

having success but feel like garbage.

Posted by BHTYH - 27 Mar 2023 18:55

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Hi,

Im single 23 years old and in shidduchim.

I have never really had an issue with P BH.

But I've struggled with M since as long as I can remember, like earlier than six years old.

At my worst (teenager) it was multiple times a day. At best: six months no M.

Recently I've renewed my commitment to get this under control and really went on the offensive to break this habit.

on the journey some strange things have happened to me and i want to know if anyone has had a similar experience/is this normal?

So the first two weeks was very tough with strong urges but i managed. But then.... all my urges stopped. my hormones completely dropped off. This has been the most terrifying experience of my life. I've had no activity in the morning for over a month. Extreme fatigue. and tremendous brain fog. Also an inability to feel joy and other appropriate emotions. my spiritual sensitivity has dropped off as well. Basically Im living like a zombie.

I truly have been suffering from this so if anyone knows anything about this please enlighten me.

also, I have not had the proper sensitivity to really pray so if someone can find the space in their heart to pray for me I would really appreciate it.

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Re: having success but feel like garbage.

Posted by Horizon - 27 Mar 2023 19:10

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hi! and welcome to the community.

wer'e all here to grow and help each other in our battles so you came to a good place bh.

a huge congrats on your accomplishments so far. two weeks is big!

i dont really know about what you're going through, but i will iy"h daven for BHTYH ben mame rochel.

hatzlacha!!

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Re: having success but feel like garbage.

Posted by chancy - 27 Mar 2023 19:25

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Hi BHTYH,

First of all, realize that you are in a better place then a lot of people here who are unable to go longer then a few weeks or a month without M.

Plus, You BH have no addiction to P! Dance in the street brother!

Now to your issue, what you need to understand is what happens when we are sexually excited, our brain creates feel good hormones called Serotonin, thats makes us excited and the heart pumps, it does a lot of things. Adrenaline is also released at a much greater level when we are excited about sex.

Now what happend is that your brain was used to feeling like this and it regulated everything accordingly, so your energy level and your sleep level and everything that comes along with it was regulated a certain way. Once you stopped, your brain and hormone level are confused and therefore you dont feel different.

Regarding the brain fog- It could be either that you are feeling depressed and therefore you are getting brain fog.

or that you are fighting urges too much and therefore your brain is exhausted, keep in ind that brain fog can also be caused by low energy levels.

Brain fog is an extremally hard thing to diagnose because there are so many different causes.

I am suffering from brain fog myself for a very long time sometimes it better and sometimes it harder. When i get aroused my whole brain fog goes away instantly.

I would suggest waiting a bot more and your brain will slowly get used to it. Meanwhile you must do exercise. When doing exercise your brain releases the same hormones and hopefully that will balance things out.

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Re: having success but feel like garbage.  
Posted by BHTYH - 27 Mar 2023 20:02

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yes thank you!

I do feel like it is getting very slightly better each day(not exactly linearly) so that is good bh.

Is it normal not to be getting the morning feeling?

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Re: having success but feel like garbage.  
Posted by Eerie - 27 Mar 2023 20:46

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Hi! Welcome to the family, my friend! Here we care for you, and we want to hear from you, so please keep posting and sharing. Personally I don't have much to add to what was said, but realize that you are now part of a wonderful bunch of people looking to only grow and go higher and higher, so stick around, there are a lot of things to learn from the oilam here. Keep trucking!

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Re: having success but feel like garbage.  
Posted by chancy - 28 Mar 2023 18:58

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[BHTYH wrote on 27 Mar 2023 20:02:](#)

yes thank you!

I do feel like it is getting very slightly better each day(not exactly linearly) so that is good bh.

Is it normal not to be getting the morning feeling?

What morning feeling? You mean an erection when you wake up?

Of course its normal, its normal to get it it means nothing just the blood flow and heart rate increase when changing from sleep to awake.

And its normal not to get it as well.

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Re: having success but feel like garbage.

Posted by iLoveHashem247 - 29 Mar 2023 03:07

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Speaking from withdrawal experience

It is likely the chemical withdrawal from higher levels of stimulating chemicals that you have been giving yourself through that action

Sounds very similar to what I went through when lowering my dosage of stimulant medication for ADHD from about 52 to 18 mg a day. First I cut it off completely and I felt like a heartless zombie for a while maybe a month or two, then I actually spoke to my psychiatrist and we stepped down the dosages bit by bit. Withdrawal between each step was about two or three weeks before I was ready to go down another step.

Depends how heavy your brain was leaning on these chemicals, it might take a while, but it will go away.

You got good advice above to exercise as this releases similar chemicals.

Be careful to watch what you eat and not replace the M with over eating

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