

Hope At Last

Posted by jewishfaker - 29 Dec 2010 07:02

I started a couple days ago writing on the "introduce yourself" forum and it gave me alot of chizuk. Because I went ahead and read the handbooks, forums etc. This helped me start the 90 day challenge (something I never would've done otherwise).

So first off I would like to give a thanks to all those that replied to my original post and brought me to start this challenge. Every day that I've held out so far and biezras Hashem that I will be

My first post on gye was as follows a letter I almost wrote to a therapist I've been seeing for depression, and went as follows

"I didn't want to wait because i was afraid I'll end up not saying anything. Truth is it makes sense that I'm running away. Running from life or better yet running away from myself. I have what to run away from. I really am a failure and would rather live a fake life then face reality, because every time I tried facing reality I failed. We all do have some monkey in us and we act on whats comfortable. Life ain't comfortable, or better yet I cant live with myself, so I dont. There is another way to deal with it, but I dont think you'll approve. Its called suicide. Problem is It wont make things any better, otherwise I wouldve done it already.

People think of me as this great guy but I know the truth. I know there aint anything really there. Its a fake a fraud. I know this sounds like Im feeling hopeless, but truth is I am. I turned clean in the future is to your credit to oblivion because its so much easier, or better yet its the only thing I can do. After enough times of being punched one tends to stop picking up his face. Its only natural you know. Im sick of this whole life. Sick of being who I am. Sick of pretending to be someone else. I dont even know if ill send you this ill probably just erase it. Its not worth it anyway. I guess it is because even the smallest hope is better then none. flake whats the difference if theres hope if I wont go through with it anyway.

dang I do need help, but if I cant face myself how can I expect anyone else to. If I cant admit my reality to myself how can I admit it to someone else. flake this is so stupid maybe I should just jump. Ill tell Hashem I couldnt do it. It was to hard. flakeKKKKKKKK....

Truth is I am getting by this way. It didnt take away the problem, but its that other guy its not me. Ill split my parents into good and bad why not split myself. dang I know this makes no sense but....."

As you can see I was feeling very low and quite desperate. More like hopeless, but I got to say that for the first time since this depression hit (about a year and a half) I really feel hopeful! I feel like I have hope. Hope to become clean. Hope to live a normal life and hope to get back to myself!

I am right now finishing the fifth day that Ive been clean. I can't believe this myself! Please

Hashem, help me together with all those suffering from this terrible sickness to break free and searve you in earnest. Amen.

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Re: Hope At Last

Posted by ben durdayah - 06 Jan 2011 20:02

Good for you!

So what are you going to do about it?

Let it fester inside of you until you pop?

Put up a geder around it, and KOT!!!

You're for real man.

EBD

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Re: Hope At Last

Posted by ZemirosShabbos - 06 Jan 2011 20:13

JF,

EBD is on the money

the key is to keep out of the 'boxing ring' and stay away from confrontations with the lust

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Re: Hope At Last

Posted by jewishfaker - 06 Jan 2011 22:23

you are boyh right-of course. Headiing to put up that fence right now!

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Re: Hope At Last

Posted by ben durdayah - 06 Jan 2011 22:27

Good for you!!!

KOT!!!

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Re: Hope At Last

Posted by ZemirosShabbos - 06 Jan 2011 22:43

gevaldig!

you will be all the better for it

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Re: Hope At Last

Posted by ToAdd - 07 Jan 2011 12:59

Hi there

Well done for opening up to us and taking some big steps in your recovery.

You have a great attitude and I'm sure you will soon be the person you are proud of being.

I've also been battling depression which was mostly caused by my addiction.

I found more help here than I ever have from any therapists, I guess because we never found what the problem actually was.

The closest one got to diagnosing my problem was asking "Any excessive mas..." and I thought What is excessive? "No, nothing excessive" I replied and the topic never came up again.

clean according to the rules, but this bothers me very very much.

You are right to be bothered, because you know what things lead you down the wrong path and something small can sometimes become something big just because it leaves a few seeds in one's mind that sit around, waiting for the right time to sprout.

You are also wrong to be bothered by it. By thinking about the wrong we have done, we keep our mind in that place. I found it really helps to confess that what I did was wrong and move on. There is nothing you can do now to change the past and dwelling on it will only cause depression which in turn will cause you to seek comfort...

Keep it up

ToAdd

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Re: Hope At Last

Posted by 1daat - 09 Jan 2011 05:46

JF, You've gone from zero to 100 in, what, 13/14 days? Just great!

