

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 01 Nov 2022 02:29

Hey. Thanks for checking in. Sorry for going MIA.

Haven't been doing great since YT. Hard to transition back into the regular grind, to get up in the morning and be productive. I'm not really satisfied with what I'm doing right now even though on paper there's nothing wrong. I'm learning and working for about three hours a day. My learning hasn't been gratifying as of late, more like a chore than something I enjoy, which was not the case before YT. Still on a learning curve in terms of my job. Don't love it but it's ok and somewhat rewarding.

To make matters worse, I succumbed to watching porn after an over 4 month clean streak. Although I officially need to pay a knas for that, I don't have the money for it right now, as I started paying my own rent which is due tomorrow and I don't have an extra dime. Being that I didn't pay it yet, I allowed myself to watch porn several more times since my first fall on MS. I am mortified and am afraid I'm going to get sucked back into it completely. I think I need to make non-monetary consequences for falling because I'm absolutely broke.

The timing is also terrible. My mom is really on my head right now about starting dating, and I spoke to someone last week who's opinion I respect who knows about my struggles and he was also very much of the opinion that I should start. I mentioned that I've heard that one should typically be clean 3-6 months from porn before dating and he said that's only true in cases of severe addiction. This was last week, before my fall. I think my subconscious took that remark as a heter, ("See, it's not that bad") whereas before I spoke to him I avoided porn like the plague largely because I wanted to start dating at some point. So I feel like I seriously messed up both in regards to staying clean on its own merits as well as a major setback in my dating life.

I need to figure out a short-term solution to this issue as well as a long-term strategy.

This is all besides for my almost daily M habit which shows no signs of letting up.

Feels good to come clean about all of this,

Feeling demoralized and frustrated

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 02 Nov 2022 01:33

I don't know if any admins are gonna see this but I have a few complaints about the new format of the site:

Firstly you can't mark if a fall was P, M or something else, which used to be possible and was a great feature.

Secondly when you report a fall they only count your last fall and none of the previous days, which gives many many cumulative days clean that I don't deserve.

I'd be very happy if either of these things could be rectified. Maybe there's someone I could contact about this? Idk

BH am clean today. Helvai veiter...

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by committed_togrowth - 02 Nov 2022 03:28

Hi Oived,

I wanted to respond to your post from yesterday but ran out time, here is the belated reply. I totally resonate with YT throwing things off, I myself have been struggling and feeling very out of rhythm/very out of wack. I'm sorry you are having a hard time, but I am struck and impressed by your honesty. Such self awareness will certainly bring about the healing you need. Wishing you well and may things turn a corner for you soon.

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 02 Nov 2022 04:18

. I think I need to make non-monetary consequences for falling because I'm absolutely broke.

Warning: Spoiler!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 02 Nov 2022 05:26

[Hakolhevel wrote on 02 Nov 2022 04:18:](#)

. I think I need to make non-monetary consequences for falling because I'm absolutely broke.

Warning: Spoiler!

Yeah I think that might be it, just not sure if I should look into SA as I think it's highly unlikely that I am an actual addict or I should look into SMART.

What do you guys think? Anybody care to share their experience with either?

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Re: OivedElokim-I'll never give up
Posted by hST2cKmqv3vpV - 02 Nov 2022 10:53

I'll daven that Hashem gives you more money so you can make teshuvah

I think I calculated how much tzedaka I owe for (realistic) amount of illegal emissions I've had in order to do teshuva (based on the idea of a certain number of meals instead of fast days). It's somewhere between \$2,500,000 -\$3,000,000 (!!!!!!!)

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 02 Nov 2022 11:20

[hST2cKmqv3vpV wrote on 02 Nov 2022 10:53:](#)

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I think I calculated how much tzedaka I owe for (realistic) amount of illegal emissions I've had in order to do teshuva (based on the idea of a certain number of meals instead of fast days). It's somewhere between \$2,500,000 -\$3,000,000 (!!!!!!!)

Do you think Hashem actually wants that?!

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 15 Nov 2022 08:18

Hey there brothers. It's been awhile and I figured I should check in although I don't have any good news to share.

It's been a rough few weeks in which I've been wallowing in feelings of depression and inadequacy, certain of the futility of life and my inability to confront it's challenges with the requisite strength and conviction, simply put-I feel like I don't have what it takes. That has driven me into an ever deepening pit of despair and hopelessness.

I've watched porn multiple times in the past few weeks, breaking a streak of over four months. All the safeguards I have put in place failed to prevent me from that have failed miserably and I am at a loss as to how I can prevent it in the future. I am certain that my future is bleak, that my chances of entering into a loving, happy marriage are next to nil, and that I am doomed to a life of unhappiness, loneliness and gloom.

One good thing that happened to me today was the unexpected appearance of a dear GYE friend who I've been in touch with for several months now over text. He asked me for my address last night after a long discussion in which I shared my pessimistic view of my predicament and my future. I thought nothing of it but gave it to him, only to awake in the morning to a text in which he informed me that he was on his way to meet me. He treated me to breakfast and we discussed my issues. He shared his own story of triumph over adversity, but that's not what got me. It was the fact that he took the time out of his schedule to drive over and try to knock some sense into my head. I was very touched. I went on to have the best day I had in weeks-today. I was productive and felt good at the end of the day. i hope he doesn't mind if I thank him by name-@HashemYeracheim613. You're a prince. Thank you man!

