

I am Back After a Long Leave Of Absence

Posted by waydown - 12 Sep 2016 21:06

Hi All Ish Kodoshim,

Unfortunately , I have been gone for a long while. I have been out there up to no good. I'll just cut to the chase. Recently, I meet a semi- frum lady albiet not in person. She was almost ready to take it all the way. But as we continued to chat she made two observations which convinced her not to go further.

1) My marriage is basically a happy one. Despite the fact she was married too, her marriage was not a happy one while mine is (other than intimacy which is my own doing). Therefore, she felt that she was not comfortable wrecking someone else's marriage if at least the other party is in a happy marriage.

2) While we are both orthodox she is barley frum and does not always keep shabbos anymore. I on the other hand am a very upstanding jew in all other areas. I am a bal chesed and learned person. I still attend minyan 3 times a day etc... She felt it was unbecoming of me to sin. It did not pas for someone on my level to stoop so low.

I thought both those two thoughts were very powerful enough to send me back home. Plus its elul where we all return to our father. (whether we return or not hashem is near us in Elul. (ani ledodi vdoedi li). So I unplugged all sinful e-mails and social media profiles and I am back home.

I should add that it is a tough time now as BH my wife is in her first trimester. That means I need to be a single dad for the time being because she has no koach to clean the house , watch and take the kids on trips. of course no relations follow suit. But I am still glad to be back.

Before you all ask whats your plan just please let me settle down and then we will talk. This all happened today!!!!

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Re: I am Back After a Long Leave Of Absence

Posted by Markz - 20 Sep 2016 00:21

[waydown wrote on 06 Jul 2015 19:35:](#)

ataglance12345.

Yes I totally agree. In fact I'll open up a bit more. For about a half year I have been flirting on-line with shiktzas. But BH it never came past that. The primary reason is all the barriers placed in front of me (As a person living like a frum jew there are lots of barriers. For example when often asked for a pic I never had that good looking muscular goyish look. I am bald with a cholent boch!). I was almost comfortable with it since I felt its not likely to get further. (A silly thought but thats my thought process.Its even more silly considering that I have a very sweet charming personality. So whats to say that some shiktza won't fall for that despite my lack of knowledge and looks of the pop culture.) Then recently I found a frum couple falling off the derech. (The exact details I will leave out.) The husabnd is totally open to his wife flirting and actually gets turned on when she does. For now he has his limits and won't let anything explicitley and we never meet except via video chat twice.(yes thats already too much) More than flirting though I have connected to his wife in a very emotional way. We share simailar though not identical struggles that we both faced as a child and still suffer from. I have never felt so comfortable shmuzing & flirting with another lady like her. I developed a certain emotional connection that I have never developed even with my own wife. And I think the same can be said of her & her husband That together with seeing a family member actually get divorced because of her husbands extreme sex addictions has got me thinking.

Bottom line one way or the other its a very slippery slop. If I don't fall with a shiktza i can with a frum jew lo alinu. And my rule of "not fitting in" with shiktzas is far from guareenteed. (That last point should be obviously but when the yetzer hara talks its not so obvious.)

Maybe in a few days you'll be more comfortable to share some of your childhood story with us too - your loving friends

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 20 Sep 2016 15:15

Day 7 and still hanging in

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 21 Sep 2016 18:03

My dear 'waydown but not out' guy

To continue on what I mentioned to you yesterday on this thread;

Do you know that our child'hood' sufferings can shape our adult'hood'

Do want to check under the 'hood' of your truck, or are you not ready for that, and are only comfortable to do that to flirt...

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 21 Sep 2016 22:52

[Markz wrote on 21 Sep 2016 18:03:](#)

My dear 'waydown but not out' guy

To continue on what I mentioned to you yesterday on this thread;

Do you know that our child'hood' sufferings can shape our adult'hood'

Do want to check under the 'hood' of your truck, or are you not ready for that, and are only comfortable to do that to flirt...

In other words, maybe you should go to therapy?

This is a translation by the way. I'm not claiming responsibility for the suggestion.

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Re: I am Back After a Long Leave Of Absence

Posted by Markz - 22 Sep 2016 01:28

Our addiction likes to keep us "in control of the situation" in other words under the thumb of acting out, even while white knuckling

I have a hunch that there are a few guys that their addiction (i.e. subconscious) tells them

"Clock into Guardyoureyes.com/forum so you feel like you're doing recovery" and all it is, is a cover

Rabbeinu Yonah in beginning of *Sharei Teshuva* talks about a prison wall that collapsed and all convicts escaped besides one, the Prison warden finds him and gives him a beating. he uses the words '*kshei yom*'. You found guardyoureyes - take it all the way - at least in proportion to what you have taken to ??? ???????

