome!

go to your profile and click on edit profile and then on forum settings and there you can click to show or not show your karma...

Hatzlachah!

=====
=====

Re: Fridays and sadness

Posted by sleeepy - 12 Feb 2023 04:54

[Geshmak! wrote on 12 Feb 2023 04:44:](#)

[simchastorah wrote on 12 Feb 2023 04:27:](#)

Thanks for the support

How do I turn on karma?

Your very welcome!

go to your profile and click on edit profile and then on forum settings and there you can click to show or not show your karma...

Hatzlachah!

whats karma?

=====

Re: Fridays and sadness

Posted by Geshmak! - 12 Feb 2023 05:01

[sleeepy wrote on 12 Feb 2023 04:54:](#)

[Geshmak! wrote on 12 Feb 2023 04:44:](#)

[simchastorah wrote on 12 Feb 2023 04:27:](#)

Thanks for the support

How do I turn on karma?

Your very welcome!

go to your profile and click on edit profile and then on forum settings and there you can click to show or not show your karma...

Hatzlachah!

whats karma?

Just gave you one bro! I keep given you but someone keeps steeling them from you... I think you have a second account (besides your shluffy account)and you make sure your karma stays down so you should become a big shot. TRUE OR FOULS?!?!

=====

Re: Fridays and sadness
Posted by sleeepy - 12 Feb 2023 05:04

[Geshmak! wrote on 12 Feb 2023 05:01:](#)

[sleeepy wrote on 12 Feb 2023 04:54:](#)

[Geshmak! wrote on 12 Feb 2023 04:44:](#)

[simchastorah wrote on 12 Feb 2023 04:27:](#)

Thanks for the support

How do I turn on karma?

Your very welcome!

go to your profile and click on edit profile and then on forum settings and there you can click to show or not show your karma...

Hatzlachah!

whats karma?

Just gave you one bro! I keep given you but someone keeps steeling them from you... I think you have second account (besides shluffy) and you make sure your karma stays down so you should become a big shot. TRUE OR FOULS?!?!

if you mean me, its not me . btw in yiddish my name is spelled shluuuffy. gut voch and chazak chazak! go shluffy (:

=====

=====

Re: Fridays and sadness

Posted by sleeepy - 12 Feb 2023 05:06

oh, thats karma? thanks ,now you have a tzenter! enjoy!

=====

=====

Re: Fridays and sadness

Posted by Geshmak! - 12 Feb 2023 05:09

'm laughing so hard...

but let's not hijack this thread... bring it on in your cheer up thread.

??? ????

=====

=====

Re: Fridays and sadness

Posted by Eerie - 12 Feb 2023 05:30

[simchastorah wrote on 11 Feb 2023 20:56:](#)

Thank G-d I made it through Friday and Shabbos. It's been almost a week without porn and masturbation.

The craving is pretty strong. I know that at least for a few minutes I would have relief from the pressure of

life. I just spent the last two hours helping my wife do her job, because she's currently not able to get it done

on her own. As a person who's also struggling. I can feel compassion for her. But at the same time the fact

that she needs me so much at the time that I am also struggling makes me feel like there's no room for me.

My friend, you are a gibbor! I feel your pain, it's gotta be so hard, and you have the strength to keep going, and posting, you are an inspiration. May I suggest you reach out to one of the wonderful mentors here, it sounds to me like you could really benefit from having somebody hear you out. Keep posting my friend, we are brothers here, we care about you and we want to hear how you are doing

=====

Re: Fridays and sadness

Posted by simchastorah - 12 Feb 2023 19:24

To be honest, I don't understand why posting and even fighting the fight is gevura. The truth is, I feel in so much pain over

what I've been doing, and I can't stand the pain. But coming here and seeing that so many people have gotten through this

by reaching out, posting, connecting with people about it, and making use of the various tools here, I feel that it's worth a try.

Please someone explain to me why they look at this as gevura. Maybe if I could have a healthy way of feeling good about it

it would be very helpful for me, but as is, I feel that I would be fooling myself to call it gevura

=====

=====