

Addiction? Anxiety? Something else?

Posted by youcan - 23 Nov 2017 15:16

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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 Hashem Help Me - 03 Dec 2017 17:26

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Those 10 days are yours forever. you have a great attitude of starting again right away. Connect to some people here. Add that to your arsenal. Hatzlocha.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 04 Dec 2017 00:04

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Thank you.

What it's (not) interesting is, that when I was about to fall I didn't care about anything, I knew I will regret it right after (or even before it ends, as it was today) I knew I'm doing a sin, I knew I'm killing my 90 day chart, but nothing kept me from acting out. I guess this is why you should have other methods that helps you fight it - not with reason but - with a language you understand even in that situation.

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Re: Addiction? Anxiety? Something else?

Posted by bb0212 - 15 Dec 2017 05:21

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How have you been doing the past two weeks? Recently, one thing that has been helping me stay clean was the following:

The last time that I fell, I fell many more times after that over the next number of days. However much time I spent enjoying as I fell, it was still not that much time. Other than those few moments, my quality of life was so much worse overall.

When I'm tempted to look at something passing by

**Warning: Spoiler!**

I try to remember that by looking, it's going to ignite sexual desire. In turn, that will push me to sin anywhere from forbidden thoughts - to forbidden actions. That will give me a brief amount of pleasure. After that, I'll feel like absolute garbage for days.

But if instead, I look away for those 5 seconds and ask God to help me - because he made me, he gave me this desire, he put that pretty girl in front of me, so now "please God, help me keep me clean" - and don't fall, then I won't feel like garbage. I'd rather miss the momentary pleasure than suffer the pain of negativity in my life.

In either case, I wish you much success.

On another note, because I'm not sure I understand where you're coming from and I'd love to understand you.

Regarding going to a therapist, do you

1. want to go
2. Not want to go
3. Not really care whether or not you go

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 17 Dec 2017 06:07

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Hi, thank you for thinking about me.

I'm doing OK, my miracle has not happened yet but I'm optimistic.

In the past 2 weeks I had 2 falls r"I both of them in a time that I had no schedule, it started with  
on a device with a  
strong filter. The attack when it came was so strong that it didn't need much fuel to burn.

Hashem gave me one gift, the ability to move on after a fall without forgetting about it, meaning I remember the fall & know that I have to improve so it shouldn't happen again but in the mean

time not to get stuck & start counting (...) again right away.

All the sensible stuff you wrote in your great post is really helpful when I'm not under attack, but when it comes he don't understand anything, he wants his portion & he want it now.. I try to maneuver it shouldn't happen. When I have free time that I know can end fetal I go on GYE & make headaches for some people by posting on their threads... Otherwise I try not to use the internet without having a clear plan what I will search for etc. (It's very not easy...)

My goal now is to read through the handbook & consider new tools.

I have some news to share that I will leave for another time.

Regarding therapy: yes I want to go (I need it badly)

I spoke to somebody that has a lot of experience in referral, he suggested me a therapist but my rav wanted him to talk to the therapist before to make sure he's good for my particular case, I will start next week iyh.

Thanks again!

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Re: Addiction? Anxiety? Something else?  
Posted by gibbor120 - 18 Dec 2017 19:19

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Keep us posted.

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Re: Addiction? Anxiety? Something else?  
Posted by today - 19 Dec 2017 13:13

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Hi. I think my experience is very similar to yours, in fact they are almost identical. I used to (now I'm like you trying to make it to the 90th day, and hopefully beyond) browse random webpages

until I got stimulated by something that I may not even notice and then begin accelerating down a ramp that leads to a fall. Forget about the filter, it only works when your YH is not strong. When YH takes over you, you will always be able to find a way around that and get to inappropriate content (from my personal experience). You may feel that boredom is the driving factor behind your aimless browsing (that's what I felt) but boredom is such a vague word. For me, it is because I have nothing else to do that is as enjoyable. Falling takes me to another world, one of my imagination. However that is not healthy, I should appreciate the life I have now. There is meaning in many things in our life, such as spending time with family. Of course my parents are not buying me every single gaming console but there is more to life than that. YH keeps driving us to pursue material pleasure, blinding us. That is what happens when I am about to fall, only seeing the pleasure and forgetting the consequences. We should find something meaningful to do to battle the temptation of material pleasure. There are things everyone can do, such as studying the torah and there are things that depends on individual preference. Enjoying meaningful things makes YH weaker.

