

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 eslaasos - 14 Sep 2016 15:07

Scary stuff.

Is it OK yet to ask what the plan is or do you want more time to settle in?

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 14 Sep 2016 15:22

I need more time to settle in. First order is to quit at least the really bad stuff meaning no social connections with the other gender whether fb or via e-mail with anyone but my wife period.

And by the way, I also had a social connection with someone out in KY. We were too far to ever meet. But we chatted daily for probably 6 months. I just quickly told her goodbye and shut down my e-mail. That was very very hard.

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Re: I am Back After a Long Leave Of Absence

Posted by Markz - 14 Sep 2016 15:27

Waydown - I think dov would say that the really bad stuff and the not so bad stuff aren't really so different. Because neither is really the source of your problem

They are different expressions of the same thing. If I was you I would not try an approach of dealing with the more serious issues first - but that is just me

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 14 Sep 2016 15:46

True Markz but you have to start somewhere. No-one is suggesting that half hearted approaches are acceptable. But the ABC of GYE is to first quit all really bad stuff. Rome was not built over one nite. That does not mean ignore the other stuff.

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 14 Sep 2016 16:01

I wouldn't follow that approach myself. Gye says stop today - not 85%. Last time you were minimizing porn but not masturbation.

In any case, how do we really know which form of lust is worse. Yesod explained how porn can be more damaging than acting out in real life...

I don't think we should be theorising or deciding what is not so good over what is not so bad

Again it's your choice brother

Im not the voice of GYE, but I've seen in my time here that the guys that follow the gye recovery path get sober and the others do too

Warning: Spoiler!

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Re: I am Back After a Long Leave Of Absence
Posted by gibbor120 - 14 Sep 2016 16:33

Keep us posted waydown, hope things will be looking wayup!

I wish you all the best.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 14 Sep 2016 17:26

Of course I can't know which lust is worse in terms of my inner probelms. But which stuff in a physical sense will reck your life as we speak. That's what has to go first.

To put it simple if my wife caught me flirting with ladies (Anthony Weiner style) that's it marriage is over. If my wife caught me masterbating marriage ain't over. I want to repeat that does not mean its OK to tackle the issue half heartidly. But it does mean that you first get rid of the physical lethal stuff. The stuff that can kill you tomorrow has go to go first.

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 14 Sep 2016 17:42

[waydown wrote:](#)

I need more time to settle in. First order is to quit at least the really bad stuff meaning no social connections with the other gender whether fb or via e-mail with anyone but my wife period.

And by the way, I also had a social connection with someone out in KY. We were too far to ever meet. But we chatted daily for probably 6 months. I just quickly told her goodbye and shut down my e-mail. That was very very hard.

What's stopping you from starting another new social connection an hour from now?

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Re: I am Back After a Long Leave Of Absence
Posted by Eyeglasses - 14 Sep 2016 18:20

I'm going to have you in mind by Thilim Hashem should give you Koach & Daas

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 14 Sep 2016 18:24

[waydown wrote on 14 Sep 2016 15:22:](#)

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And by the way, I also had a social connection with someone out in KY. We were too far to ever meet. But we chatted daily for probably 6 months. I just quickly told her goodbye and shut down my e-mail. That was very very hard.

I know someone who had a connection with a woman a third of the country distance away, and it lasted for some time and then they actually met, and then it lasted even longer.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 14 Sep 2016 18:25

Very true. I don't deny that , that needs to be worked on. But first thing is stop having the connection this second.

As a side point, Honestly I have never done what I call the real serious sins while logged into GYE. GYE alone stopped me from that. Its only when I leave my GYE home.

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Re: I am Back After a Long Leave Of Absence
Posted by Bigmoish - 14 Sep 2016 19:05

[waydown wrote on 14 Sep 2016 17:26:](#)

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Thank you, very interesting point. I suppose everyone has their own opinion on this.

I noticed that you picked two ways of getting caught; flirting with real ladies and masturbating (presumably to fantasies in your own head). Even assuming your prediction is correct (though every woman is different; and we are very biased - I think my wife considered leaving me after my revelations of chronic masturbation, but that's beside the point), what if she caught you watching pornography? Do you think she would be so forgiving? Many of us think so, but are rudely awakened when we are actually caught.

Food for thought.

Wishing you continued success.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 14 Sep 2016 19:36

You are probably correct about porn. But I talk for myself. In my case these are the two
lust manifestations that I have. I can't say I never watched porn but I don't really have a pull to it.
That's my warped mind.

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 14 Sep 2016 19:42

You seem to be implying that quitting all the 'bad stuff' is a goal in itself. Rome wasn't built in a
day so you want to do it piecemeal.

In my experience, quitting all the 'bad stuff' was just the beginning. Recovery is the goal, quitting
'bad stuff' is a pre-requisite.

If you're not a sexaholic like me then I have no advice anyway. But if you are a sexaholic like
me, chances are that your attempts to control your behaviour won't last long and this is all a
moot point anyway.

I've tried masturbation only, porn only, mornings only, afternoons only, weekdays only,
weekends only, in bed only, in the shower only, with one porn image only, after learning first
only (sick, no?), and countless other methods to control myself. Every one of these failed utterly.
That's just been my experience.

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