

I hate myself

Posted by UnlimitedMotivation - 18 Dec 2024 16:39

---

At this point I actually think that I can never succeed.

I've been struggling with porn and masturbation for 3 years now, ever since I became religious. But for all that time, I don't think I have ever been clean for more than 2 weeks. I'm praying to Hashem each Shacharis, Mincha, Maariv that I break free, but at this point I think Hashem doesn't want to hear me. Recently, I started praying to Hashem that I don't want this challenge anymore, that I'm too weak for it and that I wish it would just disappear from my life.

I hate all of this so damn much, I don't want to use it, I don't want to sin. But even with sheer hate and desire to stop, I always slip, again, again and again. Even if I stay clean for few days - one minor inconvenience or bad mood and I'm hooked again.

I can't believe what kind of sick person I became. In the day, Rosh Yeshiva tells me about how much good things he hears about me from rabonim in yeshiva, that I'm truly gifted in Torah, but in the night I'm the worst sinner imaginable.

During real lows, I thought about committing suicide, but I won't do it, as this is prohibited by Torah. I went to psychiatrist, and he said that I'm not mental ill. I didn't discuss with him my problem, though.

I can't imagine what I can do at this point. All the methods, steps, techniques, all of that didn't work, so I'm just skeptical about everything. Even if I have motivation to stop, I already know that I will fall once again

please, help me.

=====  
=====

Re: I hate myself

Posted by rebakiva - 18 Dec 2024 16:59

---

---

Welcome R' unlimited motivation to the greatest family in the world, a family where healing is a reality, hope, warmth, and support is top priority, and where you'll feel everyone's love for you.

I also hated myself, and really didn't believe there's a way out, but little did I know, how fast it is achievable, there's the f2f program, the vaad {PY links please} and mostly, there's the accountability program, that's not just about accountability, but about making some really close friends who will hold your hand and walk you through the process, who will give you an open ear to vent to about anything and everything, and you'll feel their warmth and love.

Start off with the mentor in chief, HHM at [michelgelner@gmail.com](mailto:michelgelner@gmail.com), or EERIE at [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), MUTTEL at [muttel15@gmail.com](mailto:muttel15@gmail.com), PY at [proudyungerman@gmail.com](mailto:proudyungerman@gmail.com), I'm also available, my contact info are below in my signature.

Do yourself a favor reach out to the guys it's proven itself over and over again to be life changing.

KOMT!!! And keep us posted.

With love Akiva

=====

Re: I hate myself

Posted by proudyungerman - 18 Dec 2024 18:01

---

My dear brother!

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframing the struggle.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), iwannalivereal [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com), and Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com)

Keep posting, you'll see, the oilam is here for you.

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

=====

Re: I hate myself

Posted by stopsurvivingstartliving - 18 Dec 2024 18:03

---

WOW! What a tough situation your going through, my heart goes out for you.

I am super happy you made the bold step to post hear.

I hope this will be the beginning of a bright start.

Wishing you the best of luck and please reach out to one of the amazing people mentioned in the 2 posts before mine.

=====

Re: I hate myself

Posted by dreamyunicorn28 - 18 Dec 2024 18:04

---

[UnlimitedMotivation wrote on 18 Dec 2024 16:39:](#)

At this point I actually think that I can never succeed.

I've been struggling with porn and masturbation for 3 years now, ever since I became religious. But for all that time, I don't think I have ever been clean for more than 2 weeks. I'm praying to Hashem each Shacharis, Mincha, Maariv that I break free, but at this point I think Hashem doesn't want to hear me. Recently, I started praying to Hashem that I don't want this challenge anymore, that I'm too weak for it and that I wish it would just disappear from my life.

I hate all of this so damn much, I don't want to use it, I don't want to sin. But even with sheer hate and desire to stop, I always slip, again, again and again. Even if I stay clean for few days - one minor inconvenience or bad mood and I'm hooked again.

I can't believe what kind of sick person I became. In the day, Rosh Yeshiva tells me about how much good things he hears about me from rabonim in yeshiva, that I'm truly gifted in Torah, but in the night I'm the worst sinner imaginable.

During real lows, I thought about committing suicide, but I won't do it, as this is prohibited by Torah. I went to psychiatrist, and he said that I'm not mental ill. I didn't discuss with him my problem, though.

I can't imagine what I can do at this point. All the methods, steps, techniques, all of that didn't

work, so I'm just skeptical about everything. Even if I have motivation to stop, I already know that I will fall once again

please, help me.