PS: On the smart phone issue, I think it means that you can access GYE anywhere but also inappropriate content anywhere. If it is not likely that you will fall outside home, I suggest that you do not buy a smartphone (another reason is that ,for me and many others I know, smartphones don't usually last more than 3 years. Falling onto the ground is one huge threat to its longevity. If the phone model is not very popular, it will be very difficult to find a screen replacement. Sorry this is way off topic...)

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Re: Addiction? Anxiety? Something else?  
Posted by tzaddik212 - 19 Dec 2017 15:33

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Hi Guys.

Well there is so many inspiring stories, of people that stayed strong and didn't fall. well for me being on day 93, which by the way, for the last 2 decades i wasnt able to make it this far, but B"h hashem showed me that it is possible. and i hope to continue to pile more and more days.

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Re: Addiction? Anxiety? Something else?  
Posted by youcan - 19 Dec 2017 15:45

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Thanks.

For me it's not that I have nothing else to do, I enjoy learning Torah (I used to learn a lot), I enjoy reading etc. But when I have too much free time to do what I want (too much time to think...) usually I feel that I want to fall, I feel that I need something more.. more than just reading playing etc. It's probably cuz of my mental issue I may have (depression anxiety or whatever else) meanwhile we have to try to be smarter than the YH & try not to open the door for him, because once you open even just to look who's outside he comes in & takes over the entire home.

BTW, I found that a lot of my falls (& slips) started by viewing my spam emails, I get ads from dating sites etc. I tried to unsubscribe many times but you probably know the results...

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Re: Addiction? Anxiety? Something else?  
Posted by youcan - 19 Dec 2017 15:58

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[tzaddik212 wrote on 19 Dec 2017 15:33:](#)

Hi Guys.

Well there is so many inspiring stories, of people that stayed strong and didn't fall. well for me being on day 93, which by the way, for the last 2 decades i wasnt able to make it this far, but B"h hashem showed me that it is possible. and i hope to continue to pile more and more days.

BTW, I read your story (from the link in your signature), all I can say is that you deserve the name you gave yourself! Not giving up after trying for YEARS is amazing and inspiring! But the fact that after all that you managed to succeed should be real chizuk to all the strugglers here that even if you keep falling & you don't see the light in the end of the tunnel, here you can see that in fact there is!

Thank you for being here!...

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Re: Addiction? Anxiety? Something else?

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Posted by tzaddik212 - 19 Dec 2017 18:55

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Well that name i chose, because that was the role model i am looking to become. I chose that name, because i want to be a true Eved Hashem and do only always his will. And that is what a Tzaddik is all about (not to confuse with our rebbes calling themselves tzaddikim).

I guess it is inspiring for me as well, that i was able to manage 90 days without a/o, it is truly with hashems help. as chazal say, "????? ?????" ?????.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 21 Dec 2017 06:34

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Hi, my chart says that I'm 8 days clean BH! My first time I managed to be to 11 second time I fell after 7 days, now is my third time. The last few days I felt that the challenge is becoming harder, I guess that I'm able to go on a week without it & then my struggle starts.

It didn't help me the fact that my wife isn't clean for 3 weeks now...

I hope to overcome that milestone & get very far. Meanwhile, one day at a time, yes today was a good day...

BTW, I started therapy today, with hashem's help this will help me with that struggle as well.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 22 Dec 2017 02:23

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Today I'm excited about something!

For a long time (long before I found GYE) every time my wife started to count I started counting (silently) with her. My goal was to be clean for a week on mikva night (short term goal). Now is the first time I made it!



It doesn't mean a lot for me, I still have a long way to go, but it shows me that I'm making progress & I should really be excited about it.

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Re: Addiction? Anxiety? Something else?  
Posted by Hashem Help Me - 22 Dec 2017 13:43

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Beautiful news! Nice way to start and an appropriate goal.

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Re: Addiction? Anxiety? Something else?  
Posted by tzaddik212 - 22 Dec 2017 15:05

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small steps brings big steps. may hashem as he took rubashkin out of jail, may he take out the jail from our insides. amen.

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