

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 Vehkam - 15 Mar 2023 16:10

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[simchastorah wrote on 15 Mar 2023 14:54:](#)

I feel horrible now. I have a pit of anger and despair in my heart that just won't go away. I would in the past turn to fantasy, porn, masturbation, or drugs to deal with this kind of feeling. I can't get it to go away.

If I would turn to one of those things I'd feel instantly better, but worse afterwards. I have to remember that this feeling won't last forever. It never does. If I feel it again in the future I'll deal with it then. Right now I just need to deal with now. I am in so much emotional pain I physically hurt.

Porn is not going to help me. Experience tells me that it makes me feel worse. The worse feeling makes it really not worth it to escape into it for some few minutes. I will be back to the same problem as before, but with increased self loathing and a terrible dirty feeling. I will feel less clean and clear and mess up my marriage. I don't want that. It would be crazy to choose it. There's a crazy person inside of me that wants me to do stupid crazy things, but I am not stupid or crazy. But today sucks

Sorry for your pain. Do you have a friend that you can talk to on the phone. You are not alone. Connect with someone

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Re: Fridays and sadness

Posted by simchastorah - 15 Mar 2023 16:23

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Thanks Vehkam. B'h yes I spoke with a couple of people. It was nice and helped a little. But I still feel like garbage. The bottom line is I have deep deep feelings of self doubt and low self worth, and when they get triggered it's very painful.

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Re: Fridays and sadness

Posted by Emes-a-Yid - 15 Mar 2023 17:53

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[simchastorah wrote on 15 Mar 2023 16:23:](#)

Thanks Vehkam. B'h yes I spoke with a couple of people. It was nice and helped a little. But I still feel like garbage. The bottom line is I have deep deep feelings of self doubt and low self worth, and when they get triggered it's very painful.

low self worth and deep feelings of self doubt regarding your decisions on how you are dealing with distancing or removing yourself from those specific sites, and other things like social media or drugs?

asking to maybe see that if this is like the first week of separations it could be it will wear off, unless you might need a substitute replacement, like a hobby or something you enjoy. There are lists out there of ideas, I went through some of them and had a new idea of my own.

Hatzlachah ST

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Re: Fridays and sadness

Posted by simchastorah - 15 Mar 2023 17:57

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general bad feelings about myself from my home situation in early childhood, and later from being severely bullied. triggered today by a couple of people being not so nice to me

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Re: Fridays and sadness

Posted by chancy - 16 Mar 2023 03:33

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Hi ST,

im sorry for your pain. I think most of us can relate to being in some sort of emotional pain. I definitely can relate. I was in a lot of pain and sometimes still am. Check my post of perfectionism for a glance.....

Anyhow, you are allowed to be in pain it's just natural. What you need to decide right now is will

you let the pain ruin your life either by escaping with bad things or by wallowing in the pain and being angry that you can't escape by doing bad things?

Or will you acknowledge that you are in pain and it's valid and you are human, BUT, you are a grown Yid and you are worth more than the whole world can calculate! And you have self respect as evidenced by your fight to win this battle and you are a good person! We can see all of that! Why can't you! Give yourself a hug and tell yourself that it's ok to feel pain but it's time to move on and not wallow in it.

Go for a run or do something intense every time you feel like this, it'll give your brain lots of feel good hormones that will replace the addictive part of your brain that used to run away to garbage.

Good luck brother!

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Re: Fridays and sadness

Posted by simchastorah - 16 Mar 2023 08:19

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Here is me committing again to staying away from those same distractions during my working hours. Yesterday was really tough. I was really committed to having a good productive day, and my painful emotions and the time I spent dealing with those emotions really got in the way. Today is a new day. I am hopeful that I'll stay more focused. Hashem help me please.

Hopefully the embarrassment of having to come say I failed at it will be enough to keep me on track

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Re: Fridays and sadness

Posted by Hashem Help Me - 16 Mar 2023 11:27

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[simchastorah wrote on 16 Mar 2023 08:19:](#)

Hopefully the embaressment of having to come say I failed at it will be enough to keep me on track

What you mean to say is, "Hopefully the geshmak i felt on the successful days will keep me on track."

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Re: Fridays and sadness  
Posted by simchastorah - 16 Mar 2023 16:22

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B'h I avoided checking those things while working. Can't say it was particularly geshmak. But it's the right thing to do, and it feels better than doing the wrong thing

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Re: Fridays and sadness  
Posted by Eerie - 16 Mar 2023 17:43

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My dear friend, I feel for your pain, I really do, and it hurts to see you in pain and frustration. I second Chancy's words, you should really set aside a few minutes every day to look over your old posts, see how you have grown by leaps and bounds, how far you have come, how much ground you have taken from the YH, you are gevaldig! Keep reminding yourself how special you are. If you need a reminder, call me:) My friend, I don't mean to minimize your pain, only highlight your accomplishments. Keep sharing with us, we care and we want to hear

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Re: Fridays and sadness  
Posted by simchastorah - 16 Mar 2023 18:19

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Quick machshava. I went on a site where you can download pirated books. I originally discovered this site as a place to get normal books, and that is the main content available there. However, there is also P available there, and for a while was my source for getting it. As soon

as I went on this site, I started feeling an urge. The power of the urge was it's subtlety. It wasn't a strong desire, it was more like a slow strong draw. I believe that it was more habit than anything. (Yes, I should not have gone on that site. I should avoid things like that.)

