

Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 26 Feb 2020 08:41

Hi to all, I am new here and this is my first time posting. I am married with a child and struggle primarily with masturbation. I struggled with shemiras einayim since high school (who didn't) and had an unfiltered phone for a period of time. I spent a lot of my time on YouTube watching stripteases, Swimsuit videos and the like. I have seen porn but it's not something I struggle with on a regular basis.

I masturbated for the first time when I was already in my twenties and have been struggling with it since then. Over the course of the years I tried numerous things some helped a little, some a lot, but none of them worked. At a certain point, I had enough and I took both of my unfiltered phones and broke them in half and to this day I have a kosher phone. Obviously this wasn't the only issue (granted a huge issue but not the only one) because even after this I still struggled.

This is when I realized I have a more serious issue.

I am a serious avreich learning full time, I learn mussar regularly and constantly strengthen myself with various incentives. I can then usually keep myself clean for 2-3 weeks, then this or that and I am back to square one. I will then go through a phase of a few days with no control depression feeling awful about myself and what I did. I get so upset at myself because of how hard I am trying and how important this is to me that I go through a stage of complete disconnect, guilt and depression. Usually after a few days of this I tell myself that Hashem doesn't want be to feel guilty (at least not this way) because the guilt/depression is causing you to act out (and Hashem obviously doesnt want that...).

I found this to be particularly helpful, knowing that even though i was doing something terrible and maybe there would be a time to feel guilty, now isn't that time. Now is the time for a fresh start and a fresh start means no guilt, rather, a new day and a new opportunity.

This helps me get out of the rut, however, I can't seem to stay clean for more then 2-3 weeks. It can be anything from a hard day to seeing something etc. it's like something happens that makes me think "it's just not worth the fight this time" or "just do it and don't think".

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Re: Am I going to suffer for the rest of my life?

Posted by wilnevergiveup - 12 Oct 2020 19:11

Now it's time for me to be honest here.

I had a rough patch today and I need to do something to make sure it doesn't progress into anything worse.

I will ly"n post here daily at least until the end of the week whether I stimulated myself or not. Today I did, but I am moving forward and as a new person now I am looking forward to not stimulating at all. I know that it's integral and that's exactly why I am posting this. I will go the rest of the day without it and with Hashem's help deal with the coming days as they come.

I don't need to, I do it because I'm bored, out of habit and because it feels good (duh). I don't need it and I don't want it, and therefore I won't do it.

In other news, I rekindled my (hopefully) daily mussar seder today. This has been an integral part of my journey. I don't learn the dreary depressing stuff, I try to learn sefarim that help me understand our relationship with Hashem. There are so many great ones and they are all translated into English. Rav Dessler's Michtav Me'Eliyahu, is a great sefer where he answers basically all the basic questions that most people ask about Hashem and the Torah. I kept on hearing people quoting Rav Dessler says this and that, but no one could explain the concepts better then reading them yourself. A lot of people quote Rav Dessler don't really understand what he means or never even saw it inside, when you see it yourself, it's just different.

Anyways, see you guys tomorrow.

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 13 Oct 2020 05:36

[wilnevergiveup wrote on 08 Oct 2020 05:43:](#)

I just had a fall, quite humbling to see that chart at 0 again.

This journey ain't over fellas.

It's amazing thinking how far I have come and so strange that I only truly grasp this after a fall.

I was at 172, hope to see you again in another 172 days!

I am just laughing how sometimes we ask people here, how long is your streak, sometimes even if the answer is really low they could be coming off a nice long one.

For me B"H it's not about the streak, and this fall has taught me an important lesson. Number one I need to be extra vigilant when I have lots of time on my hands and am not keeping busy and productive (bein hazmanim, basically) but really what I need to work on more is something that I have started to be a little lax on and that is that nothing is going to happen if I "deprive" myself of this pleasure or any pleasure for that matter.

Over Y"T I found myself lax in my diet too as well as some other areas and for me they all go hand in hand, either my mindset is strong about saying no to my desires or it's weak.

I really need to work on my self control in general. The truth is that I have grown a lot in this area over the last half a year but lately have been lax.