Seems to me you're becoming more sensitive about your love for "H. Things that would probably never have bothered you before, now they bother you. Look back. Is this not amazing. Is this not Menschhood. Is this not a word. Maybe menschkeit? Whatever.

I've read lot's of guys who talk about this getting more sensitive thing. That's been my experience too. What I've noticed is there is a certain feeling I get that's the addiction feeling. It doesn't matter what it's about--food, laying around when there's things I'm avoiding doing, putting off davening/layning/benching. It's a nagging kind of tension in my chest is about the best I can describe it. It's like I know I'm doing something out of my "I won't and you can't make me" ego. I'm way not thinking about Hashem and how good it feels to be clean, without these nagging feelings. How good it feels to be a mensch.

Anyway, KUTGW.

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Re: Hope At Last

Posted by jewishfaker - 09 Jan 2011 06:45

Thanks 1daat and yes, I am still clean and Im finishing bh my 15th day now! I can't believe it, it really is crazy! Regarding pushing things off, by me its not the addiction, but rather the fear of failure. I cant fail any more. I run from failure because all I see is failure and like I said in the beginning, if you get punched enough times, natural instinct is to stop picking your face off.

Truth is the fear of failure isnt as extreme anymore. The probable cause is 1- I saw some success and 2-a lot of the staying clean is living with yourself.

I think this second point is a very important point. I think a big part of this whole process is living with yourself, stopping to live that double life and taking responsibility for your life. I'm not being clear, but that probably has to do with the fact that its 1:45 AM and my eyes are closing.

Ah Gut Voch and KOT!

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Re: Hope At Last

Posted by jewishfaker - 28 Jan 2011 06:25

I fell i have no words 35 days clean... I started a chavrusa 2nd seder and it was tough for me a tough week. I was very depressed today and it bothered me very much because I saw no reason for that depression after all I was clean for over a month... This I think iis what got me down enough so that I fell. If I could still be depressed and feel such pain then I felt hopeless because there is no reason for the pain and its there any way. This lead me to yiush and in turn to falling. I dont know whats going to be. Yes, everyone will tell me how great of a thing this is after all its 35 days, but if I still feel that pain of depresssion I cant deal with it and just give up.....

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Re: Hope At Last

Posted by jewishfaker - 28 Jan 2011 07:34

First time i'm thinking of suicide in a while im crying

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Re: Hope At Last

Posted by bardichev - 28 Jan 2011 08:48

Jewish Hero

Herr ois

Suicide is for sissies.

Next

U fell

So did I

When I was a few days shy of a year

A year??

A year of working

A year where the first 90 days were brutal!!

Herr ois

U have a choice

Stay down and stay out

Feel bad. Be sad. Get worse etc

Or say who the gehennom gives a possums tail

Stand up

Stand tall

Be back better

New and improved

Man

U are learning how to live

Live life!!

Live it!!

B

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Re: Hope At Last

Posted by ZemirosShabbos - 28 Jan 2011 16:56

listen to rebbe b

divrei elokim chaim

winning is staying in the game

the Y'H wants you to stay down in the dumps and throw in the towel

do not give him that pleasure

you are from the bnai kel chai

ben avraham yitzchok and yaakov

and YOSEF

you have it in you

ilmalei HKB"H ozroi aino yachol lo

the RBSO wants to help you

open the door when He knocks

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Re: Hope At Last

Posted by ToAdd - 02 Feb 2011 08:10

Hi JF

I've tried the suicide route...

With my body writhing on the floor, I banged on the doors to the next world.

"Let me in, Let me in" I shouted.

Then an answer came, never before have I heard so much from one single word: "NO!"

My mission in this world was not yet complete and so I had to stay.

I know that if they had let me in, it would have been worse not better.

At best, I probably would have to come back here to do it all again.

Suicide doesn't work.

If, God forbid, you are successful, will you be in a better place? No.

If it doesn't work, then what? You can have scars like me.

You are strong enough to get through this -

you possibly just don't have the tools, or the people that you need to help just aren't hearing you

There are always solutions.

If you are already at the breaking point - then what do you have to lose by opening up to

someone who can help?

What is wrong, and what can we do to help?

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Re: Hope At Last

Posted by jewishfaker - 27 Mar 2011 19:32

I know it's been awhile since I last posted but I wanted to let everyone in on a mitzva. There is a Lakewood news site called the lakewoodscoop.com which posted an article from someone who is fighting lust addiction. Already two people commented about gye being a great help, but from the comments it's obvious that many people don't realize the severity of the whole issue. I think if people comment about personal struggles it may help bring awareness to this major issue. TIZKU LIMITZVOS!

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