

Introducing...

Posted by Black hole - 15 May 2015 13:30

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Hello fellow Jews. I have been following this website for a while and I finally signed up in order to participate.

I am a holy Jew with a great soul, who has been captured and tortured and beaten by the Tzad Shekineged for many years. I started my internet surfing at the age of 12, although I found other forms of stimulation before the internet was introduced into my life. I am now 30 years old, and I can safely say that this internet addiction/compulsion has ruined the quality of my life. I love my life, I love my wife, and I love my kids. I love my job and I love my friends. But when I am in the self-love zone, the force is so strong and powerful that all those things go out the window.

My baby is screaming from his crib? Ok, I'll just be a few more minutes...

My meeting starts in two minutes and I'm still 15 minutes away? Ok, lemme just finish up here, and I'll be on my way shortly. I will curse myself and be wracked with guilt and frustration later, but right now I just need a few more minutes...

And the scariest part is, when I went to a psychologist and he asked me if I want to stop this behaviour, I really had to think about it. It has been a major part of my life for over 20 years, and I really do enjoy it. Saying goodbye forever would be like saying goodbye to an old friend.

But when sanity hits me, I know it is destroying me emotionally. I can't bring myself to do the things I know I should be doing, like davenning and learning, or starting and keeping good habits.

I feel like my insides are all just a big black hole. I feel nothing except acid a decay coming from inside me.

And I just don't know what the trick is to taking back my life, when I really don't know if I have the strength or the fortitude to make it happen.

So here's to hoping for a brighter future.

That's my introduction. Have a bright and sweet shabbos hayom lashem.

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