

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

Posted by wilnevergiveup - 26 Feb 2020 08:41

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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 Hashem Help Me - 01 Mar 2020 13:47

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Very hard to advise without knowing you or your wife and the thousands of variables. But **maybe** consider telling her that on the site you have found people struggle with all levels of shmiras einayim, not just on the street, online too, and see her reaction....

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Re: Am I going to suffer for the rest of my life?  
Posted by ColinColin - 01 Mar 2020 19:29

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I am single. My only advice can be to ask a Rabbi.

I just do not know if it is best to share these things with one's wife.

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Re: Am I going to suffer for the rest of my life?  
Posted by doingtshuva - 02 Mar 2020 00:19

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[https://guardyoureyes.com/articles/questions-and-answers/item/rules-of-disclosure?category\\_id=36](https://guardyoureyes.com/articles/questions-and-answers/item/rules-of-disclosure?category_id=36)

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Re: Am I going to suffer for the rest of my life?  
Posted by Snowflake - 02 Mar 2020 15:17

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It's really a complicated question that only you can answer. There have been people whom their wives supported it and some that were to revolted to have that disclosed.

I've read somewhere that you don't have to tell everything to your wife, and probably shouldn't if she is going to react negatively. But if she is supportive, it's certainly a good ally to have.

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Re: Am I going to suffer for the rest of my life?  
Posted by wilnevergiveup - 02 Mar 2020 18:28

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Today, I am having a really hard time. I am feeling lousy not sure exactly why, but it's been very difficult to control myself. It's like I can't walk down the street without seeing something that triggers me. It's crazy does anyone else have this, that they see something totally normal like a store or a car and because I was looking at that thing a different time when I was thinking about something, it triggers me... It's like out of my control! I look at a bench it reminds me of this, I see a woman I think something else. How do you get out of this?

I tried listening to a shiur that helped a little... I'm just feeling so down now, like it's just a matter of time and I don't know how to end this....

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Re: Am I going to suffer for the rest of my life?  
Posted by Dave M - 02 Mar 2020 18:32

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[wilnevergiveup wrote on 02 Mar 2020 18:28:](#)

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I tried listening to a shiur that helped a little... I'm just feeling so down now, like it's just a matter of time and I don't know how to end this....

This feeling is very common. I myself went through it last week. Like in other areas in life we have our good days as well as down days. Just as we can't evaluate where we are holding when everything seems to be clicking, so too we can't let judge ourselves on a bad day. Just try your best to ride this out. Stay connected and I'm h this too shall pass.

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Re: Am I going to suffer for the rest of my life?  
Posted by Hashem Help Me - 03 Mar 2020 02:33

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[wilnevergiveup wrote on 02 Mar 2020 18:28:](#)

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I tried listening to a shiur that helped a little... I'm just feeling so down now, like it's just a matter of time and I don't know how to end this....

Withdrawal is very normal. Don't panic. It will pass iyh. Meanwhile stay connected to all the outstretched hands here.

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Re: Am I going to suffer for the rest of my life?  
Posted by chancy - 03 Mar 2020 03:46

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Hi,

I think what happened is that your YH just found out that you are on to something and he's scared, so he's trying to throw you off Balance by making you think it's impossible.

This is normal, I have it every time after I get back on my feet after a fall.

Think of it as your brain starting to detox.... All you need to do is think clearly for one sec " this is ridiculous! I'm not attracted to that thing really..... it's just one small part of my brain that's driving me a little nuts, I have the power to move on and nothing will happen to me if I ignore it".

good luck. And yes, it eventually gets easier, once you show your brain that you can ignore the

stuff it throws at you...

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Re: Am I going to suffer for the rest of my life?  
Posted by rabbib@gmail.com - 03 Mar 2020 12:29

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Thanks for sharing you are are a kind loving soul who is captured by the Yetzer Harah the best way to deal with this is to start each day as day 1 and to strengthen yourself from there

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Re: Am I going to suffer for the rest of my life?  
Posted by wilnevergiveup - 03 Mar 2020 20:54

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Thanks HHM, thinking of it as withdrawal puts it into a different perspective for me. It's not something I need anymore rather something I was living with, realized is bad for me, chose to live without and my body/brain needs some time to get used to the change. It will be difficult but it will pass.

B"H this helped me get out of my rut along with some other things. 1. Before I went to sleep I made a plan of what I want to accomplish the following day and how am I going to be productive. And 2. When I woke up I thought about how much I have grown and that I am really above all this and someone on my level deserves better and that I really can focus on continuing to grow loser to Hashem.

This made me feel powerful against the Y'H and gave me the strength to keep myself busy with avodas hashem.

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Re: Am I going to suffer for the rest of my life?  
Posted by gye5770 - 13 Mar 2020 09:57

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Welcome to this forum. The right place to be. Keep strong and try to focus on one day at a time - tomorrow is another day, no need to worry about it now.

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Re: Am I going to suffer for the rest of my life?  
Posted by iwillnevergiveup - 17 Mar 2020 05:27

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Keep it up!

i want to see you posting more!

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Re: Am I going to suffer for the rest of my life?  
Posted by wilnevergiveup - 18 Mar 2020 09:09

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Here goes...

The past weeks had it's ups and downs. For the most part I was strong with struggles here and there. Then my wife became assur which is very difficult for me. Just to clarify (and I think this resonates with most people) the difficulty is more the loneliness then anything else. Then when I feeling lonely, or feeling down about something else and feel alone, I find myself struggling.

During the past few days I found myself in situations where in the past (before I started the 90 day challenge) I undoubtedly would have fallen.

I don't know if it's a coincidence, or result but, B"H I am still clean!

I guess the question that is bothering me is, is this growth that after finding myself in these situations I am still B"H clean when in the past I for sure would have fallen? Or maybe this cannot be growth at all! After all, I went 3 weeks without a problem and now I am having so many near crashes?

I am feeling like a failure! Like this time you had a nes but next time it will be a fall. Did I grow

over the last 3 weeks?

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Re: Am I going to suffer for the rest of my life?  
Posted by workingmyprogram - 19 Mar 2020 09:17

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Addiction is all about me. Recovery is about finally putting someones needs before my own. Are you planning on disclosing to her because you think it would be a chesed for her, or are you just trying to take a load off your chest at your poor wife's expense? Imagine how scared and insecure she might feel after you disclose youre not the person she thought she married. Even betrayed. Now's the time to focus on being a good husband and giving your wife what she needs. Once you've changed and become the person she thought she married, then what's in the past is in the past and there's no reason she has to know. Dont destroy your poor wifes sense of security just because you have a guilty conscious. I foolishly made that mistake and it really hurt my wife.

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