

Addiction? Anxiety? Something else?

Posted by youcan - 23 Nov 2017 15:16

Hi, I'm a 23 year old chasidishe yingerman, father of 2 kids.

Here are parts of my story which I think is related to my problem:

When I was a bucher I learned very fleisig, my first time using the internet was a few months after my wedding.

But I always felt strong love to beautiful people, I knew nothing about sex etc. (I knew how ppl have kids, I also knew what happens when you think from nice people but I don't think I ever connected these 2) so I just felt that I want to own them & treat them good (maybe I'm crazy but this is what I felt...)

When I was 17 I was diagnosed with social anxiety (or something similar, my father didn't tell what it was (!)) & I was treated by a mechanech instead of a therapist (!), I never felt that I was healed.

When got in shiduchim my parents never told me what they're considering, I didn't think much about it cuz I was learning in yeshiva & didn't really think what marriage is all about. One night my father told me from a shidduch, wanted I should see the girl, so the next morning we went with the car waited for her to get out of the house and we saw her from across the street while she's wearing a coat... I later understood that they did it cuz the girl was fat & they wanted I should see her before. I saw nothing.

6 hours later we had a beshow, I wasn't able to make my decision cuz I didn't like how she looked but I wasn't sure if this is a reason to say no. I was still under medication for my anxiety (or whatever else), I can't explain the anxiety I felt on that day. I went to my therapist (?) I asked him if this a reason to say no, he wasn't able to answer, so I asked him if I will love her less cuz she's fat (almost double of my weight) he told me no. In the end I decided to do it cuz I felt bad for that girl that already had a beshow & everybody knew that she is becoming a kallah. (You can laugh if you want)

Since then, every time a friend got engaged I was jealous on him.. I can't explain that feeling (I think it's related to my mental issue as well), I felt the same when I went to weddings & also when I walked on the street & saw a skinny woman... So my entire anxiety was now focused on that topic "everybody will have a better wife than me, I'm a loser"

Then I got married & it didn't got any better. My wife didn't know about my issue, even now (3 and a half years later). I was in bad moods at times & she felt it but I never told her the cause. Other than that our marriage is really exceptional, she loves me & I think I love her (I think the reason I'm not sure has to do with my issue) I never told her any of the things I just told you.

The next step was I found Mr. Google, (in my father's office, I don't have a smartphone) so I was able to search whatever was on my mind, I think you know what it was.. I soon discovered that there is a thing called porn & I started to date it here and there.. (I justified it a little bit with the story above) till it got to a point that you can call addiction (I was always more sex minded... I think we had more sex than a average couple, but now it was to bad things).

It went on like this for a few years, I tried to fight it all the time, but if you're here you should know my success rate...

I signed up here a week ago, started the 90 days program, had my first (hopefully last) fall yesterday, so that's why I'm here...

I went to a doctor 2 days ago, I told him I feel tired weak can't focus some times can't fall asleep, I asked him if I lack vitamins, guess what he told me.. Go see a therapist!

I would appreciated any help anybody can give me for any of the above.

I also have 2 questions:

1) how should I deal with my wife? We a very open marriage BH, I share with her everything except for this.

2) since I don't have a smartphone it's hard for me to keep up with gye (we have a filtered tablet at home), so is it the right thing for me to get a smartphone? (with a strong filter of course) I feel it will help me, I will read more on the site, will be able to read more of the gye emails delivered to my hidden email address...

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Re: Addiction? Anxiety? Something else?
Posted by iampowerless - 14 Jan 2018 16:11

try gentech and Nativ USA all others are quite easy to get through them!

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 14 Jan 2018 16:20

I have gentech through tag.

One thing I don't like is that they started to use non Jews as their representatives, they have no problem opening you anything you ask for (not direct porn sites). BH I never called in with a plan to do wrong things.

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Re: Addiction? Anxiety? Something else?

Posted by iampowerless - 14 Jan 2018 16:30

[youcan wrote on 14 Jan 2018 16:20:](#)

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@youcan i had the same problem so i called up TAG and made them put a note on my account that nobody is allowed to open my account up for me, unless i'm in the TAG office myself!

Wishing you luck Yankel!

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Re: Addiction? Anxiety? Something else?

Posted by Gevura Shebyesod - 14 Jan 2018 16:59

Good idea Yankel.

BTW in order for K9 (and probably most other filters) to be effective, you can't be the admin on your computer. So if you want to be safe have your wife/friend/TAG guy change the password on the admin account (that's usually the first account you created when you first set up the

computer) and create a separate user-level account for you to use.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 14 Jan 2018 17:34

R Yankel, right when I read your first post I saw that your very powerful & you prove it to me over an over... I don't know where you got that name (impowerless) from...

