

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 - 20 Oct 2020 18:16

Zman started, extremely busy, no time to post. Thank G-d for that.

Still going strong.

All the best,

Wilnevergiveup

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

Posted by Roadtorecovery - 22 Oct 2020 02:04

Hi [wilnevergiveup](#) ,

I can really relate. I don't have any major insight just want to share

my story it is very similar (at least at this point in my life. started much earlier than you.... like when I was 9....) I learnt in a top Kollel for 7 years, for the last few years i have been a Rebbi .

I can get between 25-90 days maybe 120 days clean then I fall again , again and again. at times I feel guilt and depression and at times hopeless.

Its painfull , I feel like I am a faker. At other times I remember each victory is something.

thanks for sharing and listening

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

Posted by wilnevergiveup - 22 Oct 2020 11:27

[Roadtorecovery wrote on 22 Oct 2020 02:04:](#)

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thanks for sharing and listening

Why do you feel like a faker?

I don't, I feel like a guy who tries his best and is extremely successful.

Oh and I struggle too, but don't we all? Why should that make me a faker?

That is unless you are one (meaning you haven't broken out of the double life yet)...

All the best,

Wilnevergiveup

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

Posted by Hashem Help Me - 22 Oct 2020 18:06

[Roadtorecovery wrote on 22 Oct 2020 02:04:](#)

Hi [wilnevergiveup](#) ,

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Getting to a level that you only act out a few times a year takes a lot of hishtadlus. Why do you consider yourself a faker? By the way, have you tried having an accountability partner?

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 23 Oct 2020 09:22

Hi everyone, day 15, been busy all week and that's not a bad thing.

Beginnings of zmanim are always a time that I think about all the master plans that I had for myself that I failed to achieve and to create further unattainable goals to overcome this terrible feeling of guilt which would then result in... you get the point.

Well lo and behold, one day this week these thoughts started sneaking into my head and before I knew it I was feeling like a failure for not doing some of the things I had planned.

This is after I just had an amazing day in Yeshiva, learned well, davened well, the works.

I was tempted to turn to my old "system overhaul" method when I remembered about a [post](#) that someone wrote not so long ago on the thread [Make it to Yeshiva](#).

Turns out I need to take a healthy dose of this medicine too.

B"H after I took my "medicine" I am feeling much better.

It's amazing how when we fill our day with learning, it's just a different ballgame. I just saw a really nice pshat in this from Rav Dessler and am planning on posting it in my [Daily Dose of Clarity](#) thread sometime soon.

Wilnevergiveup

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

Posted by Im Tevakshena Kakasef - 23 Oct 2020 10:23

Nice to see someone living the advice they recommend others. It makes what you say feel genuine - you know where we are coming from, and you're working on it to.

So thank you.

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

Posted by wilnevergiveup - 27 Oct 2020 12:04

The Y"H is giving me a run for my money, not by throwing triggers my way but by making my lie difficult in general. When things don't work out how I planned, I have a very hard time getting back on my feet.

I am working on a certain area of growth and made a very precise plan on how I am to achieve this and nothing seems to be working out.

I know that the nisayon is to get back to the plan when things settle down, but this is always my struggle. I have a record of forgetting about all my plans as soon as there is a small bump. Its so hard for me to remotivate myself after I am forced to abandon my plans for one reason or another.

I guess at least I know what I have to change. My work is cut out for me, now I have to make sure to do it.

In other news, doing well struggle wise, just have to keep my emotions in check because that is a major trigger.

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by Rebuild613 - 27 Oct 2020 13:03

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Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 27 Oct 2020 13:40

[Demolished wrote on 27 Oct 2020 13:03:](#)

[wilnevergiveup wrote on 27 Oct 2020 12:04:](#)

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In other news, doing well struggle wise, just have to keep my emotions in check because that is a major trigger.

All the best,

Wilnevergiveup

I have what to share on this, it's a shame that I'm very bad in writing as English is not my first language

If ????? is your first language, please share in ????? , many of us speak/understand it.

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Re: Am I going to suffer for the rest of my life?
Posted by Rebuild613 - 27 Oct 2020 16:01

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 27 Oct 2020 16:25

[Demolished wrote on 27 Oct 2020 16:01:](#)

First language is Yiddish i therefore have a hard time getting the message thru when i write in

English, the Yiddish site pales in comparison in every aspect to this one i therefore stick around over here and there is tons to gain over here

Thank G-D for GYE

On my thread you are welcome to write in *Yiddish* as long as you don't use too many fancy words.

Also, any English words that are *yiddishified* you have to write in English, it always takes me forever to figure out that they are actually English words...

Otherwise the floor is yours.

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Re: Am I going to suffer for the rest of my life?
Posted by Grant400 - 27 Oct 2020 17:50

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Re: Am I going to suffer for the rest of my life?
Posted by Demolished - 27 Oct 2020 19:32

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 28 Oct 2020 03:09

In GYE we speak the language of the heart. The oilam will understand you. By thw way it

Warning: Spoiler!

seems you did know how to spell demolished!

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