

breaking free...but....

Posted by Struggler - 06 Oct 2014 18:54

Hi...so it's been a couple weeks that i've been completely clean.

I'm married with children. I was into reading stories that people post about experiences...and pictures. It ruined my mind, my perspective on women (including my wife) and took away from my life in many ways.

Okay - so being clean for 14 has been great and i feel better about myself but I know I have a long way to go to change that habit.

So here is the issue and i'm hoping someone can relate.

I have never had issues in the bed..and i'm very attracted to my wife - so no issues there.

however, for the past 2 weeks things haven't "been working"...this is crazy and it kills me! (kinda
....my wife is completely supportive and understanding but i don't
It's very difficult for me and I never in a million years would have imagined
such a situation....

on the positive side, i'm taking this as nudge from hashem to keep my mind clean, focus on family, torah and work and all will be good ..

any thoughts?

(by the way, this is my first post)

=====

Re: breaking free...but....

Posted by Struggler - 23 Jun 2015 02:54

of feel like i'm being punished)
why I want to change?

feel like a man....

b/c i feel disgusted after looking at images and then looking at my wife and kids...

I want to be clean...so i can grow better in all areas of my life and truly - love my wife better.

they think i'm this clean nice guy but underneath i've got this filth

=====

=====

Re: breaking free...but....

Posted by serenity - 23 Jun 2015 03:28

Maybe the dishonesty, hypocrisy and double life is making you feel ashamed as well?

=====

=====

Re: breaking free...but....

Posted by Struggler - 23 Jun 2015 03:42

yes definitely - thanks for helping me out here...

=====

=====

Re: breaking free...but....

Posted by TalmidChaim - 23 Jun 2015 15:33

Sometimes the mere act of articulating our motivation for doing something good, as obvious and unnecessary as it may seem, is the only way to crack the looking glass between our "two selves" (you know the ones I'm talking about). We are adept at repression and denial, we addicts. And we need spoken declarations of the simple stuff. Great suggestion, Cordnoy.

=====

=====

Re: breaking free...but....

Posted by cordnoy - 23 Jun 2015 15:36

Have you read the handbook (in my signature), whitebook (there as well)?

bhatzlachah

=====
=====

Re: breaking free...but....

Posted by Struggler - 23 Jun 2015 16:35

=====
=====

Re: breaking free...but....

Posted by cordnoy - 23 Jun 2015 16:37

good start!

=====
=====

Re: breaking free...but....

Posted by serenity - 23 Jun 2015 19:38

I haven't yet - just downloaded it

I just re-read what I wrote and I think it comes as harshly or judgmentally, neither was my intent at all, chaver.

=====
=====

Re: breaking free...but....

Posted by Struggler - 23 Jun 2015 20:12

Not at all - don't apologize.

You were right on the money.

Right now what I need is the truth, nothing but the truth so help me G-D!

====