

HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by willsucceed - 24 Jun 2010 05:11

I cannot believe I am about to write everything here. I don't know what else to do anymore. I am beyond myself right now.

Before I begin I will say I am married with a child.

I got married 4 years ago to a wonderful amazing girl who loves me and gives me Everything I need. For some unexplainable reason this isn't good enough. I "fell" many times during our marriage, even when she was not nida. Before we got married this was such an issue for me that I was worried it would carry into marriage. I daven 3 times a day with a minyan, at one point I was being kovea Itim every day. I would cry to Hashem several times a week to help me fight my Yetzer Hara. I would go to the mikva twice a week. I would look down when I saw something in the street that caught my eye (and many times was successful in not looking back). For all this, I fell here and there and I don't think I ever went on average more than two weeks without doing it. Eventually, (about 3 years ago) I began surfing and looking at porn on the internet. It was an old habit I had before I got married. When I broke that barrier, I fell many times a week. Eventually, I began the phone sex lines. Eventually, I got bored of this as well. Over the last 3 1/2 years that was the worst it has been. I never would have thought it would have come to all that when I got married-but that's where it was.

Right now I am questioning what to do, whether Hashem can ever forgive me, and EVEN if HE does, I do not believe I WILL EVER forgive myself for what recently happened. What I recently did. I went too far. I feel like garbage. It just recently happened so it is so fresh in my mind. I am out of control and I need HELP. G-d help me.

Like I said, all this was not enough for me. Recently, I did the unthinkable. I went out and "found" a non-jewish woman who.....I don't think I have to say the details. I HAD EVERY OPPURTUNITY TO STOP MYSELF. I MEAN, SEVERAL PEOPLE HAPPENED TO CALL ME A FEW TIMES (WHO RARELY CALL) AND I KEPT GETTING DELAYED IN GETTING TO THIS WOMAN. Even after Hashem tried to put stumbling blocks in my path, I still fell. This happened once, recently, and it will NEVER EVER EVER EVER HAPPEN AGAIN.

You guys all know how low you feel after a fall. You know that feeling of depression and sickness you feel after. TRUST ME NOTHING IN THE WORLD IS SICKER THAN THIS. Nothing. Nothing at all. DON'T ANY OF YOU EVER COMMIT MY MISTAKE. I BEG YOU, PLEASE DO NOT. YOU WILL REGRET THIS!!!!

Well now I do not know what to do. Except that I will succeed in Stopping ALL of this. Tomorrow, I will be calling kosher internet filtering companies. I will become more frum. I will become stronger. I WILL SUCCEED.

But now? Now I don't know what to do with myself. I don't know how to keep on living religiously. I committed one of the worst things a person can do to his family. I am so lost and afraid. I feel hopeless. I never felt like this in my life. I cannot look at my wife with a straight face. I have never been so depressed in my life. Ever.

I just signed up for a sponsor/partner to help me through- to help me get through this whole ordeal. I don't even know if it will help but I have nothing else to do. I am scared.

PLEASE HELP ME. I feel like most of you, when you "fall." However, what I did is WAY more serious than M.

Please, somebody or Anybody who can relate to this specific situation. Please write something to me. Please.

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by trying123 - 30 Jun 2010 23:52

[shmiras wrote on 30 Jun 2010 07:01:](#)

Tried-123-

What do you mean in your signature when you say the goal should be to become totally abstinent. Why?

Hi Shemiras,

Are you related to ShemiratHaeinaim who used to hang around here?

The reason I put that in my signature is because I was having some differences of opinion with the admin of the forum as to what the right approach to dealing with Mas...bating is.

R' Shlome Wolbe Zt"l wrote that it is a waste of time for Bochorim to fight Mas...bation. He says that the right approach is to build a strong social life and to get into learning, and the problem will slowly cure itself on its own.

He says that almost all Bochorim fall in this area and that it is impossible for them to stop and that it is important to be understanding of yourself....

I work with this approach... but the admin believes otherwise so I put a disclaimer in my signature...

I personally believe that we have to simply try our best and that if you sometimes full NU NU...

Being overly perfectionistic about never ever ever falling only intensifies that problem and leads to guilt despair and difficulties in many other areas...

Lo Olecha Hamelacha Ligmor...

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by shmiras - 01 Jul 2010 06:31

Tried-123

Few things I'd like to say. You're welcome to disagree, and everyone has their own mehalech. I agree that some need the approach of focusing on positivity but I don't think r' wolbe was saying that its okay. He was saying not to get down on yourself if you fall and do your best not to by focusing elsewhere. Also, r'wolbe was not dealing with people who are dealing with what we, of todays internet generation deal with. Also, I know many people who have held off from p-n and m-n, as singles, for weeks, months, years, so it is definitely doable, but again, everyone needs to try what works for them and definitely should not get down on themselves no matter what. As far as abstinence- being abstinent means to abstain from all sex, as I understand it, which I don't believe is what you are trying to say.judaism does not promote abstinence, pru urvu is a huge mitzvah, and frankly no one would exist without it, so to other religions that promote abstinence, I personally think its a ridiculous idea. Sex is not a bad thing, it has the potential to be used to rectify the negativity we've done as well by connectiong with a spouse and using it for something good as opposed to negativity of the past, which is a real teshuva.

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by trying123 - 01 Jul 2010 06:59

I did not mean to say it is ok...

hashem said that it is not ok...

The Question is how to fight the battle: Direct or Indirect

For many people it is impossible to never fall... So says R' Wolbe, not little me.

-V'lo ata ben chorin lehibatel mimenah

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.
Posted by shmiras - 01 Jul 2010 07:13

we can be the other 49

Second- that was pre- GYE eyes days, which we hope to remedy.

And yes- you are absolutely right, direct or indirect is a big question. In my opinion, I think it takes a mix of the two. These days, it is just as difficult to fill our days with positivity as it is to remove negativity. Were between a rock and hard place, so for me, it takes newfound positive work, as well as direct, confrontational fighting. Most of all, I feel that k'fi derech hateva it is true that were powerless. R 'wolbe is right. (I love alei shur by the way). We cannot be misgaber over it. Hashem can just remove us from it. We just need to ask. That's pretty indirect fighting.

Okay- first of all he says rov- we don't have to be part of that rov

No?
percent

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.
Posted by trying123 - 01 Jul 2010 07:40

[shmiras wrote on 01 Jul 2010 07:13:](#)

we can be the other 49

percent

First,

??? ???? means MOST people...

Second,

If that approach works for you than by all means use it...

Third,

Hope to see you around...

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by ToAdd - 01 Jul 2010 08:55

Hello WillSucceed

I just want to add that we are ALL here for you.

How can one read your story and not cry?

May every tear reach Avinu Malkeinu and proclaim "We are your children and we stand by each other!"

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by trying123 - 01 Jul 2010 17:50

[ToAdd wrote on 01 Jul 2010 08:55:](#)

Hello WillSucceed

I just want to add that we are ALL here for you.

How can one read your story and not cry?

May every tear reach Avinu Malkeinu and proclaim "We are your children and we stand by each other!"

I did not get a chance to read your story yet...

I will ly"h....

Much success.....

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Re: HELLO. PLEASE HELP. PLEASE WRITE SOMETHING HERE.

Posted by Holy Yid - 01 Jul 2010 21:02

The faster the you jump in the faster you will move. Please join us for Elya's call tonight at 9pm

EST. He has a worse story than yourself. I am looking forward to "meeting" you. Here is the info.

Dial-In Number: 1-712-429-0690

Participant PIN: 225356

Please join us, you will be helping yourself and all the rest of us.

Also Welcome to the family.

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