Before Rosh Hashana is time to determine what we need to have a great life next year and **skip half measures. There's many guys here that are addicts and the only full measure of sobriety is by removing the dirty mask of anonymity. To them I say please be honest with yourself and Gd and come to Rosh Hashana with a firm commitment of true sobriety. This forum alone for you is deciet**

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Re: I am Back After a Long Leave Of Absence

Posted by serenity - 22 Sep 2016 16:38

Hit my bottom.

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Re: I am Back After a Long Leave Of Absence

Posted by eslaasos - 22 Sep 2016 16:43

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 22 Sep 2016 17:56

Serenity,

So is there no hope till one realizes he hit his bottom? I need the will power before that?

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 22 Sep 2016 17:58

I must say that I am a news junky and won't go into details but the late news about a politician in big trouble for his sex addiction scares me. And I actually feel bad for him because I know what its like.

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Re: I am Back After a Long Leave Of Absence

Posted by serenity - 22 Sep 2016 19:07

I can't say there is no hope until someone hits bottom and bottom is different for everyone anyway. I'm just saying what my experience was. What woke me up was when I hit my bottom. Maybe if someone sees the path others have taken to bottom, then they can get better without going there. I saw where gambling took others and I didn't want to go there, so I don't gamble. Not that i didn't go far enough on my own. The Big Book talks about loew bottoms and how if you someone can see where they are headed they have a chance to recover if they want it. For people like me we can't still want to control and enjoy it and our own enlightened self interest must tell us that. I can't speak for people who are not like me.

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 22 Sep 2016 20:11

[serenity wrote on 22 Sep 2016 16:38:](#)

Hit my bottom.

I'm not so into that.

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 22 Sep 2016 20:24

Here's what the 12 and 12 says about hitting bottom.

Disclaimer. By quoting this I am not saying that I think this applies to everyone here. I am not saying this is the only way to look at it. I'm not saying anyone is or is not an addict. I'm not saying anyone specifically needs SA or any other fellowship. I'm not stating an opinion. I'm simply quoting the book for the one or two people who might find it interesting.

"In A.A.'s pioneering time, none but the most desperate cases could swallow and digest this unpalatable truth. Even these "last-gaspers" often had difficulty in realizing how hopeless they actually were. But a few did, and when these laid hold of A.A. principles with all the fervor with which the drowning seize life preservers, they almost invariably got well. That is why the first edition of the book "Alcoholics Anonymous," published when our membership was small, dealt with low-bottom cases only. Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of hopelessness.

It is a tremendous satisfaction to record that in the following years this changed. Alcoholics who still had their health, their families, their jobs, and even two cars in the garage, began to recognize their alcoholism. As this trend grew, they were joined by young people who were scarcely more than potential alcoholics. They were spared that last ten or fifteen years of literal hell the rest of us had gone through. Since Step One requires an admission that our lives have become unmanageable, how could people such as these take this Step?

It was obviously necessary to raise the bottom the rest

of us had hit to the point where it would hit them. By going back in our own drinking histories, we could show that years before we realized it we were out of control, that our drinking even then was no mere habit, that it was indeed the beginning of a fatal progression. To the doubters we could say, "Perhaps you're not an alcoholic after all. Why don't you try some more controlled drinking, bearing in mind meanwhile what we have told you about alcoholism?" This attitude brought immediate and practical results. It was then discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.'s were right . . ." After a few such experiences, often years before the onset of extreme difficulties, he would return to us convinced. He had hit bottom as truly as any of us. John Barleycorn himself had become our best advocate."

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 23 Sep 2016 03:41

[Watson wrote on 22 Sep 2016 20:24:](#)

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Why are you painting everyone with the same brush?

Who says everyone's an addict?

Does the fellowship give you the right to have an opinion?

Regarding the quote, it seems that they raised the bottom. They did this by convincing people that there's a good possibility that they will end up like them unless they took action. Now, it might be accurate, but it might not.

I don't understand how the book answered the question about hopelessness. Is it our job to convince someone else that he is hopeless or that his life is unmanageable? It seems to me that the program will only work if one comes to these conclusions by himself.

From the entire quote it does seem a bit like a ploy to increase membership.

I'm not a hundred percent sure why I'm going off script and analyzing a bit too much. Perhaps it is the effect of yet another fellow who called me this evening saying that he's in the program (partly due to my encouragement) and it is God's will, and it is also in God's plan that his wife should know, and yet, since joining the program, he finds that his observance of mitzvos has waned and the program people have no issues with that at all.

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Re: I am Back After a Long Leave Of Absence
Posted by Workingguy - 23 Sep 2016 03:54

[cordnoy wrote on 23 Sep 2016 03:41:](#)

[Watson wrote on 22 Sep 2016 20:24:](#)

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Cordnoy,

I for one am happy and thrills to hear you speaking up, eloquently and with more words than you usually do.

I've met people in the program that have said things like "I can't believe you still won't call your sponsor on Shabbos".

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