

Should I go to the Mikva?

Posted by mikimi - 21 Apr 2025 17:00

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Hi, if anyone has any tips or marei mekomos for the following dilemma I'd appreciate it. As someone who has been struggling with M for over 20 years, my deepest desire is to be "clean" and feel whole. So, after a fall, I naturally want to go the Mikva so I can feel pure and so I am a kli to be mekabel hashpaos tovos. However I actually don't feel like a person until I do go to the Mikva. I am realizing that I may need to challenge this feeling of "not feeling like a person" after a fall, and that may mean not going to the Mikva, to prove to myself that I am still loved by Hashem and whole - even after a fall, and even without going to the Mikva. Is it possible that my avoda now is to not go to the Mikva after a fall?

Thank you in advance

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Re: Should I go to the Mikva?

Posted by mikimi - Yesterday 22:28

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Thank you brother. Yes I have a tzad that it keeps me in the loop of anxiety and just adds to the lows, which causes more falls. Countless times I'll go to the mikva with only finding myself falling the next day or 2 days later. That just happened to me

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Re: Should I go to the Mikva?

Posted by mikimi - Yesterday 22:47

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Thank you brother. Yes I have a strong tzad that the lows I feel when I don't go just keeps me

in the loop of anxiety and just adds to the lows, which causes more falls. Countless times I'll go to the Mikva only finding myself falling soon after. I'm kind of new to GYE so I don't know how I would contact HHM. Can you please tell me how to do that?

Thank you so much holy brother!!

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Re: Should I go to the Mikva?

Posted by yitzchokm - Yesterday 22:51

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HHM - [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

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Re: Should I go to the Mikva?

Posted by yesoidshebiyisoid - Today 00:54

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Mikvah is a good thing. Go whenever you can/want and don't over think it. It's good for you.

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