

Fell after 1 1/2 years

Posted by workingmyprogram - 14 Dec 2011 14:18

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After about 1 1/2 years of sobriety, I just fell last night. The details aren't necessary, but I feel pretty bad about it. The worst part about it is, that I told my wife and I really don't think it was a good idea. As a matter of fact, my sponsor and close friend in SA told me that it wasn't. I just couldn't help myself, I felt so horrible that I couldn't even talk to her without crying, I was tired of living a lie and pretending that nothing was going on. But now I am seeing it was selfish. Because I am struggling with a disease doesn't mean that I have to make her suffer. But all in all, I know that it was just a slip and the solution lies in the steps, so I am going to get back up. I have no choice. I know that my marriage will heal over time as long as I continue on the path of recovery and keep making an honest and wholehearted effort to work on myself. If I was one of my own sponsees, I would tell myself not to worry about it, just to move forward and love yourself, forgive yourself, so that's what I need to do.

I guess I'm here because I just need some encouragement. I know Hashem still loves me, I abandoned the "mean and angry Higher Power" a while ago for one that loves me unconditionally. I also really love my wife so much and our relationship is the most important thing I have in my life. I'm tired of putting it at risk. So now I start over and humbly admit that I'm a sexaholic. And I also admit that I need the encouragement and support of not only my wife, myself, and Higher Power, but also of you guys. I hope there is someone out there that can see that just because you had a slip, it doesn't mean you lost everything. Nor do you have to go on a binge. I still love myself and I know that G-d still loves me. I am going to be good to myself and realize that the solution to my disease lies not in beating myself or having self-hatred, but rather in working the steps and loving myself. Do any of you guys relate to what I'm saying? Thank you for letting me share.

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Re: Fell after 1 1/2 years

Posted by Blind Beggar - 27 Dec 2011 19:52

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I bet you want to know where Dov's "little comment" is, don't you?

Dov told me, it's [over here.](#)

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