Something that scares me a little is that I really have been sleeping for the last week and and change. When I am focused I can do whatever it is that I really want to but sometimes I just stop thinking and put myself on cruise control, my cruise control is to run after pleasure.

I guess whenever I am cruising I can be sure that I will stumble, so I've got no make sure not to give up control, no driverless cars for me.

I have been learning daily mussar and it has helped me tremendously and this is another thing that I have been lax about during bein hazemanim, I don't think it's a coincidence.

This is a wake up call, **hey you! Wake up! Look what happens when your sleeping!**

Why I can only wake up with a fall beats me but thank G-d at least that I can do.

I need to wake up, take control of my life and run it the way I really want to (or just plain run it and not get run over by my desires).

Ramchal writes in Mesilas Yescharim that when we are focused it's very hard for the Y"H to get us to sin, that's why one of the Y"H's greatest tricks is to make us lose focus, like Pharoh did to the Jews in Mitzrayim. He knew that they were able to revolt so he worked them so hard that they had no time to think about it. So I guess to sum it up, the goal now is to figure out how to stay focused.

For a fleeting moment I feel like falling again, but as I am writing this I am strengthening myself that I will not die, it will be okay, I am in this world for less selfish things than this.

Really random but I was just thinking, is there anything more selfish than this? Can anyone think of anything else?

I know I have to restart my mussar seder but does anyone have any other ideas how to stay focused?

Perhaps post more on my own thread?

All the best.

Gadlus! Honesty, courage, wisdom, and most of all resilience. Stopping after one fall is a major game changer. Keep inspiring. Oh how I wish when I was down in the dumps after falling and

falling and falling, that i could haver read such a post from someone that had such a musag of self worth!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 13 Oct 2020 17:45

Hey fellas, I am all mixed up with the days because I usually post at the end of the day (in Israel) and my count only resets in the morning so I'm finished with figuring out what day it is.

Anyhow, I had a very busy day, too busy to look and too busy to touch thank G-d. B"H I had a very productive day and feel great.

I was thinking about posting a daily piece from Rav Dessler, rewritten in my own words as a way to be mechazek myself. I will try to keep them short and meaningful, just general hashkafah, not particularly related to lust issues. I don't know how long it will last but I will give it a shot at least for the next few days and see how it goes.

I think I am going to start a [new thread](#) in the Torah and Chizzuk section of the forum for this and keep this thread focused on my personal struggles.

I also want to thank all you guys for the tremendous support, all the responses and thumbs up really mean a lot to me.

All the best

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 14 Oct 2020 05:45

Still climbing this ladder, one rung at a time.

Really random but I was thinking, no matter how hard I try or how high I jump, it will still take me 90 days to get to 90 days clean.

It takes patience, that's it.

All the best

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Re: Am I going to suffer for the rest of my life?
Posted by OivedElokim - 14 Oct 2020 05:53

Yeah. I think there's an expression in the 12 steps circles (think i read this in one of Rabbi Twerski's books) "Time takes time..."

Anyways, Hatzlacha. Keep living up to your username....

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 15 Oct 2020 08:44

We are a week in and that's great. B"H I have been really good lately with not seeking and not stimulating so that's a good sign.

Today, I daven that Hashem should help me be lust free, understand that I don't need it and that I don't want it. Please help me keep my mind where it belongs and my hands where they belong, and help me bring myself closer to you every single day, by overcoming my desires.

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Re: Am I going to suffer for the rest of my life?
Posted by Dave M - 15 Oct 2020 13:53

[wilnevergiveup wrote on 15 Oct 2020 08:44:](#)

We are a week in and that's great.

Dont forget your miles ahead of when you started your GYE journey. It helps to go back and review one's thread from time to time.

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Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 15 Oct 2020 14:43

[wilnevergiveup wrote on 15 Oct 2020 08:44:](#)

We are a week in and that's great. B"H I have been really good lately with not seeking and not stimulating so that's a good sign.

Today, I daven that Hashem should help me be lust free, understand that I don't need it and that I don't want it. Please help me keep my mind where it belongs and my hands where they belong, and help me bring myself closer to you every single day, by overcoming my desires.

AMEN!!!!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 16 Oct 2020 12:20

Doing well B"H, with Hashem's help I was able to stay clean this whole week with with no stimulation once I made the commitment. It's still very important for me to remember that I don't want it and don't need it and that I have to review this every single day.