Anyways, I don't have a long term plan for success, not in the GYE areas and not in any other. All I have is but a glimmer of hope, a belief in the good of humanity, and the feeling that to some degree I have control over my destiny and that I can-with the help of G-d-turn my life around and become a source of light, hope and compassion for other floundering souls, searching for a way to discover their worth, to make a difference and live a life of meaning.

I hope to start posting more often, but I can't make any promises. I've broken too many already.

With love,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Hakolhevel - 16 Nov 2022 03:49

A lot of I in that paragraph, it's hard to release yourself from your own issues. Maybe it's time to take the next step. Or maybe like me, there's a part of you that doesn't want to let go. I question your assertion that you don't have what it takes. I think right now, you don't want to do what it takes, which I pass no judgment. I find myself there often as well.

Hatzlacha.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 01 Dec 2022 22:23

Ok here goes people.

During my absence I've been watching porn several times a week and I don't see a world in which that stops in the immediate future.

But that's not going to be the subject of this post. I just wanted to get that out of the way.

Long story short, there have been many things that have caused me to doubt the veracity of our religion and way of life. It started off with smaller questions but at this point has morphed into an overarching narrative that dominates my thinking. I struggle with all the classic proofs given at the kiruv seminars and classes. I won't go into detail but let me just say I don't find any of it particularly compelling and all the answers seem to me contrived by those defending Yiddishkeit to paper over some really convincing questions.

I've been scouring the internet for answers as well as for accounts of people who have left from Yiddishkeit for other lifestyles. Much of it cemented my impression that there are no conclusive,

correct answers to these questions, and that people don't just leave Yiddishkeit because of tayvos. Some of these people were very happy in their communities but couldn't live with cognitive dissonance. I find my self relating very strongly to them.

It makes me very sad that things have come to this, and I still hope that I will find a way to believe again and that this is just a passing fad. But my heart tells me that this is just the new me. It horrifies me to think of the ramifications that will have on my familial, social and communal life. I simply don't know what to do.

This post is just an update on where I'm holding, but I will tie it back to GYE issues just because I can. After losing faith I have less reasons to fight porn and especially masturbation. I have some reasons I want to stop unrelated to Yiddishkeit but it definitely takes away a lot of my drive, and the chizuk approach just won't work anymore. But honestly P&M is the least of my problems right now. My world is caving in on itself and burying me alive. The double life is expanding to all areas of my life, to the things that matter to me way more then sexual morality/purity.

God help me!

Confused and afraid,

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 01 Dec 2022 22:42

Thank you for your very honest post. May Hashem help you out of your pain and confusion. Don't disappear. Too many people care about you buddy.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 01 Dec 2022 22:46

@HHM thank you for that short but telling post.

Honestly when I saw that you responded I was afraid that I was in for a lecture or something.

Good to see that some people simply care on a human level.

Thank you for everything, and I definitely won't leave without saying goodbye!

Love you all,

OivedElokim

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Re: OivedElokim-I'll never give up

Posted by ??? ???? ???? ??? - 01 Dec 2022 23:22

Thank you for your honesty. The first step in moving through cognitive dissonance is naming it and you have already done that. I wish for you that you find the spiritual peace that you are looking for.

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Re: OivedElokim-I'll never give up

Posted by 5Uu80*cdwB#^ - 02 Dec 2022 00:54

Thank you for your post, OivedElokim. I am davening for your strength to keep doing what's right. Your username is very telling about who you are as a person, an OvedElokim.

As someone who didn't grow up frum and who originally explored all of the "proofs" and arguments and everything you wrote about when I was becoming frum, my advice for you is to not to be ???? your yiddishkeit on proofs. Attempts at proving the historical truth of the Torah are vulnerable to pan out false (such as the Bible codes did), which is why it's really a disservice that so much out there in the kiruv world is about "proving" the Torah. The only infallible emunah is the *a priori* acceptance of halacha. That is, the acceptance of halacha must be an assumption, not an object of proof.

Also, regarding the people whom you described as being "very happy" in their off the derech lives, that's exactly the world I came from, so I am in a position to comment. Of course it's imaginable that someone can find some level of satisfaction even without living a life of connection to the Creator of the world. For example, a non-frum volunteer in a soup kitchen could likely report satisfaction in doing that kindness despite doing it for purely secular reasons. But you need to realize that you cannot every truly know if someone is actually happy or actually depressed and faking happiness unless you're that person's psychiatrist and you refill his antidepressants and anti-anxiety medication every 3 months. Because of this, I don't believe any reports of reports about who says they're happy. Celebrities are purportedly happy and it is well known that in fact they are unbelievably miserable. You just can't know who's really happy and who's not, and everyone wants everyone else to think their so happy, especially after they make a decision like going off the derech and don't want to feel any guilt.

In conclusion, I feel a tremendous amount of empathy for you. I really am so sorry you are going through this turmoil, and I pray that you make it out much, much stronger than you entered.

Here for you,

5Uu80*cdwB#^

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