

family pressures

Posted by 123pooped - 20 Feb 2013 02:39

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So the rich sister with her husband is here in town for a week. The sister that my wife looks up to so much. the brother in law who hardly says a word to me. if you don't have money you are nobody. It's true he's basically OCD and it is hell to live with him. but they have a beautiful house in Yerushalim and an apartment in Har Nof and he supports all his kids in college. My kids love me and they would not want to be his child. My wife I'm not so sure particularly that he is in shape and I am obese. so it's difficult. Dovid Chayim reminded me that I will be judged if I was the best Nachman that I could have been. or did I overcome my demons? Five years ago I had a massive depression brought on I think by my acting out and what it caused. I had gone off my meds at my wife's insistence and wanted to jump off a bridge. It has been a long haul to get healthy again and then to earn real money again but I have accomplished a lot. Now I am working on the main issue my masturbation. The issue is I can hardly get a good word out of my wife. I have to stop caring. She grew up with criticism and even though I have built her up for 30 years she feels it's coming to her but she can't praise me except a drop now and then how do I break away from being a good guy but not needing her approval?

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Re: family pressures

Posted by dms1234 - 26 Feb 2013 23:27

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The best way to get rid of Jealousy is by appreciating what you have. Thank Hashem for all that you have. I mean it. Every single thing. Then you will realize that you have everything you need and it doesn't matter what other people possess. You can start by this:

You have a wife (I am sure she is amazing)

You have kids! (I bet they are great kids)

You have a sister!! (It really is awesome to have a sister, especially one that gets along with your wife)

The key is gratitude.

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Re: family pressures

Posted by 123pooped - 27 Feb 2013 00:18

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she apologized she admitted she was wrong .Its nice it really doesnt change much but maybe it gives me some more confidence that the program is helping me appreciate me.I have a lot of work to do but i thank you all for your support.

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Re: family pressures

Posted by needtoquit - 01 Mar 2013 07:52

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[123pooped wrote:](#)

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Good for you. May you have continued Hatlacha in this and all of your battles.

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Re: family pressures

Posted by Daniel - 03 Mar 2013 02:55

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sounds like you are "linking" your wife's disapproval with your brother-in-law's disapproval. Wealthy people in a family are incredibly draining if they are rude/aloof/disdainful.. One trick is to imagine what you would think of them if they didn't have money - you probably wouldn't pay much attention to them. Then think of very wealthy people you might know who are very friendly to you and treat you nicely.. You're not even aware that they are wealthy, and just like them for themselves. Even wealthy people can be made to feel inferior to even wealthier people.. It is a treadmill from which there is no escape. Only real wealth is good health, and no debt! Best thing would be to address what you can control - your obesity.. maybe join Weight Watchers, or read up online about it.. True - you will never be rail-thin...but maybe losing 10 lbs would make you feel better even if you had 100 more to go..

[123pooped wrote:](#)

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