R gevura, my wife or even friend is not a good idea for me as I mentioned, it's too easy for me to get them to open things for me without suspecting. Also I shouldn't have access to the email address associated with the filter account cuz I can request a new password etc etc..... (On the PC we have now at home temporarily, we have k9 and the email address is my wife's GYE email to which I don't have access)

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Re: Addiction? Anxiety? Something else?

Posted by iampowerless - 14 Jan 2018 17:51

[youcan wrote on 14 Jan 2018 17:34:](#)

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@youcan let me share with you a little secret you are right one of my qualities is i act powerful, i have done a lot of great things in my life because of this quality but it has also gotten me into a lot of trouble when i had my power struggle with my parents and principal in 9th grade it was this quality that kinda made things get to such bad levels, and it was this quality that prevented me

from reaching out to help in my struggles until now. btw i have 2 GYE account's the 1st one my username was yankelthefighter but trying to fight to hard with this struggle just caused me too much stress and as such i kept falling as such i started fresh with a new username iampowerless only once i realized that this addiction is terrible and i'm powerless and i need to reach out to hashem and others in my struggle because as powerful as i might make it like i am in regards to this struggle i'm powerless!! That's the answer behind my name

Lots Of Love Yankel!

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 14 Jan 2018 18:24

I think I disagree (you let me know..)

You are a really good quality & powerful person, who also has a big ego (usually comes together, especially with what you went through), so could be you used your talents not only on the right places. So you can work on this if you want, to use your talents only in the right way. This is a thing every person has to work on with his natures. Every ??? you can use in both ways, our work is, as the rambam says to get on the ??? ??????.

I will check out your old account of course... I'm also in the middle of reading your thread & thinking how to reply...

But let me tell this again; you are very powerful! I think you already had a positive impact on many gye'ers.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 14 Jan 2018 18:33

Hey! I see that yankelthefighter still has an unread pm from me.....

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Re: Addiction? Anxiety? Something else?
Posted by Markz - 14 Jan 2018 18:52

[youcan wrote on 14 Jan 2018 18:24:](#)

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Rock bottom is the way up for many of us. "I am powerless" is an expression of bottom up

Youcan if you're stuck for a long time on day 4,5 hitting powerlessness can help you to if you so wish. And if it helps, Rabbi Twersky in last week's parsha explains that learning Mussar works can bring one to rock-bottom and get the Trucking engine started (he talks about pharaoh - not trucks...)

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 14 Jan 2018 19:14

[Markz wrote on 14 Jan 2018 18:52:](#)

[youcan wrote on 14 Jan 2018 18:24:](#)

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Markz, you are so so right. I am very very powerless. But the good news is that i'm working on it. I just got in touch with one of the big people here on gye & i'm in therapy. i feel like i'm doing my best in my currant situation. (not that i'm happy with the results so far, but even though i'm powerless, i'm not hopeless).

let's wait a week & see if something changed.. this will be a week of hard hard work - with hashem's help of course!

Thanks markz, i really appreciate it!

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Re: Addiction? Anxiety? Something else?

Posted by ieeyc - 14 Jan 2018 19:20

[youcan wrote on 14 Jan 2018 18:24:](#)

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But let me tell this again; you are very powerful! I think you already had a positive impact on many gye'ers.

as they say ,it takes one to know one:smiley:

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Re: Addiction? Anxiety? Something else?

Posted by iampowerless - 14 Jan 2018 19:53

@youcan very well said you are absolutely right you seen to understand people pretty good.....let me go check the PM and respond sorry for keeping you waiting

@markz on the ball as always!

Warning: Spoiler!

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Re: Addiction? Anxiety? Something else?

Posted by Trouble - 26 Mar 2019 12:58

[MayanHamisgaber wrote on 26 Nov 2017 18:24:](#)

Dear Friend

I know that you meant no bad but I will use some strong words in response to the above vort

CV"S to say that Yaakov avienu hated Leah it is very clearly stated by all miforshim that it was in comparison to Rochel

I am only responding like this as it bothers me that people put their own emotions into the Torah.

Yes we are all struggling and want and maybe even need validation but there has to be a limit on how far we will go to get it

While it's true that radak and rabbeinu bachye say chas v'shalom that he hated her, the ramban (in beginning) and others and it is the simple pshat that he indeed did hate her.

This (at least the part of hatred) is not an example of putting one's own emotions into the torah.

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