

I can not believe i did it!

Posted by mdmjerusalem - 29 Jan 2009 20:56

I know it will be tough for my friends to accept this.

How can a legitimate person take such an absurd step?

However not being able to stand the pressure of guiltiness.

I literally told my wife about the struggle I have for years.

About he forum I found, and the 4 months of recovery.

I explained to her how this helped us in our relationship etc.

She listened attentively, without any factual reaction.

Chevra, what do you think will happen now?

How do you think she will respond?

Should I bring it up again?

Are there any important points I should tell her?

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Re: I can not believe i did it!

Posted by gettinghelp - 29 Jan 2009 21:03

In my humble opinion just let Hashem continue taking you on this beautiful path to a new and higher level of shalom bias.As the saying goes,let go and let G-d.

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Re: I can not believe i did it!

Posted by mdmjerusalem - 29 Jan 2009 21:32

I am a bit nervous

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Re: I can not believe i did it!

Posted by gettinghelp - 29 Jan 2009 21:39

Who wouldn't be.I am so proud to be associated with a yid like you.I am positive that Hashem will help you in a very big way.

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Re: I can not believe i did it!

Posted by mdmjerusalem - 29 Jan 2009 21:42

thank you so much

I would like to recommend you to change your screen name to GIVING HELP

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Re: I can not believe i did it!

Posted by Elya K - 29 Jan 2009 21:51

MDM,

I would say congrats although I don't know your wife or how she will react.

I would give her a few days to absorb the news and then ask her if she is

open to letting you show her some literature. I would then show her that

it is a disease and some of the literature on the forum.

I think the most important thing is to say three things:

1. It is NOT her fault, not because of her, or anything she has done.
2. For you to remain sober and go toward recovery, it is imperative that you be able to express your feelings. It's really not about the acting out. It's about what is causing you to act out and that's what you need to work on - and she can help you do that.
3. I know this is a shock and I am sorry if I have hurt or upset you. There are people you (your wife) can speak to privately about this that can help you. If she is open to that, let me know and I'll have her talk to my wife.

She does NOT want to hear that you Love Her now. Give her some time and it will all work out for the best.

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Re: I can not believe i did it!
Posted by the.guard - 29 Jan 2009 22:57

Thank you Elya for some good points. Here are my own thoughts.

First of all. WOW..... I'm Speechless. This is a **very** BRAVE step and shows that you are in this struggle until the very end - **for real**. Again, you have shown you are not afraid to jump into the Yam Suf up to your nose, and rely on Hashem.

This revelation to your wife can be a big help to you in the long term, but I am warning you that you should brace yourself for some pain in the coming days. It is very painful for a woman. Women are emotional creatures and knowing that her husband had a whole fantasy world with other women in his life, even if they were only "virtual" women, is very hard for her to swallow. Until now, she thought she was the only one in your life.

At first she may show understanding, or even "no response" - as in your case. But it will sink in and she will feel lots of pain. You may find her crying a lot in the coming days. You need to humble yourself and take the pain, and keep silent and show her extra love. If she throws anger and abuse at you, tell her you deserve it. Tell her that you are HAPPY she is so angry at you because this way you will be much stronger NEVER to break her heart again. Tell her how her Neshama agreed to come down to this world to help you in your Tikkun, and part of that help is that she will be there as a strong deterrent to you never falling again. Promise her to only tell her the truth from now on. Tell her you don't want to live a life of hiding and sheker anymore and you want to be open with her. This way, you will be able to stay strong and recover fully. Tell her that ultimately this will take your relationship to a new level. Elya says not to say "I love you" too much, but I **do** think that saying it can help sometimes. Every woman is different. Make sure she understands that the women you used to fantasize about meant NOTHING to you, and it was an addiction, an illness. Explain this again and again. She might not accept it at first, but it will sink in.

See [this page](#) as well, and maybe have your wife see the links on that page.

By putting in filters on both your computers, and by revealing this to your wife - you have shown Hashem that you are ready to accept pain and go the extra mile to win this struggle. I am confident that you will see much siyata dishmaya in this merit. And we are all with you here. May Hashem give you strength to go Me'chayil el Choyil!

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Re: I can not believe i did it!

Posted by MW - 29 Jan 2009 23:37

MDM, you sure have guts, congratulations, and a big Mazel Tov on the four months of sobriety, I envy you. If I may add my two cents to the wife thing, It's important that you wife realize it's a psychological problem or a "disease" as we like to call it. She should not look down at you as a dirty shagetz. I don't believe many non-addicted people accept this as a fact unless they are somehow involved themselves. Get her Rabbi Twersky's books and more to help accept that fact.

Hatzlocha Rabba, davening for you.

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Re: I can not believe i did it!

Posted by Ano Nymous - 30 Jan 2009 01:24

MDM, you scared me! When I saw the title of this thread I thought you had fallen! But instead, you took a GIANT leap in the other direction. May everything work out well between you and your wife, bringing you true shalom bayis. I'm single, but based on the way my mother reacted when I (foolishly) revealed some of this to her when I was in 9th grade, it will be hard for her to swallow. However, I am certain that if you keep your end of the deal (working on yourself and staying clean) she will come to understand this and your relationship with her will be better than ever.

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Re: I can not believe i did it!

Posted by eme - 01 Feb 2009 02:59

MDM, Like Ano Nymous, I also got scared an thought you fell, but you took an amazing step! Maybe she should read your posts on here so she knows what you have been going through, and how hard you are trying to get through it?

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Re: I can not believe i did it!

Posted by the.guard - 01 Feb 2009 11:16

MDM, where are you? You've got us all on pins and needles waiting to hear how it went over... Our Teffilos are with you...

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Re: I can not believe i did it!

Posted by mdmjerusalem - 07 Feb 2009 23:28

i am here still under shock

she is swallowing the pill

it seems it will be for the better

but i think my days here are counted

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Re: I can not believe i did it!

Posted by Ano Nymous - 08 Feb 2009 00:03

What do you mean 'your days here are counted'? Do you mean numbered, as in your wife won't let you stay here? Please explain...

Keep up the great work MD!

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Re: I can not believe i did it!

Posted by mdmjerusalem - 08 Feb 2009 13:28

yes I mean numbered

the situation is confusing

hope it is for the very best

Gam Zi LiTovah

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Re: I can not believe i did it!

Posted by Ano Nymous - 08 Feb 2009 13:39

Care to elaborate? What exactly is going on?

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