We can both use a boost in our self-esteem! You're situation is unique to yourself but very common. I feel the same way at times. I guess just stick around and see that you're not alone and recognize that you're not weak, this is unfortunately the reality for many people, of all backgrounds, ages and stages.

Your struggle is 3 years old, mine is close to TWENTY. And on GYE you'll find people who broke free after 50 years, yes, 50 years!!!

I haven't broken free yet myself but I'm convinced by now that it's doable. It's happening every day!

=====

Re: I hate myself

Posted by vehkam - 18 Dec 2024 18:28

---

it took me over three decades to find a way out. i davened some yom kippurs for hashem to just end my stay on this world. i could not even imagine what it would feel like to be clean. If you are the "worst sinner imaginable" then you surely can't imagine how much worse i was then you. And yet, with hashems rachamim, i was finally able to break free. iy'h you will find a way out as well.

if at all possible, speak to your rebbi. this is so much easier when you have outside help from someone who cares about and believes in you.

best wishes

vehkam

=====

====

Re: I hate myself

Posted by eerie - 18 Dec 2024 18:45

---

Welcome, my friend! First of all, here's a big hug. I'm so sorry for your pain. My friend, it's really painful to keep failing, but here you can learn how to succeed. Stick around, read the threads here, there's a lot of wisdom here. Ask, listen. Become part of the community. And make some real friends! The day I made real friends, spoke on the phone to some of the special people ) was the first day of the rest of my life. Take it at your pace, follow this path, and BeH you'll soon be going like Target...Up and up!

=====

====

Re: I hate myself

Posted by chancy - 18 Dec 2024 19:19

---

Welcome home our dear brother!

We missed you, and we are happy that you are finally able to join us in this holy fight. This is the greatest and final fight before the redemption that we've been waiting for so long. here (Vehkam was the first

I have 1 question, what was this issue like when you were not religious? Did you also do this but it didnt bother you? Or this is a new problem?

=====

====

Re: I hate myself

Posted by jollylemur95 - 18 Dec 2024 19:39

---

[UnlimitedMotivation wrote on 18 Dec 2024 16:39:](#)

At this point I actually think that I can never succeed.

I've been struggling with porn and masturbation for 3 years now, ever since I became religious. But for all that time, I don't think I have ever been clean for more than 2 weeks. I'm praying to Hashem each Shacharis, Mincha, Maariv that I break free, but at this point I think Hashem doesn't want to hear me. Recently, I started praying to Hashem that I don't want this challenge anymore, that I'm too weak for it and that I wish it would just disappear from my life.

I hate all of this so damn much, I don't want to use it, I don't want to sin. But even with sheer hate and desire to stop, I always slip, again, again and again. Even if I stay clean for few days - one minor inconvenience or bad mood and I'm hooked again.

I can't believe what kind of sick person I became. In the day, Rosh Yeshiva tells me about how much good things he hears about me from rabonim in yeshiva, that I'm truly gifted in Torah, but in the night I'm the worst sinner imaginable.

During real lows, I thought about committing suicide, but I won't do it, as this is prohibited by Torah. I went to psychiatrist, and he said that I'm not mental ill. I didn't discuss with him my problem, though.

I can't imagine what I can do at this point. All the methods, steps, techniques, all of that didn't work, so I'm just skeptical about everything. Even if I have motivation to stop, I already know that I will fall once again

please, help me.

Ouch! That post really hurts.

I feel it very acutely because I felt the same way.... for over a decade! The pain is so deep I can cut it with a knife.

The good news is that it is not true! You are not a sick person at all! You are SO normal!

I read in your post what a strong person you are! Not just strong but a GOOD person you are. Your drive to change is tangible... and contagious!

I am not in any position to give eitzos as I am still deep in this parsha but there there is hope! The people here can help you beyond your imagination! I have heard so many stories from the tzadikim here how they broke free when they were sure it was impossible. Speak to them and before you can imagine you will be on your way to freedom.

Thank you for the courageous post! It is an inspiration for me to see someone in this situation still have that tremendous drive to improve!

Please keep us posted!

=====

Re: I hate myself

Posted by odyossefchai - 18 Dec 2024 21:55

---

Welcome and thanks for sharing your feelings.

The good news is that you have begun your journey. You may think it's just a simple post on GYE but the fact is that opening up and sharing and communicating with guys who understand you FULLY and have been in your shoes just a few short weeks/months ago is the biggest step you can take.

Now let the healing begin.

