

On the way... Again

Posted by Hopefulposek - 26 Jul 2023 16:54

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Hi everyone,

I made it to 90 days once before and then had a fall shortly after. I have made several attempts since then but have not been successful. I'm hoping that starting this thread where I will post updates and insights throughout this journey will help me stay motivated and grounded. Any chizuk or advice in response to the updates my journey would help me on the way. Thanks everyone for being such a supportive community.

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Re: On the way... Again

Posted by chancy - 03 Feb 2025 21:34

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I really hope you become a Posek!

I cry easily so dont get excited, but you took my kishkes out.....

The only thing i can say is "TATTE IN HIMEL!!!!!!!!!!!" How much your children love you! Deep down in the depths of hell they cling to you without any sense and without any strength!

I really feel your pain. While i BH didnt have such a traumatic childhood, it wasnt easy and im still going to therapy for that.

Some of us are more sensitive than others and we get effected easier, but on the other hand we feel holiness easier and deeper.

I hope you find healing soon and that you can work out all the trauma of your past.

Please Hashem help him and all yiden be healthy and happy and close to your.

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Re: On the way... Again

Posted by Hashem Help Me - 03 Feb 2025 22:31

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Buddy, i have read a lot of emotional stories here, and have had grown men cry on my shoulder, but the gut-wrenching emotions experienced reading your story have no parallel. I wish i could go back in time and hug you as that so injured child and protect you.

I find it interesting that you shared the entire childhood/early teenage parsha with all the details, but only afterwards shared the pornography/masturbation details - as if they were two different stories, when in reality they were both happening at the same time to one person - you. So many of us did that in our childhood/teenage years - like a novel with two stories happening at the same time to **two different people**. It's as if an illusion - "someone else" was watching pornography and masturbating. I assume your therapist has been, or will b'ezras Hashem be able, to put it all together to help you accept your **full** history and heal.

Why a nice innocent kid like you had to experience the Hell on earth of emotional turmoil torment and dysfunction is beyond human understanding; it's miraculous that you didn't commit suicide. However, realize one thing. You are overcoming your challenges and seeming prophecy of doom and developing into a great hero. You will b'ezras Hashem be able to be a beacon of light and hope for so many suffering people out there. May Hashem shower you with brocha, menuchas hanefesh, and hisromemus! HUG!!

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Re: On the way... Again

Posted by hopefulposek - 04 Feb 2025 01:23

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Thank you for your love and support and hugs.

As I reread what I wrote last night I was struck by just how vague I put everything, and how I barely scratched the surface of the feelings and experiences I had. I think this will become a bigger project for me.

only as I begin to examine it further do I realize just how much my childhood held. A quick but easy example of things just skimmed over but which had tremendous impact. I mentioned agav in a line that my brothers had a tough time. Two of my older brothers were kicked out of school by the third grade, one was developmentally and emotionally challenged (as is now in a very precarious state of mental health) and subsequently went to a school for challenged kids, my other brother ended up in public school. this set the stage for them to have many challenges

including addictions of their own, and they are now both OTD. My eldest brother (not from the aforementioned) made it through school and beis medrash, but also went OTD later on.

This piece itself triggered many other emotions for both me and my parents and helped to set the stage for further issues in the home.

OK, probably going to need more time to do this properly, though I won't be posting it on GYE I don't think theres a true toeles, even though it was very helpful for me to post the basic overview and get some supporting comments and also to let others know who went through difficult times, there is life after hell, and feel free to reach out.

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Re: On the way... Again

Posted by 5678 - 04 Feb 2025 01:59

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Im crying

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Re: On the way... Again

Posted by hopefulposek - 04 Feb 2025 20:27

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[5678 wrote on 04 Feb 2025 01:59:](#)

Im crying

Oy :\_(

Don't worry everything is going to be ok. and it already is :\_)

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Re: On the way... Again

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Posted by hopefulposek - 07 Feb 2025 19:47

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I'm feeling so alone right now, it cuts so deep, a deep internal sense of loneliness.

I was feeling not understood and disconnected from my wife last night, then things just snowballed and felt worse and worse. Wasn't able to get through to the chevra this morning but then managed to call my sister this morning and talked about those feelings of loneliness and worthlessness for a while which she had also struggled with for years, although it never manifested as an addiction (as far as I know), and felt a bit better, but it didn't last long, talked to a friend in yeshiva for a few minutes, also felt better but it faded quickly. Now I'm home with my wife and kids and just hurting and scared inside but not able to talk about it or feel cared for and connected and just so alone.

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Re: On the way... Again

Posted by hopefulposek - 07 Feb 2025 19:51

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:sweat:did the wrong emoji before, actually I'm not even sure this is the right one, I'm looking for exhausted depressed sadness.

