

No trust on any device

Posted by afreshstart39 - 16 Apr 2013 21:30

Maybe someone on the forum can help me out

My wife is terrified to leave me with any device that can potentially access the Internet, she knows about my addiction and she always asks me if she can trust me with the cell phone, the ipad, etc...

As an addict I know that I can't have access to any device that can possibly show anything, even if I am not triggered right now

We are visiting the states now and the only phone we have is able to access the Internet, but its old and can't get video, only pics,

So she asks me " can I trust you?" I say " no" and she flips out thinking thati am going to fall, and I try to explain that you can't trust an addict, and she is still upset

What do I do?

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Re: No trust on any device

Posted by skeptical - 16 Apr 2013 21:38

Are you going to be together with her most of the time that you are in the States? If so, why don't you let her hold onto the phone until you need it?

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Re: No trust on any device

Posted by gibbor120 - 16 Apr 2013 21:57

AFS, I have been there. Especially in the beginning. I don't have an easy answer. There is no foolproof answer. At some point you and your wife have to come to a mutual understanding. What you are going through is very normal.

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Re: No trust on any device
Posted by afreshstart39 - 16 Apr 2013 22:39

@skeptical

I do give her the phone, but its hard if she needs to call me, and also anytime before she leaves the house, there is a whole interrogation of what might be around in the house, my siblings and parents (I am there now at their house) a all have iPhones and iPads and every computer is unfiltered,

I am too embarrassed to use their devices, bit the truth is if I get triggered I might come to risk it,

I am not upset that she is nervous, it's understandable, it's just hard to do and say the right thing

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Re: No trust on any device
Posted by skeptical - 16 Apr 2013 23:03

I heard there is a women's section to this site. Maybe you can get your wife to sign up so that she can get the support and encouragement she needs as you get yours.

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