

Sharing my real thoughts and actions.Hopefully

Posted by showoff - 04 Oct 2011 22:12

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 Eye.nonymous - 12 Feb 2012 13:34

Thanks for clarifying, Showoff.

With all the details, it doesn't sound as bad as I originally thought. You didn't go ahead and just volunteer this information to your wife; she found out anyways and pressed you for it. And, it doesn't sound like you're going into all the gorey details unless your wife insists. I'll even admit, I went through a stage like this with my wife, too. Explaining and discussing my sickness with her; having these discussions about all our baggage. But, it was a stage that we got past (and both of us are now much happier and healthier for putting it behind us)--I agree with ontheedgeman about the co-dependancy thing. Even if you BOTH FEEL it is bringing you closer and deepening your relationship, it's not a healthy basis for a relationship. Rather, this is something to heal from, get past, and move onward in recovery.

Good luck,

Elyah

(btw, you can call me "Elyah")

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Re: Sharing my real thoughts and actions.Hopefully
Posted by mechazek - 12 Feb 2012 18:10

I was not trying to fix my wife at that time,I saw someone in intense pain and was trying to empathize with her why is that co-dependant.I think it would be pretty sick of me not to try to understand her.I did not call her 18 times a day it was 4 and it was not a solution just a way of showing her I thinking of her feelings.Please explain to me what i am not understanding in your analysis.Where will this lead me?

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Re: Sharing my real thoughts and actions.Hopefully
Posted by Eye.nonymous - 13 Feb 2012 07:43

Dear Showoff,

By co-dependent, I wasn't referring to you. I was referring to your wife...

To majorly oversimplify--I mean it sounds like she's thriving on negativity, on an unhealthy and even harmful dynamic. And, if she needs to know everything you do and even everything you think in order to feel relief, that's also part of co-dependancy. It's a NEED TO CONTROL, gone out of control.

Marriage is supposed to be a loving relationship; not psychotherapy.

A relationship can feel like it's thriving on negative emotions, although it is truly harmful. (Just

like a child who doesn't get enough positive attention will manage, instead, to thrive on negative attention.)

Question: What does a co-dependant see just before they die?

Answer: Someone else's life flashing before their eyes!

But, it is usually us, the addict, who drove our wives to be the way they are. With our dishonesty and immaturity and escapism, our wives took up the role of whipping us into shape and pulling us back into reality as best as they can. The more we sunk into our own heads and our own little ideas, the more our wives fought to pull us out of it (and the more we sunk into ourselves and the vicious cycle continues).

It's not up to us to fix our wives. It's up to us to clean up our own act; to be open and honest and mature. (Regarding LUST, be open and honest with a program buddy or a sponsor, NOT with your wife--certainly not regarding all the specifics).

When we are once again responsible and reliable, then our wives don't feel they have to control us and keep tabs on us any more. And, this takes time.

And, if it's not happening, we need to take a closer look at ourselves--are we REALLY in recovery, or do we just think we are? Are we REALLY taking directions, or are we making up our own treatment?

--Elyah

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Re: Sharing my real thoughts and actions. Hopefully
Posted by mechazek - 13 Feb 2012 13:54

very clear

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