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Re: On the way... Again

Good shabbos  
Posted by hopefulposek - 07 Feb 2025 19:52

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Re: On the way... Again

Posted by hopefulposek - 07 Feb 2025 19:53

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Re: On the way... Again

Posted by lamaazavtuni - 07 Feb 2025 21:10

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Brother feel you your not alone there's a guy (not sure where you live ) who could be a thousand miles away from you or maybe your the house right next door wtvr it is I'm writingthis to you to show I care about you and am a big follower of your thread so keep it up buddy have a wonderful shabbos

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Re: On the way... Again

Posted by hopefulposek - 11 Feb 2025 18:06

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BH after a few days of depression feeling better. starting the vaad now so will post more later iy"h.

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Re: On the way... Again

Posted by hopefulposek - 11 Feb 2025 19:32

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Ok, here we go a bit of update, mixed with some introspection, sprinkled with helpful insights from the vaad and topped off with optimism for the future.

I was basically feeling lonely and depressed starting thursday through sunday night with a few sunny moments in the middle, when I went to learn shabbos afternoon and sunday night when I left seder early to go play pool and watch the superbowl. Then monday morning I woke up totally fine, got a nice chunk of journaling done and had an amazing day in yeshiva. This morning also feeling good, exercised, some intense journaling, and good morning seder. So

Now some introspection: I'm not even sure where to start. Why can't I handle feeling lonely and feeling hopeless and full of worthlessness and despair? They're just feelings! why do I shut down and want so badly to escape, and can't bear being around people feeling utterly disconnected? I don't know. At least not fully or confidently, but I have some guesses. I think the starting point is that as I grew up over time I was never ok with feeling uncomfortable emotions and painful feelings. Whether I shut them down internally or numbed the pain with porn and masturbation I never learnt to accept and live with pain. I don't think this is anything special, this

is classic addict gone sober realizing he never got the coping skills of life because he would always use or drink to escape. Fine so I have to learn to be okay with myself and my emotions, okay throw in some therapy and journaling and mindfulness and we should be good to go. It won't be easy or quick, learning to cope with challenges is a large part of growing up and maturing, if I missed that essentially it should take me back 15-20 years and it should take the same amount of time or longer to learn it now. Okay fine things take time, I'm okay with that. But in order to be really okay with it I would need to make it into a project just like I made being okay with urges a project which B"H has been largely successful.

However, I think it's reasonable to assume that I have an extra sensitivity to feelings of loneliness and worthlessness based on my history (AKA: traumatic and difficult childhood). Just thinking and typing now, if someone was in a fire as a child and got severely burned and lost several family members, it would be understandable that after growing up they would be terrified of fire and go to extreme lengths to avoid it. So too since when I was young I had a lot of emotional pain related to loneliness and worthlessness as well as seeing my siblings driven OTD by that pain it would be understandable if I, even subconsciously, would go to extreme levels to avoid feeling those painful feelings. So when they come, as is normal, I flip out, those buried parts of me shut me down and demand escape, not interacting with anyone which would exacerbate the feelings, and for me to do anything not to feel anymore of that pain.

Ok nice theory, sounds pretty good. And this is basically what I learned in a few months of therapy. And also how to work on it so I can eventually not react in such an extreme manner.

I think both points are important and feed off each other, also I became extra sensitive to it because it probably reminds me on some subconscious level of the greater more painful emotions of my youth.

PY on the vaad pointed out that it's not about not feeling, but it's about being okay with your feelings. spot on buddy spot on! Although I do believe that I feel these things in an extreme way and Igabai that I need to work on not feeling it so much, in general life is life and theres gonna be hard feelings so got to learn to be OK

Bottom line: I'm going to go back to therapy to try and readdress it, or really just help keep me on track to continue addressing it. Also ly"h I will be more conscious of it and try to feel my feelings. The plan right now is the next time I feel the blackness coming on I will leave to a quiet place for 20 minutes and take time to feel my feelings and accept them and be okay with how I feel, journal a bit too.

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Re: On the way... Again

Posted by misgaber96 - 25 Feb 2025 04:52

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Thank you so much for shring your story, I really relate to your powerlessness. Thank you for sharing

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Re: On the way... Again

Posted by hopefulposek - 25 Feb 2025 19:27

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Quick update:

Feeling good today. Had a bit of depression friday night, but it didn't last too long. I'm starting to learn more and come to understand more about myself and the steps I should take in order to get to a place I want to be emotionally. So now I'm trying to find good affordable therapy (I know its an oxymoron) and to not get stressed out while I do this.

Earlier I was getting very stressed out because I didn't really have clarity in my situation and felt lost and alone and scared, B"H after talking to several people and taking a lot of time to myself to journal and do the exercises I was supposed to be doing I'm feeling a lot more calm. ODAAT is basically the name of the game, and first things first.

Just went a week with no movies or trailers which was historically a favorite escape of mine which leads nicely into lusting. I'm trying to break this habit, and am feeling optimistic about it.

Looking forward to hitting a year clean from P and M soon! (everyone I talk to is surprised why I'm so excited about purim this year more than others, if only they knew)

Also my G-voice got suspended and I haven't been able to figure out how to get it back, so for now I'm only available through email and PM

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