

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 Hashem Help Me - 18 Jun 2020 13:52

Mazel tov. Very well written and completely true, but it does iyh get easier when you move further away from the imagined need for that particular pleasure. Keep it up tzaddik!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 28 Jun 2020 19:53

Level 7! Very grateful to Hashem as well as to GYE and the chevra here for where I am today.

I daven every day that Hashem should give me the strength to have a lust free day and a "pleasure seeking" free day. I daven that I should be able to have the correct mindset about why I am here and what role pleasure has in bringing me closer to Hashem.

May Hashem grant me and everyone else here the ability to continue to grow on our journey.

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by battle-of-the-gen - 29 Jun 2020 04:00

Keep pounding away and being a chizuk for me. Really appreciate you posting up on my forum and other forums around. BZH you will continue to me be matzliach and overcome this struggle. Keep us updated

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

Posted by wilnevergiveup - 30 Jun 2020 12:08

Had a little slip up today, b"h nothing more but still really scary that these things could happen at this point... shows that I can never leave my guard down. Nothing major, I was working on a project on a certain website and found loads of images that I shouldn't be looking at. It took some time for me to realize that I really need to close it and take it off my whitelist. Sometimes we have to sacrifice a little to beat this thing.

I thought about it afterwards and felt really upset about what happened. What happened to me, to my attitude to everything about this fight that I know are true? How could I forget everything just because I was "curious"? Seriously! what happened to me?

I feel like Hashem gave me a freebie because what caught me in the end was my child waking up. I was so stressed out that, theoretically I could have fallen if not for that...

I saw where this was going and by some miracle, made a conscious decision cut my losses and move past it. Then I realized how Hashem must be looking out for me and for whatever reason I deserved that he protect me.

Wow that was close, the Y"H knows his beans, the road of "you messed up anyway you can just forget everything you learned because it obviously doesn't work... You just have to start over tomorrow, today is all messed up already... etc."

Thank you Hashem for looking out for me and giving me some level of sanity.

Really without Hashem's help I am totally powerless, I am seeing this time and again. Please Hashem keep me strong and sane. Please help me grow closer to you and use physical pleasure only for that purpose.

Looking forward to posting more good news.

All the best,

Wilnevergiveup

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

Posted by Snowflake - 30 Jun 2020 13:42

I speak for myself as an addict, I think we will always have these "close call" moments where mamash Hashem saves us from ourselves. I think if we are doing everything in our power to stop this Hashem "fills in the blanks" for us.

Of course we must always up our defenses, but I think there's always that what you mentioned. For me it has been really helping doing exactly what you mentioned, davening to Hashem that I should have a clean day.

Congratulations on your progress! Please keep inspiring us!!

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

Posted by battle-of-the-gen - 30 Jun 2020 18:04

[wilnevergiveup wrote on 30 Jun 2020 12:08:](#)

I thought about it afterwards ad felt really upset about what happened. What happened to me, to my attitude to everything about this fight that I know are true? How could I forget everything just because I was "curious"? Seriously! what happened to me?

The yetzer has this way of flipping the switch like that. Really scary.

You do have to daher that although you have been working on yourself, that old feeling and

mindset was something that was you for a while, and its prob gonna take some time till its fully gone from you. So BH its less frequent and prob less fierce now but the yetzer isnt reaching too far down in your mind to find it. We just have to be wary of that and not trip out when it does happen(like oh Im still the same person- cause no your not). And realize that the attitude and mindset you created is still there, just got a bit shocked for a little. But 72 days! Thats big.

Thats my two cents.

Hatzlacha!

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 08 Jul 2020 14:20

80 days clean!

Boruch Hashem. Thank you Hashem, Thank you GYE, and thank you to everyone here for their advice and support!

All the best,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by iwillnevergiveup - 17 Jul 2020 05:45

I hope you have a plan for the next 90, in a way it can very challenging when you don't have "that" goal anymore...

I_willnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 17 Jul 2020 07:05

For me 90 days is really not the goal. Really, honestly, it's just an ego booster for me, it has no real benefit, it just made me crazy in the beginning. When I was focused on the 90 day goal as my only goal, my struggle was just stronger then the drive to hit 90. The 90 days served as yet another reason to sink even lower in my self doubt and low self esteem after a fall.

Is the 90 day goal a powerful tool? Of course, but only in context.

For me I only saw success once I figured out what's important in my life and how my actions were destroying those things. I've been down the "making goals" road as well as the "you are destroying your connection with Hashem" road for many years with nothing but shame and guilt as a result. If you've been at it long enough, none of this is going to help, your brain (or Y"H who btw takes up most of your brain) has already figured out a way around this.

