

Falling and struggling lately

Posted by sonicReducer - 31 Jul 2013 16:27

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Hi chaps,

I was a frequent poster (and struggler) when I was still single. B'H I've been married for nearly 3 years and was clean for about 966 days or so.

I fell for the 4th time last night in the past 5 weeks or so.

We had twins about 10 months ago (b'H both healthy and well), so the time has been quite difficult - lots of sleep deprivation, frustration, adjustment. My wife's cycle has also been completely out of whack, we have now been apart for about a month.

I feel like a complete idiot. I keep looking at things and falling expecting it to make me feel good and balance me, but it does the opposite. I feel awful and scared about what I've just done. This weekend was really bad - our twins were sick and Shabbos and Sunday were very difficult. I've found I have real issues with my anger, after a while I lose my patience and get pretty angry, throwing things and kicking toys.

Last night I lost my temper again (in private at least) - I tend to have to do most of the housework (or so it seems to me) and really got pretty mad about it last night. I think I acted out also in a way to 'get back' at my wife.

I think I should be posting here more often - I don't have anyone I feel comfortable talking to about it so I might as well be here.

Does anyone know of any anger management resources? I think I need some help there - it's probably the cause of my acting out more than anything

Thanks, kol tov

sR

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Re: Falling and struggling lately  
Posted by sonicReducer - 15 Aug 2013 22:10

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What a doozy of an afternoon. I don't know how my wife expects me to be ecstatic about ridiculous requests and is shocked when I'm not happy. I mean, I only exist to be mishubed her right!?

Still clean somehow

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Re: Falling and struggling lately  
Posted by InternalControl - 16 Aug 2013 17:22

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Dov, your posts are eye-opening!

You should open up a shul - you will get a great following. People will move to wherever you are located! I am serious. You will improve lives of hundreds and make some money while at it!

Shkoyach!

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Re: Falling and struggling lately  
Posted by moish u.k. - 16 Aug 2013 17:27

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Dov already has a shul, with a following...

But out there he's not known by his real name.

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Re: Falling and struggling lately

Posted by InternalControl - 16 Aug 2013 17:35

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[sonicReducer wrote:](#)

What a doozy of an afternoon. I don't know how my wife expects me to be ecstatic about ridiculous requests and is shocked when I'm not happy. I mean, I only exist to be mishubed her right!?

Still clean somehow

I feel you, man!

Sometimes I feel the same way. But at the end of the day, does it all boil down to a few hours of extra chores or a few hours less sleep? It only becomes a big-deal if we over-think the whole "shibud" thing. Taking things less seriously goes a long way.

I know how difficult it is to deal with fussy, not sleeping, not eating babies. I had my share of stressing out over my babies. But you gotta realize - baby crying for an hour or two is not going to hurt anybody. The worst thing that could happen is you loosing hours of sleep and be super-tired the next day at work. We all have taken hours and hours away from our sleep for time-wasting - porn, movies, entertainment, going out. And here your sleep is being taken away because you have been blessed with babies! Let them cry (won't hurt them) - it's not a big deal - they calm down eventually.

That approach has taken the baby stress away from me. My wife gets annoyed at this, though - she can't stand doing nothing while a baby is crying. She doesn't realize that trying to calm a

baby down will take longer than just letting him calm himself down in the crib.

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Re: Falling and struggling lately  
Posted by Dov - 18 Aug 2013 07:00

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Resentments and communication problems at home are deep and normal. For people who have  
lust as their solution, they are a real mess, tho. Cuz we keep running to the solution instead of  
dealing with the realities.

Hey, Hatzlocha!

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Re: Falling and struggling lately  
Posted by sonicReducer - 18 Aug 2013 12:00

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I'm pretty sure my issues with my wife are about 10% her and 90% my own laziness and  
selfishness. I need to remind myself of this more often.

Have been doing better last few days bH. We started reading a marriage book together last  
night, had some good ideas right from the start. Will see how it goes

sR

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Re: Falling and struggling lately  
Posted by sonicReducer - 22 Aug 2013 15:43

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I think this has become my personal soap box.

Feeling stressed (and with all that comes with it).

Had a big fight with my wife over an urn of all things.

My mother just came back from overseas seeing her very sick parents.

One uncle has been helping himself to my grandfather's money.

Left work at 1030 as my wife is very sick. Luckily her parents are here for a bit so they have taken the twins out for a bit.

Just had a call from my sister reminding me that my mother is digging herself into debt and overspending, and my father who is just about retirement age is on benefits, no savings, hardly

Anyone know of a short pier over a long drop nearby?

Fun times

EDIT: Also I'm knackered. And the cricket has been rained off \*sob\*

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Re: Falling and struggling lately

Posted by Dov - 22 Aug 2013 20:15

any earnings and said to my sister "my children are my pension"

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Nope, but I have a great mother-in-law joke for you, though...

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Re: Falling and struggling lately

Posted by melost - 22 Aug 2013 20:28

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Re: Falling and struggling lately  
Posted by moish u.k. - 28 Aug 2013 15:45

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[sonicReducer wrote:](#)

And the cricket has been rained off \*sob\*

But there's the beautiful game of Football.(Soccer for ignoramuses) And the season has just started.

How exciting...!

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Re: Falling and struggling lately  
Posted by InternalControl - 29 Aug 2013 21:03

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SonicReducer, in light of real life daily issues and problems, p\*\*\* looks so appealing! Such a sweet escape! Such a sweet, sweet drug.

Judging by myself, using p\*\*\* for many years, left me with no real tools for dealing with real life.

Time to re-learn dealing with real life.

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Re: Falling and struggling lately

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Posted by Dov - 29 Aug 2013 21:29

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...and we cannot do it alone. The alone part was what most of us have always been doing to 'deal' with life. Sufferring alone. Nearly everyone I have ever talked with who has this problem admits they feel deeply alone at times, and their secret makes them alone in a (better-than-me) crowd, alone in (shameful) shul, alone at (lust-filled chasunas), alone in bed with their own (faithful-and-undersexed) wives.

It's lonely life indeed, being a secret perv. And as a frum one, it is even lonelier...

Thank G-d it does not have to stay that way!

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Re: Falling and struggling lately

Posted by sonicReducer - 02 Sep 2013 17:49

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bH over a month clean. Have been working on controlling my eyes. Needs a lot of improvement but better than I was. I have taken note of times/places I struggle and have tried to make improvements

Wishing everyone a gmar cstiva uchasima tova. This website is a huge help and pG a big zechus for those involved

sR

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Re: Falling and struggling lately

Posted by Dov - 02 Sep 2013 22:26

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SoniccccReduuuuuucerrrrr.....

Have a great Rosh Hashonoh!! (And my brocha to you is that you (and we all) forget about having a good year, for it's not our business at all. If we do RH right, Hashem takes care of the  
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rest perfectly! It's one day ata time.