B'h I have been focused enough on this inyan that my "feet" didn't take me there, but with less awareness they could have. By accident almost. This is part of the power of the internet. Whatever you want just poof! It becomes as soon as you think about it. It's barely even a maasa, you can just zone out and your hands automatically just bring you to wherever you want to go. This makes it very difficult to be present, to be aware of the choices you make in general.

There are other things that we learn to do habitually. All healthy people can walk without any conscious effort. But walking doesn't make us learn to act without thinking (it probably does a little bit, but nothing like technology.) This is because the scope of walking is much narrower. It's limited to the ratzon to go from point a to point b. But with internet, anything that can be expressed as text, an image, audio, all of that is there to be accessed without thinking. This is a very broad scope to get in the habit of interacting without decision making. And it's very dangerous. It could bring a person to be nichshal in arayos without even getting to think about it first. But it's not just arayos, it's everything. It's bad hashkafos, k'fira, lashon hara, leitzanus. All inyanei ruach.

Now I'm thinking about it it reminds me of a Maharal. The Maharal explains the pasuk 'chaim u'maves b'yad halashon, v'ohaveha yochlu pirya' that someone who loves speech is bound to "reap what he sows" because speech doesn't require a decision to do an action. It happens automatically from the ratzon to do it. So if he loves it, he'll be doing it. A lot of it. The internet has sort of brought everything in the world into that realm of speech. The full relationship with it is through the hands, which themselves have a koach of speech in them. A person can write, expressing his daas with his hands in a way very similar to speech with the tongue. And like the pasuk says by Yakov blessing Ephraim and Menashe, that he was 'sikel es yadav' and the Sforno explains that he made his hands like they have sechel in them. Technology creates a reality where all experience, at least what can be experienced through sight and sound, is available to us in a way

similar to dibur. "V'ohaveha yochlu pirya"

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Re: Fridays and sadness

Posted by simchastorah - 22 Mar 2023 17:56

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Shalom Aleichem my GYE friends and brothers. The end of today will be'h mark the completion of 45 days clean from P and M halfway to the 90 day mark. It also marks the entering into my second Rosh Chodesh clean. Rosh Chodesh is a time I usually fell in the past as I commented last Rosh Chodesh, so the cleanliness on this holy day is especially meaningful to me.

I've been posting more or less since I started 45 days ago. Some posts were more positive. Many were expressions of pain. But this post is decidedly one of joy and hope.

The last 45 days have been a time of growth like I haven't experienced since I was single, and in truth even greater, maybe the greatest in my life. I had become embittered, feeling like any past growth was just the taste of the naive idealism of youth. But I truly feel different now. I feel hopeful. I feel positive. I feel like I can be close to Hashem. I feel like I'm here on a mission. I feel like I can get better, I can learn to feel good about myself. I can become a giver. I can be'h when the time comes even help others to fight this fight with joy.

Not having PM or weed to comfort myself has given rise to some incredibly painful feelings. All feelings of low self esteem, of self loathing even. But with Hashem's help, and the help of some of Hashem's beloved messengers here on GYE, I am beginning to learn to deal with them, and maybe even to move past them.

My marriage, which has been incredibly painful for these last 10 years, has taken a turn for the better almost too good to believe. My wife told me she was so happy in our marriage she felt like "we're on vacation." If someone were to have told me that she would say something like this to me a month and a half ago, I really wouldn't have believed them. She is even moving towards having more children, something which sadly has not been on the table at all for years.

To those of you just starting, (I'm also just starting, but still, 45 days has changed the way that I feel,) hang in there! Reach out for help. Speak to people. (Speak to me!) Understand yourself. Be compassionate towards yourself. Speak to Hashem. Find yourself.

We are mamash on the front lines of the hidden war between truth and lies, good and evil, selfishness and selflessness. We deserve to feel great about it. We are accomplishing things that were never accomplished before.

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Re: Fridays and sadness

Posted by simchastorah - 22 Mar 2023 18:17

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I want to post a 'PS' to the post above, but separately. I'm not under the impression that I was 'koneh' any madrega. But I am definitely on a good path, and I'm farther down the path than I was 45 days ago. And this is a very good reason to feel hopeful and positive. So before my YH comes and starts trying different tricks based on lulling my into a false sense of confidence, or of arrogance, let me come out and say I see myself completely as a work in progress, very much in need of support from friends, and very much in need of siyata dishmaya

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Re: Fridays and sadness

Posted by Eerie - 22 Mar 2023 19:57

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My dear friend, you made my day! May you only know of Simcha and menuchas Hanefesh! Keep shteiging and keep trucking!

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Re: Fridays and sadness

Posted by Emes-a-Yid - 23 Mar 2023 00:54

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[simchastorah wrote on 22 Mar 2023 17:56:](#)

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45 days..



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Incredible, I'm very happy to hear this, it is something sometimes bachurim or younger guys are unaware of that they should be seeing, the amazingly difference between having not had p\* anymore while married and having it..... this is I'm sorry to express but a good example that many of us should appreciate and recognize, your ladder and path is charting upwards and sounds exciting. The difference to want to have children.. a bunch of positivity, I'm forgetting anything else but THAT IS SO MUCH of a reason to quit porn in marriage or before entering marriage.... how much POSITIVE THERE IS!! ( not including the other positives, and what negativity it would cause if having p\*)

keep at it very exciting!!

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