

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 simchastorah - 13 Feb 2023 19:56

=====

Re: Fridays and sadness

Posted by Geshmak! - 14 Feb 2023 03:13

[simchastorah wrote on 13 Feb 2023 06:11:](#)

Thanks for the nudge Markz, I added my GYE partner as accountability partner. That should be a nice deterrent.

Bezrat Hashem Naaseh V'natzliach!

Hey brother! Still didn't figure out how to put on your karma?!?! My hand was already by the plus to give you one for this beautiful step you just took but then I realize you didn't put it on

btw I don't really understand your question abt controlling yourself if it's called being strong.... Of course it is! ???? ??? ????? ????? ?? ?????... and besides the Mishnah I can tell from my experience even how much I was disgusted from what I was doing I need major power and kiach to fight my yh. For sure someone fighting this is called a gebor. No???

=====

Re: Fridays and sadness

Posted by sleeepy - 14 Feb 2023 04:42

[Geshmak! wrote on 14 Feb 2023 03:13:](#)

[simchastorah wrote on 13 Feb 2023 06:11:](#)

Thanks for the nudge Markz, I added my GYE partner as accountability partner. That should be a nice deterrent.

Bezrat Hashem Naaseh V'natzliach!

Hey brother! Still didn't figure out how to put on your karma?!?! My hand was already by the plus to give you one for this beautiful step you just took but then I realize you

btw I don't really understand your question abt controlling yourself if it's called being strong.... Of course it is! ???? ??? ????? ????? ?? ?????... and besides the Mishnah I can tell from my experience even how much I was disgusted from what I was doing I need major power and kiach to fight my yh. For sure someone fighting this is called a gebor. No???

i work on my gaava by yes showing my karma ,it worked so well that im pashut a big onuv now ,im pashut nispoel from my onuva, when i consider how high i reached in onuva, tears well up in my eyes and i get so emotional to where i reached ,im pashut blown away, a nobody like me ~~didn't put it on yet~~ **nu nu I guess your working on your ???? should become such an onuv barf ban ban...**

=====
=====

Re: Fridays and sadness

Posted by simchastorah - 14 Feb 2023 06:18

Hey, no I didn't see where I could turn on my karma from.

You're right, the Mishna says someone who is 'kovesh' their yetzer is a gibor.

But it does not say that someone who refrains from doing sin for any given reason for any amount of time

is a kovesh. I believe that to achieve the title 'kovesh' you have to be matzliach in

not giving in to the yetzer for a much longer time, it has to become part of your personality.

(Like R' Yisrael Salanter says in I think lamed)

If a person were to be under constant surveillance, would we call him a gibor for not masturbating?

Personally I think that it's clear that that would not be g'vura, that would just be embaessment being

the victor in a fight between embaessment and sexual desire, or there wouldn't even be sexual desire

because of the potential embaessment.

So it is possible to not give in to the yetzer without g'vura. That being the case, I think even a very long

time is not sufficient to define someone as a giber, because it's possible that he was never really kovesh

the yetzer, he was just in a matzav where other inner forces were beating out the yetzer. Those other inner

forces could even be unhealthy ones. For example, lets say a person is crazy r'l, and believes there's someone

watching him through the ceiling, and for this reason never masturbates. Is such a person a giber? Not only

is he not a giber, but his lack of sin is not even healthy.

Granted in my case I don't believe there's anyone watching me through the ceiling, except Hashem of course,

but Hashem watching me has unfortunately not been a deterrent in the past. Maybe g'vura is when the force you

use to overcome the yetzer is the belief that it's ratzon Hashem. I wish I could say that that's my main motivation,

but if I'm being honest, I think that the main motivation for me is that I can't stand to feel so terrible, which in the end

of the day is a selfish motivation.

At the same time, selfish motivation is not a bad thing. In essence all motivation is selfish, like the chovos halvavos says

no act of human giving is truly selfless, even the one who gives to a pauper because he can't stand to see him suffer is

really giving to alleviate his own suffering. Nevertheless, giving to an ani for this reason is extremely commendable.

So maybe in the same way it's very commendable to overcome your yetzer in order to escape from the suffering?

I really don't know.

What I do know is that after being clean from porn and masturbation since last Sunday morning, I feel a million times better

about myself and I'm very happy to be staying away from it.

Thanks for still being here if you read this far, sorry for the ramblings of a young man

=====

Re: Fridays and sadness

Posted by simchastorah - 14 Feb 2023 08:33

Here is just me reminding myself that the point of this forum is not to have a place to pontificate about different philosophical ideas. I'm here because I have a problem with porn and masturbation, with fantasizing, with using these things to escape from difficult feelings. I'm here because again and again I have made the wrong choice, I have looked at images and videos of people doing things that I'd be embarrassed to describe to anyone. And I feel ashamed and I can't take it. I've been clean for a bit more than a week, and I want to stay away from this garbage. And I'm opening up in (kind of..) public about it to try and help me with my journey.

I was just reading through No Mask's thread. Yesterday I was reading Hashem Help Me's thread. You guys came so far. I want to be like you. I want to leave behind this bad behaviour. I want to be someone that I can respect.