For me I needed to realize that it wasn't about not going to hell when I die, or being *chayiv misah* I needed a new life. I was sick of my old life, of betraying my family of living against my will, of having utterly no control of myself. I was sick of myself and didn't know how to cure myself.

With tremendous *hakaras hatov* to Guard Your Eyes, I just want to mention that the real life changer for me was Rabbi Twerski's book "Teshuva Through Recovery" which gave me the outlook I needed in order to recover and is what actually introduced me to this site in the first place. It's an amazing book with a new perspective on teshuva based on the 12 steps that gave me the perspective that I needed in order for teshuva to actually be a productive process instead of a cycle of guilt/acting out.

So as far as a plan? I am on for lap 2 of a life clean, of being a changed person. Perfect? no! Changed? Yes!

In other news, 90 days clean is coming up on Shabbos and I have no words other than that it seems that the impossible can be done.

I guess I will let you all know what happens *Motzei Shabbos* and whether there were fireworks and stuff...

All the best,

Wilnevergiveup

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

Posted by jack123 - 17 Jul 2020 12:35

mazel tov

what an achievement

youre an inspiration to all of us!!

how fitting that the parsha is [partly] about getting rid of the tumah of goyim in keilim.

keep shteiging!

jack123

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

Posted by wilnevergiveup - 18 Jul 2020 18:59

I made it guys!!!

90 days in the books.

No fireworks but I did buy a bottle of Bacardi to celebrate and made some mojitos on Shabbos.

My wife also bought me a present so that was nice too.

I am not going to lie here, it does feel good to reach 90 days. Working on not losing my focus moving forward.

Thank you to everyone here for always being there when I needed you most and for showing me how to accomplish what I thought was the impossible.

With gratitude,

Wilnevergiveup

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Re: Am I going to suffer for the rest of my life?
Posted by battle-of-the-gen - 19 Jul 2020 18:16

Mazal tov! Bzh to a lifetime of being clean overall. In my eyes, 90 is a siman of the path and lifestyle you worked to live. Kind of like a birthday, your not done living life by your birthday; your celebrating everything until now and looking forward to the rest of it. Keep plugging and enjoy the benefits of a clean life. Thanks for being a great chizuk!

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Re: Am I going to suffer for the rest of my life?
Posted by Hashem Help Me - 29 Jul 2020 21:14

[wilnevergiveup wrote on 18 Jul 2020 18:59:](#)

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With gratitude,

Wilnevergiveup

If you don't want to lose focus, keep setting future goals. They can be 120 days, 15 Av, Rosh Chodesh Elul, a birthday, or any other milestone. As we get closer to the yomim noraim, you can remind yourself "Wouldn't it be great to come to Rosh Hashan clean?"

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Re: Am I going to suffer for the rest of my life?
Posted by wilnevergiveup - 30 Jul 2020 12:58

[Hashem Help Me wrote on 29 Jul 2020 21:14:](#)

[wilnevergiveup wrote on 18 Jul 2020 18:59:](#)

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First of all, it's really nice to have you back here.

You are absolutely right, I do need to set a new goal but I think that my goal is my "why". I think all the time "why am I doing this", and I think that as long as I have an answer to that question then that should be my goal. I find it hard to become inspired with goals that have no meaning and sadly the only meaning goals that are associated with Jewish events have for me is guilt. Guilt has never been a recipe for success in the past.

You have to have a "why" otherwise you will never have the strength to fight. I am fighting

because I want to be a honest husband, because I want to be loyal to my family to my wife,
because I can't stand anymore the feeling of being controlled by a demon.

I do have incentives (I guess you can call that goals) like giving my children a pure home. I
sometimes try to imagine our baby on the way ly"n, the *neshamah* hovering over our home (like
in Abie Rottenberg's song from Journeys 2) peering inside and seeing me do the things that I
used to do. The *neshamah* would say here? Of all places to this place? This is who you are
giving me as a father? This is the kind of impurity you want me to live in?

We may be able to fool our children when they are alive but when they are still just their
holy *nashamah* without the restrictions that come with the body they can see everything. I
imagine my very own child not wanting to come down because of me.

So for now I want to provide an atmosphere where my child's holy *neshamah* will see a pure
home. Trust me there is enough for the *neshamah* to be repulsed by, my goal is to provide a
pure home so as not to add any more.

I daven to Hashem that this holy *neshamah* should never witness me C"V acting in any way that
I wouldn't want my real live children to see.

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