

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

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Re: Fridays and sadness

Posted by Vehkam - 14 Feb 2023 18:49

[simchastorah wrote on 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

(as many here know...) i read it religiously every night. Even if i am going to bed at 3am.

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Re: Fridays and sadness

Posted by Eerie - 14 Feb 2023 20:56

[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?

I'm definitely no veteran, just joined in a few months ago, and I agree with what others said that there is no marker, no specific amount of days. I would describe freedom as being a point where you can fight this struggle from a healthy place. Many of us have fallen in and struggled for years, and we developed a connection and habits, that even when we were fighting against the urge, it was not with us being healthy, and we did not even have equal footing. Many of us were convinced there is no life after porn. Then we went to therapy, joined GYE, etc. and at some

point in our journey to freedom we begin to relate to this nisayoin as just that, a nisayoin. It's not a scary, dark secret monster, it doesn't control our minds and hearts, and we believe in life after porn. Of course, as long as we live we will have tests, sometimes very strong ones, and maybe we'll even fall. But we can fight a balanced, healthy fight. We will know that life is full of tests, and sometimes you fall, but you can get up and move on. Fighting from a healthy perspective is freedom for me

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Re: Fridays and sadness
Posted by simchastorah - 14 Feb 2023 22:05

Thank you everyone for your answers. The general picture I'm getting is that freedom, or recovery, or whatever you want to call it, is some sort of mindset shift, and there's no specific amount of time that causes it

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Re: Fridays and sadness
Posted by Markz - 15 Feb 2023 01:07

[simchastorah wrote on 14 Feb 2023 22:05:](#)

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Well said

For me personally I didn't have a mindset shift.

It was a matter of taking action to minimize my late night porn 'escapades' which has helped me on many long term 90+ day streaks.

I don't know if I'll ever have a mindset change, and that's fine!

as your name!

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Re: Fridays and sadness

Posted by sleeepy - 15 Feb 2023 14:53

I hope you can find what works for you - Keep us posted and keep happy

[Markz wrote on 15 Feb 2023 01:07:](#)

[simchastorah wrote on 14 Feb 2023 22:05:](#)

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oh,mazal tov on your 90 day streak,keep trucking!

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Re: Fridays and sadness
Posted by simchastorah - 15 Feb 2023 22:33

I'm dealing with strong urges to masturbate now. I feel tired out by life and lonely. Hashem help me to stay strong please. I'm posting to stay connected

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Re: Fridays and sadness
Posted by Yosefamevakesh - 16 Feb 2023 00:34

[simchastorah wrote on 15 Feb 2023 22:33:](#)

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Keep goin ??????! It gives me (and I'm assuming others) chizuk when I see other people push through a test.

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Re: Fridays and sadness
Posted by simchastorah - 16 Feb 2023 08:50

I'm in the middle of writing up my full sexual history, starting at around age 5. It's a long story, and I'm tired out from it, so I guess I'll continue later. I hope this will somehow help me to gain freedom from this, and to finally be able to love and accept myself. I'm 31 years old, and I really hope I'm not still in the same stuck place when I'm 41. Hopefully before then too, but you know what I mean. I remember being a bochur and thinking like so many that once I'd get married I'd be alright, having a healthy and permissible outlet for my sexual energy. I don't need to tell you that boy was I wrong. And here I am close to 10 years later still struggling. Though there have

definitely been some strides along the way. For a long time I had a fear that I was gay because of the fooling around I had done as a young child. That b'h is largely dealt with, though not completely. I feel like this last week on GYE has been a major stride, and I do have hope that I'm moving in a good direction. At the same time I'm very frightened that this won't last, and I'll fall right back. And then maybe come back to working on it in another year. Chas v'shalom.

Also, to Yosef Hamevakesh, thank you for your response. It helped me to make it through, and b'h I am still clean. I really get chizuk from peoples responses on my thread. It makes me feel like people care. At the same time I'm constantly afraid that no one will respond, and I'll feel like a fool for spilling my guts. Hashem please please help me today to stay way from the filth of pornography. And please help me to stay away from the self hate that has so much come with it. Please let me find some degree of menuchas hanefesh.

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Re: Fridays and sadness
Posted by Yosefhamevakesh - 16 Feb 2023 10:19

Happy to hear that you're still clean!

Btw even if no one responds, it still means that you're trying to stay clean which is gr8, and that's what we're all working on here. So don't worry, were still all on the same page as you. KOT!!

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Re: Fridays and sadness
Posted by simchastorah - 16 Feb 2023 14:44

very strong urges right now. i feel like i'm suffocating a little bit. i'm under some pressure to be there for others, and it's hard for me to cope with it. doing by best to try and 'surf' the urge. i'm trying to keep in mind that it won't feel like this forever. and that i can live without it. the idea that it will help is an illusion, because though it would give me temporary relief, it comes with an emotional pricetag heavier than it's worth

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Re: Fridays and sadness

Posted by Yosefhamevakesh - 16 Feb 2023 14:57

Hang in there. If you didn't try yet, maybe try to release the urge with some excersize, or if you have someone that you can call to talk about how you're feeling, that might help. We're all rooting for you! Stay strong!!

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Re: Fridays and sadness
Posted by Vehkam - 16 Feb 2023 15:01

[simchastorah wrote on 16 Feb 2023 14:44:](#)

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don't forget to keep in mind the tremendous growth and eis ratzon that you achieve by resisting. the greatest struggles are the greatest opportunities. if you can apply the perspective of being on the offensive against the yetzer hara, instead of feeling like you are just playing defense, it will be much easier to feel good about the struggle.

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Re: Fridays and sadness
Posted by frank.lee - 17 Feb 2023 00:39

And check out the book The Battle if the Generation.

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Re: Fridays and sadness
Posted by simchastorah - 18 Feb 2023 17:27

B'h still off of P&M.

Been having regular urges accompanied by a voice which tells me that I can't hold out forever.

Reminding myself that:

1. I don't have to hold out forever, because the urges are temporary and only last seconds/minutes
2. It's better to feel the pain of not giving in to the urges than the pain of giving in to them

Shavua tov

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