

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 simchastorah - 05 Mar 2023 04:50

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Shavua tov

I'm holding my 27 days clean. Yesterday I didn't have any urges. I think that was the first day I didn't have urges since I started. Iy'h day 30 will be Purim. I'll only be wearing one mask this Purim.

After my long post about weed on Friday, and after giving it more thought, and speaking about it in length in tfila, and speaking it over with HHM, and with my wife as well, I decided that that's it. I'm done with weed. This thing has been a negative force in my life for too long. I'm stopping. I really started doing it all the time during the Covid lockdowns to cope. What will I do if another horrible thing like that happens? I don't know. I'll have to find some way to deal. But I am so done with weed. I'm done being depressed because I'm smoking weed all the time. I'm done waiting till the evening so I can smoke. I'm done smoking during the day and then not performing well at work. I'm done lying on the couch because I'm too sluggish because I smoked. Enough of this damaging behavior.

This thing is poison for me. It doesn't matter if it's not poison for this guy or the other. For me it's terrible. And it's about time I stop doing something which I've known for a long time is terrible

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Re: Fridays and sadness

Posted by simchastorah - 05 Mar 2023 04:53

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Thank you to all of you on GYE for being there for me, for giving me chizuk and encouragement, for kind words that made me feel good about myself. I'm holding in a very different place than I was 1 month ago b'h, and it's without a doubt thanks to you and to the GYE platform. This platform is playing a tremendous role in the lives of so many holy Jews. B'h for GYE

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Re: Fridays and sadness

Posted by yud909 - 05 Mar 2023 14:40

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[simchastorah wrote on 05 Mar 2023 04:53:](#)

Thank you to all of you on GYE for being there for me, for giving me chizuk and encouragement, for kind words that made me feel good about myself. I'm holding in a very different place than I was 1 month ago b'h, and it's without a doubt thanks to you and to the GYE platform. This platform is playing a tremendous role in the lives of so many holy Jews. B'h for GYE

I agree with you 100 percent. I've now been clean for the longest I've been in a long time (possibly 15 years?) and can't honestly attribute it to anything other than GYE. Whether it's reading other people's accounts, posting my own thread, speaking to other people via chat or on the phone etc. I fully believe that's what got me to where I am today (122 days clean) and IYH will get me much further.

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Re: Fridays and sadness  
Posted by chancy - 05 Mar 2023 17:44

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I am very thankful to Hashem for helping me find GYE! It's incredible what difference just talking to other fellow Yiden and strugglers can do!

I am proud of Rabbi Simches Torah and Everyone else here who is finding the courage in this world to do what's right for him and his Neshama and doing himself and the whole world a service by becoming more and more holy.

Im amazed by all of you!

keep it up!

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Re: Fridays and sadness  
Posted by simchastorah - 05 Mar 2023 21:45

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I had a somewhat triggering conversation with a friend today regarding the issues of P and M.

It's hard to know where to draw the line between healthy openness and honesty and innappropriate talk. Many of us know that the minhag in many yeshivos is not to speak about these things, and while it doesn't seem to be working too well, there is a point to it.

Part of the issue of talking about it is that it makes it into a something. I saw today in v'haer eineinu in the name of R' Avigdor Miller z'l that the yetzer for histaklus is like a baloon who's great volume dissappears with a tiny pin prick. It's only powerful over us because the imagination makes it into a whole inyan, but the thing itself is really nothing.

So when you go and talk about it as if it's something geshmak, you're giving power to the yetzer. The whole power of the yetzer here is in creating a big illusion about how geshmak it is. I need to not buy into that program.

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Re: Fridays and sadness

Posted by Eerie - 06 Mar 2023 00:01

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)! I absolutely agree that the talks we have with others about these issues must be carefully calibrated, and we should keep in mind this place is full of Tazddikim, but not everybody here is holding at the same level, and some people might not be the right person to be shmoozing with just yet. I will add though that speaking about it, with the right people in the right way, actually has the effect that you are looking for. For so many of us it's the not being able to find somebody safe to talk about these things, to be taught in a open and clear way about all these challenges, that taboo-ness is what creates the fantasy, the secrecy promotes the falsehood that there is something so sweet and precious being hidden here. And when spoken about in a healthy way, when we speak about these things to the right people, that pricks the balloon and all the imagined pleasures are revealed to be just that. Imagined. Keep trucking, my dear friend!

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Re: Fridays and sadness

Posted by simchastorah - 07 Mar 2023 10:59

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Freilichen Purim everyone!

Day 30 clean. B'h.

I'm reminding myself of the kdusha challenges particular to purim:

1 - Not letting my eyes look all over the place as I go to deliver shalach manos. There are so many bright colors everywhere that it's tempting to just look around all over the place freely, but some of those bright colors are being worn by people who I shouldn't be looking at! Remeber (self), there's nothing so exciting about seeing costumes! Purim is about connecting to Hashem, not about looking at all the costumes, that's for kids. And I sure as heck don't need to find out exactly what this or that woman is wearing, I really couldn't care less

2 - At the seuda I'll be drunk, make sure not to shmooze are speak to loosely at all with any of the women besides my wife. I'm getting drunk to connect to a deep place, not to feel loose and uninhibited with women!

