

Sharing my real thoughts and actions.Hopefully

Posted by showoff - 04 Oct 2011 22:12

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Hi to all .I am 30 years old married with a few kids and a classic yeshivah guy on the outside, people think I am the most awesome guy such a wonderful husband loving father,great in learning,so impactful with bochurim.Most people want what I have,beautiful wife and kids,great shteller,really nice apartment.Meanwhile I am a sex addict.From the age of 11 when I read my first porno and probably before then I was hooked.My addiction got progressively worse over the years through yeshivah I was sexualizing everything and everybody that I could.I went to therapy and dealt with all my issues except my sex addiction,while all this was going on I was considered the top guy in the begining of every zman I got the best chavrusos and then 2 weeks in I would dissappear for a few days just acting out like crazy,I had a pile of porn magazines in my dorm closet.I went to top yeshivah in eretz yisrael got married continued downward in my addiction would spend days in intenet cafes untill it lead to live stuff.Finally one time went to a therapist and said that every time I am miserable I am allso involved with sex stuff and then he said the words that just made sense to me you are a sex addict this is your nisayon and you have to focus on this mainly.That was about 5 years ago, six months after that my wife found out and have been progressively getting better.

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Re: Sharing my real thoughts and actions.Hopefully

Posted by bardichev - 09 Oct 2011 17:05

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i am proud of you!!!!

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Re: Sharing my real thoughts and actions.Hopefully

Posted by showoff - 09 Oct 2011 18:57

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Gibbor is right every person is different.but to thy own self be true.We adicts have to constantly be asking ourselves are we being honest with ourselves.I find that alot of times guys do not want to discuss issues of their married life because THEY WANT TO PROTECT THEIR WIVES meanwhile you are just to scared to bring it up.Those of you who know what I am talking about please share that way we can learn from you.and those of you who disagree please let me know because I need others to keep me sane.

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Re: Sharing my real thoughts and actions.Hopefully

Posted by yechidah - 09 Oct 2011 21:23

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it not only applies to things we do wrong.men have alot of trouble telling deeply personal things to thier wives.sounds strange,for isn't getting closer about sharing of ourselves to each other?But men have trouble doing this for a variety of reasons.need to have thier own space.ego.not wanting to feel vulnerable.wanting to create some form of independent life where thier wives dont exist.(and that it where the double life people have starts really getting bad.one life the wife knows about.and the other life that she doesnt).Not that you need or should tell your wife everything.She doesn't need to know how many times you went to the bathroom today.But the general mindset has to be openness.a willingness to show all sides of your life to her.No double life.

It is far better to have one whole flawed life (that you can share with your wife) than to have a double fractured life where one part is good (the part you want your wife to see) and where one part is dark and spinning out of control (the part you shut your wife out of for her own "protection" which is selfish and destructive)

and this is really for the married forum, not here,sexual energy which is not focused in a healthy way towards one's wife only is indeed a representation of a double life

when it's lust and not the healthy physical desire that stemms from real authentic love,it is then you are hurting your wife the most.you may be having sex with her but you are not experiencing real intimacy.And that is when the double life can really really hurt her.because you are separating her body from her soul.And that is when the physical relationship is not about love.**And she knows this**

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Re: Sharing my real thoughts and actions.Hopefully

Posted by showoff - 09 Oct 2011 22:33

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yup!

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by geshertzarmeod - 10 Oct 2011 11:11

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yecheda you are so right!

very well said

its still very hard!

I think i have to read your post another hundred times

each time i think "he's right! go tell her!"

but then i back down

we're working on it

thank you

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by showoff - 10 Oct 2011 11:23

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Hi gesher thanks for posting.Have you told any real person yet?

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by showoff - 10 Oct 2011 11:25

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My wife is taking it so hard and I seem to be fallling more and more.I finally called my therapist  
and left a meassage yesterday.I feel so called and unconnected I am really scared.

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by alexeliezer - 10 Oct 2011 13:47

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Showoff,

Other than fighting this and reporting to your wife, what are you doing to recover?

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by gibbor120 - 10 Oct 2011 15:25

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I did not tell my wife, she caught me. Initially, I made some lame excuses which she saw straight through (of course). Once I knew, I could not hide it, I told her (exactly how much and what is for another time). Those first days and weeks were excruciatingly painful. I was in a complete **daze** for at least a couple of **days**. We talked and talked and talked some more  
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Anyway, 2+ years later, we are closer than we could have ever been, had she not found out. There are still times that she is upset, but overall, we have a much more open honest relationship. She was always open, but I am still learning more and more to share my feelings with her. I'm learning that it's ok, to not be perfect, and that she loves *and respects* me more when I tell her honestly about my problems (with lust and in general), than when I keep them inside and try to deal with them myself.

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by mechazek - 10 Oct 2011 19:40

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(never talked that much since dating

Re: Sharing my real thoughts and actions.Hopefully  
Posted by showoff - 10 Oct 2011 19:48

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I did some private time last night and decided to call my therapist whenever I lust and to pray

blefore I go outside and I did neither today,and I fell even further.

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by blackbigday - 10 Oct 2011 20:30

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Gesher- I think you should ask a Rav (which it sounds like showoff did) before telling your wife. Every circumstance is different. I'd be worried about someone reading these posts, going and telling his wife, and that ending his marriage. Every person has to know what to do in his own world. If you should tell her, do it! But speak to someone who knows you as a couple first. Love to everybody- I had the whole forum in my tefillos on Yomim Noraim.

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by geshertzarmeod - 11 Oct 2011 07:26

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yes showoff i have spoken to real people about it in the past.

BB i appreciate the advice, after 20+ years i think our marriage can handle it

but if necessary i can speak to a rav

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Re: Sharing my real thoughts and actions.Hopefully  
Posted by geshertzarmeod - 05 Nov 2011 21:06

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I tried posting this once and it didnt work

dont know what happened

just wanted to say thanks

to showoff and yechida

for inspiring me to share with my wife

she was totally understanding

see my thread "been there done that... not really"

for the play by play

tizku Lmitzvos!

and it should be a zechus for you in your recovery!

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