

Struggling lately

Posted by sonicReducer - 27 Jun 2012 14:58

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Hello gents,

I used to post quite often about 2 years ago when I was going through a bad spell, these forums were a huge help and support.

Baruch HaSh-m I haven't been nichshal in over 600 days :D

However, the last few months have been pretty dicey. My wife is 6 months pregnant with twins (Baruch HaSh-m!) and it hasn't been very easy on me:

- it's been a pretty hard pregnancy for her, so I've had to take on a lot of the housework and make extra effort
- our intimacy has, understandably, become very very infrequent
- we are moving to another city as where we are now is too expensive on my salary alone and it's been stressful trying to find somewhere to rent in our destination, and time is running out

Essentially, things have been stressful for a months and I can't be with my wife very often. My eyes are definitely all over the place, and I've found myself looking at websites I really should not be going anywhere near, though thankfully not for long and it hasn't lead to anything.

I did tend to have difficult periods when my wife was a niddah, but this is harder.

I've been putting off posting on the forum, but today was worse than usual so I thought I better get some help

kol tov

sR

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Re: Struggling lately  
Posted by obormottel - 27 Jun 2012 15:41

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Welcome back!

I relate to difficult twin pregnancy one hundred percent. The good news is, its gonna be over soon enough. The bad news is, this is when the real sleepless, sexless nights are going to start.

Keep proactive attitude towards your recovery.

600 days is unbelievable impressive! Would be a shame to loose it all for an orgasm...

Mottel

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Re: Struggling lately  
Posted by Machshovo Tova - 27 Jun 2012 15:48

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Shalom sR!

Congratulations on your over 600 days. Best wishes towards your future simchos be"H, and towards your continued sobriety and recovery.

If you don't mind, can you please share what methods you employed to keep clean all this time. It may be beneficial to others as well as towards your own chizuk.

Also, last but not least, I would humbly suggest that wandering eyes are not a good idea, and should be put under guard as soon as possible and as effectively as possible.

Best wishes for hatzlacha bchol ha'inyanim

MT

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Re: Struggling lately

Posted by ZemirosShabbos - 27 Jun 2012 19:23

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Hi Sonic,

welcome back

kol hakavod on your 600 days!

your frustration is understandable given the circumstances. i will put in a good word for you during davening bl'n.

one point that i take away from your post is that we cannot be lulled into a false sense of security, regardless of how many days have passed.

maybe check out the book "Windows of the Soul" (available here:

[www.guardyoureyes.com/ebooks?task=callelement&format=raw&item\\_id=151&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download](http://www.guardyoureyes.com/ebooks?task=callelement&format=raw&item_id=151&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download))

wishing you much hatzlocha

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