I think the most trying times for me are when I have some sort of conflict. Or imagine that I'm having a conflict. I immediately start thinking the other person hates me, they think I'm

worthless. And I believe what I make up that they're thinking. And I feel so bad about it I need some way to escape it. And what better way than fantasizing about women. These fantasies mean to me that I'm loved. That these women would love me, that they would take care of me. I guess I feel like I'm unlovable. Like there's something deeply wrong with me, that if anyone would know they would be disgusted by me. And I can't take this feeling. So I replace it my imaging women loving me. Though it's not really loving me of course. And then rather than develop a relationship with my wife, the one woman who could actually love me like I crave, I imagine that these bad strange women love me. And push away my wife, and remove from myself the possibility of developing what I really need. It's sad really.

When I was around 6 - 10, I fooled around with other boys roughly my age. I think it made me feel special, like I had a special relationship with someone. Shortly after that age, I felt super super embaressed about it. I felt so much shame. Then one of the boys who I fooled around with told another boy who we both knew, and he made fun of me for it in front of another kid. That shame has never fully left me. Even though I have spoken about it with multiple therapists, and with my wife. For years I was terrified that it meant I was homosexual, and sometimes I had thoughts about men, and this compounded my fears and made me feel like I'm truly a disgusting person. And that any good quality I have is build on a rotten foundation. And I still feel this way to degree, though speaking about it has helped. P & M only serves to reinforce this idea. I tell myself I'll never get away from it because I'm rotten to my core. I need to vomit all of this out, I need to get it out of my system

=====
=====

Re: Fridays and sadness

Posted by jackthejew - 14 Feb 2023 09:43

[simchastorah wrote on 14 Feb 2023 08:33:](#)

Here is just me reminding myself that the point of this forum is not to have a place to pontificate about different philosophical ideas.

=====
=====

Re: Fridays and sadness

Posted by jackthejew - 14 Feb 2023 09:45

[simchastorah wrote on 14 Feb 2023 08:33:](#)

Here is just me reminding myself that the point of this forum is not to have a place to pontificate about different philosophical ideas. I'm here because I have a problem with porn and masturbation, with fantasizing, with using these things to escape from difficult feelings. I'm here because again and again I have made the wrong choice, I have looked at images and videos of people doing things that I'd be embarrassed to describe to anyone. And I feel ashamed and I can't take it. I've been clean for a bit more than a week, and I want to stay away from this garbage. And I'm opening up in (kind of..) public about it to try and help me with my journey.

I was just reading through No Mask's thread. Yesterday I was reading Hashem Help Me's thread. You guys came so far. I want to be like you. I want to leave behind this bad behaviour. I want to be someone that I can respect.

I think the most trying times for me are when I have some sort of conflict. Or imagine that I'm having a conflict. I immediately start thinking the other person hates me, they think I'm worthless. And I believe what I make up that they're thinking. And I feel so bad about it I need some way to escape it. And what better way than fantasizing about women. These fantasies mean to me that I'm loved. That these women would love me, that they would take care of me. I guess I feel like I'm unlovable. Like there's something deeply wrong with me, that if anyone would know they would be disgusted by me. And I can't take this feeling. So I replace it by imagining women loving me. Though it's not really loving me of course. And then rather than develop a relationship with my wife, the one woman who could actually love me like I crave, I imagine that these bad strange women love me. And push away my wife, and remove from myself the possibility of developing what I really need. It's sad really.

When I was around 6 - 10, I fooled around with other boys roughly my age. I think it made me feel special, like I had a special relationship with someone. Shortly after that age, I felt super super embarrassed about it. I felt so much shame. Then one of the boys who I fooled around with told another boy who we both knew, and he made fun of me for it in front of another kid. That shame has never fully left me. Even though I have spoken about it with multiple therapists, and with my wife. For years I was terrified that it meant I was homosexual, and sometimes I had thoughts about men, and this compounded my fears and made me feel like I'm truly a disgusting person. And that any good quality I have is built on a rotten foundation. And I still feel this way to degree, though speaking about it has helped. P & M only serves to reinforce this idea. I tell myself I'll never get away from it because I'm rotten to my core. I need to vomit all of this out, I need to get it out of my system

Sounds like therapy may be helpful. It definitely was a game-changer for me.

=====

====

Re: Fridays and sadness

Posted by simchastorah - 14 Feb 2023 10:15

i am currently in therapy, and not for the first time. unfortunately at the moment i'm not finding it to be so helpful

=====

====

Re: Fridays and sadness

Posted by doingtshuva - 14 Feb 2023 11:29

As someone who went years for therapy I can share that sometimes you got to give it time and sometimes you just have to change a therapist.

The real change comes when **WE** come to a realization that the came is over and we have start doing the hard work.

My biggest changes happend after I left therapy and started to do what I was taught all the years.

Keep it up

=====

====

Re: Fridays and sadness

Posted by Vehkam - 14 Feb 2023 17:47

[simchastorah wrote on 14 Feb 2023 06:18:](#)

Hey, no I didn't see where I could turn on my karma from.