May everyone have an uplifting purim and be matzliach in tapping deep deep in and feeling the tremendous longing for Hashem which exists hidden deep within each and every one of us

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Re: Fridays and sadness

Posted by simchastorah - 08 Mar 2023 00:14

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B'h came out of Purim clean. I'm having something of an urge now to look at P. But I'm not going to look because: 1) my accountability partners would see and that would be embarrassing (i guess mora basar vdam alay) 2) The voice inside which is reccomending it is not me, it not only doesn't have my best interests in mind but it even wants to hurt me and this is a good way to hurt me because 3) If I were to do it I would feel terrible and dirty and down

Listen here YH I know that it's you. I know you want to hurt me. Just because you're making me feel like I want some garbage doesn't mean I need to do it. You have no real power. You're a big balloon. I'm going to pop you balloon boy.

The v'haer eineinu piece today was a long quote from Rav Hutner about how we don't know the struggles that the gdolei yisrael went through to become who they became. One line in particular I found especially powerful. He says that you should know that when the battle is raging inside of you you should know that *then* you have most in common with the gdolei yisrael. Not when you feel tranquility in your yetzer tov.

I guess a real relationship with Hashem is forged in fire and not forged by rolling around in a proverbial patch of daisies

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Re: Fridays and sadness

Posted by simchastorah - 10 Mar 2023 10:45

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I'm tempted to download a sex related episode of an interesting podcast i listen to sometimes. this episode is very likely to have some pretty explicit sexual content. that's the real reason i want to listen to it. but my yetzer hara is telling me it's ok to listen to it because i listen to the other episodes too, so really the reason i want to listen to it is just because i like the show. this is not true. i only listen to the interviews where i'm interested in the guests. i'm not interested in most of the episodes. i'm only interested in this one because it's a woman talking about sex. it would be a bad idea to listen to it. i'd probably have a really hard time to stop myself from fantasizing. this would make it hard to not masturbate. it would also reinforce the wrong perspective i've had on sex for many years, that it's essentially about my pleasure and what i want. which would make it harder to have the relationship that i want to have with my wife. which would reinforce feelings of loneliness. which would make it harder to stay away from this garbage. but it's just because i like the podcast right?

i'm not going to listen to that episode. i should probably cut this podcast out altogether because there's in often real apikarsus from very intelligent seeming people. the yetzer is such a master at making the bitter seem sweet and the sweet seem bitter. and i feel like i'm sacrificing by not listening or not giving in to the yetzer in general. but i'm not sacrificing anything. i'm only sacrificing as long as i buy in to the yetzers lies about what he has to offer. he's so evil. making the most damaging things seem good and positive. he's the real enemy mamash. the sneaky slick villain. the backstabber. and then he goes and tattle tails afterwards to get is in more trouble. he's the enemy from start to finish.

now before someone goes and says that he's existing for a reason, to help us achieve greatness etc. that's true. he's existing for us to realize all of the above. that he's the enemy and not our friend and wants the worst for us

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Re: Fridays and sadness  
Posted by Yeshayahu 41:6 - 10 Mar 2023 14:40

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Wow great post. Keep holding strong, we're all with you!

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Re: Fridays and sadness  
Posted by Vehkam - 10 Mar 2023 14:47

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Great post. Every aspect of media needs to be evaluated to determine what effect it is having. The subtle messages are everywhere if you don't choose to block them.

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Re: Fridays and sadness  
Posted by jkgilev26 - 10 Mar 2023 16:51

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Hey tzadik, reading your post has really made me emotional. I'm so sorry you are going through this struggle. Even though you say you feel gross, you are not, the fact that you are trying so hard to beat this taava is so big! I would love to connect with you and try and help simply with encouragement and kind words, sometimes the best thing is to have someone you can call who won't judge you and just talk through your feelings

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Re: Fridays and sadness  
Posted by Misgaber96 - 11 Mar 2023 11:50

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Hi,

Thank you for the post! really emesdik. I think it would also be good to include in your post some of the reasons why you do want to listen to it as well. Like, "I find this interesting...." It is important to be real. My Rabbi once told me that the way that mussar works is...

You are in a lab. See how you react to situations and observe. It is important to tell yourself that you will take what you want but just go through the dialogue as to why you need/want it.

Here is a classic dialog that I go through.

I know there is food in the fridge.... I want that food... ok so I will eat it, but why do I want that food? because I am hungry... but I just ate 30 mins ago... ok so am I hungry?... why do I want that food... am I resentful against someone... am I procrastinating something... I will eat the food, just let me figure out where this need is coming from.

Your need to act out is coming from somewhere, and it sounds like you have addressed that you have the need but need to find out where it is coming from.

If you would like us know what else is happening in your life so you can safely address it.

In conclusion what helps me is:

To ask why I want something before taking it... and I will take it (If it is sexual content it is pretty easy to say "no" to once I am done the dialogue)

To understand if there are other factors affecting me like HALT (acronym) Resentment or fear and dealing with it appropriately.

To hand it over to Hashem (surrender because I am powerless over my drive) and pray for those who I want to look at or listen to. (most important)

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Re: Fridays and sadness

Posted by simchastorah - 11 Mar 2023 16:46

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Thank you for the thoughtful response. If you'd like you can see some explanation of what



causes me to get caught up in these desires earlier in this thread. In short

- Confused desire for connection
- Desire to escape from painful emotions

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