As far as feeling bad about yourself, read Navi, look at what David did, look at Shaul, he killed many innocent people. You didn't. You fell because you had an unimaginable pull towards something you didn't feel in control of. That is NOT a Rasha. In any way whatsoever.

Look at the beginning on the last perek in Sanhedrin. It says a list of those who don't get a chelek in olam haba. I'm pretty sure your name is not on the list. However your name is on the first part of the mishna. KOL Yisroel yeah lahem chelek leolam haba.

Tzadik, stay on here. Reach out. Speak your heart, your mind and your soul. We all want to hear more about what you are going through. If you stick around, you will be able to succeed. As I have done. And so many others.

Wishing you tremendous Hatzlacha on your journey to true happiness and freedom.

=====

=====

Re: I hate myself

Posted by redfaced - 19 Dec 2024 00:35

---

[eerie wrote on 18 Dec 2024 18:45:](#)

BeH you'll soon be going like Target...Up and up!

I was gonna post something warm, fuzzy and inspirational - but you just sucker punched me in the gut.

Please dear Father in heaven- PLEASE make it stop. Make it go away !! NOOO!!!!

=====

=====

Re: I hate myself

Posted by yosefms - 20 Dec 2024 09:58

---

Hi

Firstly a warm welcome, your post sounds painful, but we all understand and feel that pain because we have all been there.

You may not realise but just posting is so courageous and takes such guts, you question why am I posting this online, I must be crazy?? but it's so powerful so be really proud of yourself for doing that.

Everyone will tell you the same thing, reach out to the tzadikim above that have helped so many people, myself included! If everyone says the same thing, there has to be some truth to it so don't be shy... reach out to Eerie or one of the other tzadikim and you'll feel the warmth and kindness of genuine tzadik , its liberating.

=====

=====

Re: I hate myself

Posted by UnlimitedMotivation - 22 Dec 2024 19:26

---

Thanks a lot for your support, my brothers.

At the night when I was writing that post, I was feeling really bad and wanted to gave up. but thanks to all of your messages, I got my motivation up! It's truly the next chapter of my war, and in this one, I'm going to win!!!

By the way, wishing you Happy Hanukkah in advance! I have a special connection to it in context of my struggle, as this is the Hag of Light and Victory against all things that make us distant from Kodesh Boruch Hu!

We're all gonna make it!!!

=====

=====

Re: I hate myself

Posted by UnlimitedMotivation - 22 Dec 2024 19:31

---

As I grew up in non-religious society (I went to Jewish Middle School, but it was completely non-religious, just some "History of Jews", "Traditions" and Hebrew), it seemed completely normal to me. I began using internet pornography in the age of 11, so my disgusting history of using it is 9 years. I didn't mind it at all, I thought it was normal. Damn, we even looked at it during High School in the back of the class. But as I became truly religious and started following mitzvois, I quickly realised how awful it is. The most active part of my fight began when I came to the Yeshiva, around year and a half ago.

=====

=====

Re: I hate myself

Posted by livingagain - 22 Dec 2024 20:12

---

[UnlimitedMotivation wrote on 18 Dec 2024 16:39:](#)

At this point I actually think that I can never succeed.

I've been struggling with porn and masturbation for 3 years now, ever since I became religious. But for all that time, I don't think I have ever been clean for more than 2 weeks. I'm praying to Hashem each Shacharis, Mincha, Maariv that I break free, but at this point I think Hashem doesn't want to hear me. Recently, I started praying to Hashem that I don't want this challenge anymore, that I'm too weak for it and that I wish it would just disappear from my life.

I hate all of this so damn much, I don't want to use it, I don't want to sin. But even with sheer hate and desire to stop, I always slip, again, again and again. Even if I stay clean for few days - one minor inconvenience or bad mood and I'm hooked again.

I can't believe what kind of sick person I became. In the day, Rosh Yeshiva tells me about how much good things he hears about me from rabonim in yeshiva, that I'm truly gifted in Torah, but in the night I'm the worst sinner imaginable.

During real lows, I thought about committing suicide, but I won't do it, as this is prohibited by Torah. I went to psychiatrist, and he said that I'm not mental ill. I didn't discuss with him my problem, though.

I can't imagine what I can do at this point. All the methods, steps, techniques, all of that didn't work, so I'm just skeptical about everything. Even if I have motivation to stop, I already know that I will fall once again

please, help me.

you've come to the right place. The truth is we all struggle and get chizuk from each other. You are not alone.

=====  
=====