You're right, the Mishna says someone who is 'kovesh' their yetzer is a gibor.

But it does not say that someone who refrains from doing sin for any given reason for any amount of time

is a kovesh. I believe that to achieve the title 'kovesh' you have to be matzliach in

not giving in to the yetzer for a much longer time, it has to become part of your personality.

(Like R' Yisrael Salanter says in I think lamed)

If a person were to be under constant surveillance, would we call him a gibor for not masturbating?

Personally I think that it's clear that that would not be g'vura, that would just be embaessment being

the victor in a fight between embaessment and sexual desire, or there wouldn't even be sexual desire

because of the potential embaessment.

So it is possible to not give in to the yetzer without g'vura. That being the case, I think even a very long

time is not sufficient to define someone as a gibor, because it's possible that he was never really kovesh

the yetzer, he was just in a matzav where other inner forces were beating out the yetzer. Those other inner

forces could even be unhealthy ones. For example, lets say a person is crazy r'l, and believes there's someone

watching him through the ceiling, and for this reason never masturbates. Is such a person a gibor? Not only

is he not a gibor, but his lack of sin is not even healthy.

Granted in my case I don't believe there's anyone watching me through the ceiling, except Hashem of course,

but Hashem watching me has unfortunately not been a deterrent in the past. Maybe g'vura is when the force you

use to overcome the yetzer is the belief that it's ratzon Hashem. I wish I could say that that's my

main motivation,

but if I'm being honest, I think that the main motivation for me is that I can't stand to feel so terrible, which in the end

of the day is a selfish motivation.

At the same time, selfish motivation is not a bad thing. In essence all motivation is selfish, like the chovos halvavos says

no act of human giving is truly selfless, even the one who gives to a pauper because he can't stand to see him suffer is

really giving to alleviate his own suffering. Nevertheless, giving to an ani for this reason is extremely commendable.

So maybe in the same way it's very commendable to overcome your yetzer in order to escape from the suffering?

I really don't know.

What I do know is that after being clean from porn and masturbation since last Sunday morning, I feel a million times better

about myself and I'm very happy to be staying away from it.

Thanks for still being here if you read this far, sorry for the ramblings of a young man

yesh koneh olamo b'shah achas.

Please consider reading the book The Battle of the Generation. It will help alot with the perspective regarding gevura.

best wishes

vehkam

=====
=====

Re: Fridays and sadness

Posted by simchastorah - 14 Feb 2023 18:02

ithank you. i read much of in the past, maybe i should give it another read.

this is my second time on gye, i was on here around 2.5 years ago, shortly after i started being on the computer alot. at that time i did find some things that helped me to not get to involved in porn, not that there's an amount that'l ok, but not in a way where i was way out of control like i've been now. anyhow at that time i looked at a bunch of material available through gye, including the battle of the generation, and i remember liking that book very much

=====
=====

Re: Fridays and sadness

Posted by simchastorah - 14 Feb 2023 18:18

General question for the wonderful veterans amongst us: of course the battle is never over. that being said, i think there's something quite different between me, who's been clean for a bit over a week, and someone who's been clean for a year, for two years etc. i don't want to make any blanket statements, and i'm sorry if i'm misjudging the nature of your challenge, but it seems to me that there's a certain point for some of you where you feel 'free', or 'over it' to some degree. for example, someone here sent me in a dm that they don't have thoughts of going back (hi).

so tell me, at what point did you realize you were free? what did it take to get to that point?

=====
=====

Re: Fridays and sadness

Posted by jackthejew - 14 Feb 2023 18:33

[simchastorah wrote on 14 Feb 2023 18:18:](#)

General question for the wonderful veterans amongst us: of course the battle is never over. that being said, i think there's something quite different between me, who's been clean for a bit over a week, and someone who's been clean for a year, for two years etc. i don't want to make any blanket statements, and i'm sorry if i'm misjudging the nature of your challenge, but it seems to me that there's a certain point for some of you where you feel 'free', or 'over it' to some degree. for example, someone here sent me in a dm that they don't have thoughts of going back (hi).

so tell me, at what point did you realize you were free? what did it take to get to that point?

If you are "free" it means you have no Taivo. That means you are dead. "Freedom" in this context comes with some distance in my opinion, when you recognize that you will always be challenged like every other healthy male on earth, but that it's not the end of the world and it's not something that is taking up brain space constantly. You know what you have to do. That doesn't mean you'll always be 100% perfect, but you are growing and happy with yourself, and you've grown through the challenge. Freedom for me is when I can turn around and thank Hashem for granting me the opportunity to grow through this. DOesn't mean I'm perfect. Or right. Just my thoughts

=====

=====

Re: Fridays and sadness

Posted by Vehkam - 14 Feb 2023 18:47

freedom for me means that even though i have desires from time to time, that desire does not consume me and i am able to move on from it without fear that i will actually give in. The first five months that i was clean i was looking over my shoulder wondering when i would lose my motivation. After that, i realized that i had changed and i don't have to worry that this is temporary. That does not mean complacency. I work on maintaining my perspective and commitment every single day and don't plan to stop working on it ever.

=====

=====