

Fridays and sadness

Posted by simchastorah - 10 Feb 2023 07:52

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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

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Re: Fridays and sadness

Posted by 5Uu80\*cdwB#^ - 01 Mar 2023 17:55

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Beautiful post!

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Re: Fridays and sadness

Posted by chancy - 01 Mar 2023 18:22

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Oi Reb ST!

First of all Why Oi Li Meyoitzri? Hashem Is taking immense pleasure from you strength and your willingness to fight!!!

I can sti here till tomorrow quoting all the sources that am aware of that talk about the amount of joy a yid makes in the heavens and the earth when he fights his YH, especially when something is desirable! times infinity plus for people like us who tasted the pleasure not once and not twice and not hundred times!!!!

Read the Kdushes Levy on Purim to start.... I believe this with all ive got. Because this what ALL holy Tzadikim have said and it says in the G'mara. So dont say "Oi Li Miyoitzri" Your Creator is Extremely proud of you and he is showing off to his Angles saying "You didnt understnad why I needed to create Men on this lowly earth, THIS IS WHY! You Angles cant give me such satisfaction as this guy Simches Torah does! Thats number 1.

Number 2. Why does you let your YH talk to you like that? Give him a kick where it hurts and tell him to go find someone else to bother!

Whats this about "How long can i keep this up?" There is no limit, it doesn't get harder, its a false anxiety that we have in the beginning, that eventually itll become too much and youll give in, The only reason that could happen is if you keep letting the YH in bit by bit and then it gets too much, but you can still win then too. But as long as you stay focused on the goal which is to stay holy and not get dragged into the sewer, you can do this for your whole life, sometimes its harder then others and then sometimes you will have no desires at all!

So take a chill pill and breath easily. Hashem is with YOU! And you dont have to do anything, just dont give up and let the YH use you as his servant.

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Re: Fridays and sadness

Posted by simchastorah - 01 Mar 2023 18:25

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thanks buddy

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Re: Fridays and sadness

Posted by jackthejew - 01 Mar 2023 18:30

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[chancy wrote on 01 Mar 2023 18:22:](#)

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So take a chill pill and breath easily. Hashem is with YOU! And you dont have to do anything, just dont give up and let the YH use you as his servant.

Maskim. If you'd like a Litfische source, Reb Shlomo Hoffman said in a Va'ad, "I don't know why so many people make a point of scaring Bochorim with all the Zohars about Kedusha, and no one mentions the Gra (Brought in the back of the Nefesh Hachaim pg. 438) that says anyone who is Maamik B'Torah doesn't need to worry about punishments because the Toirah fixes it all up.

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Re: Fridays and sadness

Posted by simchastorah - 01 Mar 2023 18:48

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The Oi I'm feeling at the moment is more the oi li m'yitzri side of things

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Re: Fridays and sadness

Posted by chancy - 01 Mar 2023 19:06

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There is a segula brought down by many tzdikim that when you feel the YH is making you crazy with desires, you think of a goy that you know and you say " YH go away from me and go drive that goy crazy instead" I think you have to say Haknani V'hachiti V'haprizi etc with it. NOt sure right now.

Maybe you can look it up. The Tzetel Kuten mentions saying this pAsuk loud and oterhs say that afterwards you can say where you want the YH to go. It has worked for me in the past.

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Re: Fridays and sadness

Posted by Yeshayahu 41:6 - 01 Mar 2023 20:59

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I would second chancy's suggestion about not letting the YH talk to you that way. His biggest trick is engaging you in conversation. Maybe we dont even have to answer! If someone comes to me and says "it looks like the sun is shining but its not" , i could bring him a bunch of reasons why it is. Then he'll bring *double* that amount proving that the sun is not shining etc etc..

Eventually i would say to him "you're not worth my time" and walk away because I *know* the sun is shining i dont care about all his arguments.

It could be the same thing here, we dont need to respond to what the YH says. He comes and says "hey you're gonna fall anyway etc.." but you *know* that the ikar is *this moment*. If you respond to his attack, he'll attack more. Just say "oh yeah?" and walk away from him (easier said than done). We don't negotiate with terrorists.

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Re: Fridays and sadness

Posted by simchastorah - 01 Mar 2023 21:26

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Something is hidden for guests. Please log in or register to see it.

Something is hidden for guests. Please log in or register to see it.

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Re: Fridays and sadness

Posted by simchastorah - 01 Mar 2023 21:29

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why is that last post all yellow? is it visible?

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Re: Fridays and sadness

Posted by jackthejew - 01 Mar 2023 21:41

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[simchastorah wrote on 01 Mar 2023 21:29:](#)

why is that last post all yellow? is it visible?

It's a Slman that even though you might feel a little yellow, we can still see the Tziddkus in what

Man, am I getting cheesy in my young age. #MarbimB'simchah!

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Re: Fridays and sadness

Posted by simchastorah - 02 Mar 2023 00:09

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cheese is yellow after all

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Re: Fridays and sadness

Posted by simchastorah - 02 Mar 2023 16:48

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wow the urges yesterday and today are difficult to ignore. trying to keep my head on straight. i need to internalize the words of HHM about urges, that they don't really have any power. each urge seems to me like a big powerful monster who will eventually defeat me. please Hashem let it be clear to me that this urge is not me. this urge is an attack from my enemy. and he's a scammer who's telling me that he's a big monster, but he's really nothing at all. he can't make me do anything i don't want to do. i don't want to do these things. these things will hurt me and make me sad and far from Hashem. even though i feel like i want them, this is an illusion. i'm sharing a body with someone else who wants it, and he's so pushy he makes me feel like what he wants is what i want. he's a parasite. get away parasite. i hate you

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Re: Fridays and sadness

Posted by chancy - 02 Mar 2023 17:17

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Hi ST,

I think a better solution would be to understand this part of you, your brain is just trying to make you feel good and he knows from past experience that this stuff makes you feel good. So dont be angry at this part, it wont do you any good, you cant just get rid of him either, first accept it, it is what it is and you should get comfortable with it, you dont want it but you understand that its there anyway. Its like a family member that comes to live with you whom you dont like and cant stand, but you cant get rid if them, just accept the fact that its there and it wants to make you feel good, dont be angry.

I will tell you a fact, every thought that comes into your mind unbidden by you, has an expiration of a few seconds, if you dont fight it and just see it for what it is, "wow this is what my mind ust thought, ok, i understand that it thinks i want this, but i am not going to keep it alive with adding my own fantasias to it" If you can just get used to this, the battle is half won.

The problem is always the same , we get a thought and it feels good, and then WE continue to push that thought either away which doesn't help or we consciously start to fantasize, if we can recognize that the initial thought is just 1 second long and it will falter alone if i dont continue keeping it alive, then we have won!

Good Luck

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Re: Fridays and sadness

Posted by simchastorah - 02 Mar 2023 18:04

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thank you for the advice, i will try to keep it in mind

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