B"H I have been consistent with my mussar seder and feel much better then I did at the beginning of the week. I am not sure what's the chicken and what's the egg but when things go well, they generally go well across the board and when things don't go well, they just don't in all areas.

Looking forward to a really nice Shabbos.

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Re: Am I going to suffer for the rest of my life?
Posted by garyk - 18 Oct 2020 00:32

The posuk says Sheva Yipol Tzadik V'kom. Rav Tzadok says why does it say Tzadik after it says Yipol. You're a tzadik after you fall? Rav Tzadok says yes because he knows he will get up again and again and again. That's what makes him a Tzadik.

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 18 Oct 2020 05:43

B"H Shabbos was great, I had siyatah dishmayah and I was able to do a lot more learning than I normally do, so that feels accomplishing.

Working on writing out thought from Michtav Me'Eliyahu has been more challenging then I expected which is great because that was the point. I am not going to stop, it's just taking more time then I expected, to put something together. Something productive that take a lot of time, what could be better then that.

The zman starts for me on Monday so I will have much less time on my hands, I am looking forward to a great winter, iy"h my first winter zman free from captivity (even if I fall occasionally I am still free). I hope to grow closer to Hashem this zman, grow in my learning, davening and chessed.

I am really looking forward to the challenge, it wont be easy, growing never is, but ooooh it feels good afterwards (purely *shelo lishmah*).

All the best

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Re: Am I going to suffer for the rest of my life?
Posted by starting - 18 Oct 2020 21:29

[wilnevergiveup wrote on 18 Oct 2020 05:43:](#)

(even if I fall occasionally I am still free).

This line should be highlighted and bolded.

The attitude of 'I am not a guy that does this stuff' is arguably the biggest gamechanger.

It makes the deed a red line that I don't naturally cross, even if I can mistakenly fall occasionally.

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Re: Am I going to suffer for the rest of my life?
Posted by Chever-ihv - 19 Oct 2020 00:07

Hello Friend.

To answer your question straight up, yes you will have to battle this for the rest of your life. HOWEVER, it will get relatively easier as time goes on and you get stronger. Chazal make it very clear that we are never fully out of danger of falling and demonstrate that even the tzadikim almost fell (Kiddushin 81-82)

I personally am about 3.5 years clean after more than a decade of fighting and davening and falling and going back to the mikva and starting the whole cycle over again.

There are many weeks that I have struggles and urges on a daily basis and some where a few days can pass by and I'm not even tempted. It comes and goes and I will likely spend the rest of my life fighting the yh like every other healthy individual. Hashem wants to see you put up a fight, it's not always about whether you win or lose. Obviously that should not become a fallback option but we know what it means.

BH I'm married to a wonderful woman and have two beautiful boys. Hashem gives me a lot of challenges but He also challenges me constantly. That's what we're meant to do.

What I've found works for me practically to say no to an urge is reminding myself of how miserable I feel afterwards and how spiritually low and stuffed up I feel. Sure it'd be better to use an Ahava approach, but the yirah one works just as good sometimes.

May Hashem be with you.???? ?????? ??????

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 19 Oct 2020 12:00

[Chever-ihv wrote on 19 Oct 2020 00:07:](#)

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Thank you for your response, I really appreciate the support.

I agree with your point, however, you must have misunderstood the question. The question was not, am I going to **struggle** for the rest of my life, the question was, "Am I going to **suffer** for the rest of my life."

What was bothering me was not the struggle, it was the fact that I was trapped doing something self destructive, that I didn't even want.

I am referring to the concept of the ["SIT" diet](#), those who listened to ["The Fight"](#) knows what I am referring to.

The answer to this question is an resounding **NO!** No I do not have to and will not suffer for the rest of my life, I will do everything in my power and leave the rest to G-d.

With Hashem's help I don't suffer anymore, I still struggle and still fall, but don't suffer.

Yes, there are times that are more difficult than others but I am not living anymore in a life that is completely consumed by this. Yes when there is a struggle there is also some degree of suffering, but with Hashem's help I have been clean 97% of the time over the last six months.

All the best,

Wilnevergiveup

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