

need to talk out..and get some help

Posted by jake08 - 25 Jun 2015 01:49

---

Hi,

Im a 27 yr old addict who has been struggling since about 10. At that age I was shown "shmutz" on the internet by an young teenager who I knew and was friendly with. I was so young I didnt have a strong taavah for it then. But as I grew up a bit I started looking more and more and also being mz'l. Even then I was aware how wrong it was and would cry every time this happened but I was becoming an addict without realizing it... When I was in bais medrash I finally told my Rosh Yeshiva what was going on and he sent me to a fellow who he said could help me. Unfortunately, while he meant very well, that guy had no idea what he was dealing with and was unhelpful. Actually he was worse then that because my depression at not being able to break free got much worse when even outside help could do nothing for me.

I sank into terrible depression at times and never thought I would be free. Even though I had very good times (elul and regular times when I would control myself) the curve of my life was heading downward fast. Outside I was a yeshiva guy with a very good head who could have been very matzliach if he learnt well but inside I was plain dying. My personality changed a lot and I went from easygoing upbeat guy to tense irritable and very easily upset person.

Baruch Hashem I found a sign advertising GYE this Pesach and for the first time I am clean 65 days! I actually feel the daily struggle getting easier. However instead of flying high and being very matzliach in learning (I am in kolel) I feel I am also now dealing with mild depression! Going through this whole struggle my whole teenage and adult life made me very emotionally weak and sensitive but now I am afraid of how easily I sink into a bad mood which doesn't allow me to function well.

I also need help with something related. My wife (who is unaware of my addiction though I told her now I am working on areas of kedusha in my life) is overworked from her day and my children. This causes her to complain of her tiredness all the time and doesnt allow her to be happy and positive. While she feels this is very normal, it leaves a very negative atmosphere in our house. Which in turn causes me to get very down and unhappy. She will very often come home from work just grumpy(though she like her job) and complaining and that sends me into a tail spin. I was hoping someone who maybe dealt with a therapist can give some ideas how to work on myself to better control my moods, not fall into depressions, and remain happy.

Thanks to all in GYE for saving my life and giving me hpoe.

=====  
=====

Re: need to talk out..and get some help

Posted by aryehdavid85 - 29 Jun 2015 16:29

---

dear jake my holy brother!

thanks for sharing your story & struggles.forgive me if i am off base (still drunk from yesterdays binging on lust) Congratulation on your day count and on joining GYE

how about some easy eitzahs for simcha

1.

2.

heard recently from a chashuve mashgiach: (i think it is based on a Rambam)

Music helps to boost the mood. try playing leibidige music (not the goyishe type)

Second is working on GRATITUDE write a list daily.it takes a lot of work but it pays off.

btw excercise is a proven mood elevator. any way u could go walking together with your wife?

btw have u ever tried meditation?

=====

=====

Re: need to talk out..and get some help

Posted by abd297 - 29 Jun 2015 16:53

---

I found that music is very soothing and beneficial for me too. Just find something that you can really get into that makes you feel good. Keep it up! KOP

=====

=====

Re: need to talk out..and get some help

Posted by jake08 - 30 Jun 2015 18:12

---

Thanks to all for the chizuk.

Over the last couple of days I started talking nightly walks with my wife (who incredibly sensed something is up with me and comes no matter how tired!). Also worked very hard on only speaking and acting positively throughout the day.

And (i hope this doesnt sound silly) went to a health store and got sam-e and vitamin b pill which are supposed to be great for moods.

So far doing much better. Dont know if a: joining the forum or b:working with my wife in general on this or c: the supplements did it (or maybe its just in the mind, but who cares thats where the trouble started in the first place) but B'H something is improving. Hope to maintain it and keep building on it

=====

Re: need to talk out..and get some help  
Posted by Pidaini - 30 Jun 2015 19:20

---

Thanks for the update!!

It's been proven that putting effort into building true relationships diminishes the lusting a great deal, so that does make sense, as does joining the forum make sense to help, and keeping an eye on our moods!!

KUTGW!! KOMT!!!

=====

Re: need to talk out..and get some help  
Posted by abd297 - 30 Jun 2015 19:50

---

Keep it up and keep us posted. Glad to hear things are going well. KOP

=====

Re: need to talk out..and get some help

Posted by lomed - 30 Jun 2015 20:11

---

Hi Jake,

Welcome aboard! You are an inspiration for all of us. Keep up the good work and keep us posted on your journey to recovery.

=====

=====

Re: need to talk out..and get some help  
Posted by aryehdovid85 - 30 Jun 2015 20:32

---

Dear Jake

Gevaldig! Sounds like Siyata D'Shmaya! btw the women are intuitive.Congrats on ur day count! Keep it going! Very happy to hear that thing are getting better.

=====

=====

Re: need to talk out..and get some help  
Posted by myk5775 - 30 Jun 2015 22:05

---

Wow, it's such hasghacha pratis that you mention about your wife's negativity. My wife is also negative, but for reasons relating to her work. She says that she feels under appreciated at work, which in turn makes her feel worthless. She's commonly telling me how she's not good at anything and, unfortunately, I guess I just realized now that I'm starting to believe her. (that's for later though...) The ways in which I deal with her negativity is to counter it with my being positive. I know it seems futile at times, but the only person accountable for how you react to any situation is yourself, so if your wife is being negative, it's not her negativity that is causing you to be negative, it's you letting it affect you that's making you negative. Reach out to me in a personal message if you need more support. Hatzlacha!

=====

=====