

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 Shlomo24 - 06 Oct 2016 19:45

[Watson wrote on 06 Oct 2016 19:03:](#)

I hear you. Sex addiction (if that's what you have) is not pretty.

I've seen a lot of people coming into SA and so far no one has said "things were going so well in my life and I thought SA could make it even better." No, people come in kicking and screaming, out of sheer desperation. With that as the beginning, things can get better. But we needed to hit bottom first. We needed that desperation. (Again, not saying you need SA, the same would probably apply to other groups, therapy etc).

Hitting bottom doesn't necessarily mean something really bad has happened. It means running out of other options. That's the only reason I joined SA, I'd tried everything else I could think of and nothing worked. If you think you have other options, try them and see how it goes. If you're honest with yourself you'll figure out what you need to do.

Yeah, I joined because I ran out of options and because another member was very influential in telling me how SA changed his life.

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Re: I am Back After a Long Leave Of Absence

Posted by waydown - 15 Dec 2016 18:16

Ok I know I will sound like a broken tape recorder. But I need to write.

Once again I am back. I tried to meet a frum women in person (just to meet not a total affair.) Our connection was only over a short time span (day or 2). We did chat on the phone. But today she dumped me and I am not even sure why. Here are my feelings straight off the press.

1) As many people have, she respected my upstanding values and was wondering why I was there.

2) Prior to the dump like over the past day or so I was like excited and very very nervous to the point of butterflies in my stomach. Like extremely uncomfortable and not a good feeling but still dying for it. And I did not sleep well last night.

3) Now after the dump I am a bit saddened about being rejected but I kind of have a serene feeling. Like now I have nothing to hide and I am not doing any wrongs.

4) Why do I only resort to GYE when it flops for me?? Like I only realize the wrong when I get dumped? is that normal?

Overall I am right now just an emotional wreck with so many feelings hitting me at once. But I hope I can finally give my full attention to my wife.

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 15 Dec 2016 18:39

My bottom was porning on u-tubing

It seems your bottom is waydown

Deeper than you know?

Or do you have any idea what your bottom looks like. Or maybe there isn't? Who knows

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Re: I am Back After a Long Leave Of Absence
Posted by Markz - 15 Dec 2016 18:51

So it doesn't "sound" like your tape recorder is broken yet

When it really breaks is when the music will begin

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 15 Dec 2016 19:55

Welcome back,

Wel are here if you need us.

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Re: I am Back After a Long Leave Of Absence
Posted by jewishvalues613 - 15 Dec 2016 21:03

Wow, you are so brave to write this. It's funny, because a dump from a frum woman also led me back here after a while away. I know how hard the dump can be, but the truth is it's a blessing from Hashem because He saves us from ourselves. Hashem is always out there protecting us. So the dump may lead us to the dumps, but it's really the thing that saves us. And so, like you, I'm back as well and I'm also hoping this time will be the last time.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 15 Dec 2016 21:15

Welcome back.

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 15 Dec 2016 22:15

[jewishvalues613 wrote on 15 Dec 2016 21:03:](#)

Wow, you are so brave to write this. It's funny, because a dump from a frum woman also led me back here after a while away. I know how hard the dump can be, but the truth is it's a blessing from Hashem because He saves us from ourselves. Hashem is always out there protecting us. So the dump may lead us to the dumps, but it's really the thing that saves us. And so, like you, I'm back as well and I'm also hoping this time will be the last time.

Perhaps, but is it really?

What would have happened if we went all the way? There's a chance that would have led us here. And many other scenarios as well.

Are they all blessings?

Perhaps.

Bottom line is we are here now, so what are we gonna do about it?

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 15 Dec 2016 22:44

Cords,

I'll definitely second you on the brace aspect. Like is it brave or am I just coming here when depressed and kind of "using" GYE without really getting clean.

It's a tough point that I ponder.

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Re: I am Back After a Long Leave Of Absence
Posted by cordnoy - 15 Dec 2016 22:59

[waydown wrote on 15 Dec 2016 22:44:](#)

Cords,

I'll defintley second you on the brace aspect. Like is it brave or am I just coming here when depressed and kind of "using" GYE without really getting clean.

Its a tough point that I ponder.

Are you asking for my opinion?

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 16 Dec 2016 14:59

Welcome back.

I hope you get all the support you need.

Just wondering, what do you make of this:

www.slaafws.org/download/core-files/Characteristics-of-Sex-Love-Addiction.pdf

(No pressure but check out the second link in my signature if you feel so inclined).

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 19 Dec 2016 00:29

Cords,

So there is a part two. After getting dumped she reached out to me again. It came out that we were both struggling with the same issue. We liked each others personality its was simply the good verse the bad. This time thanks to your mussar I took the courage to say goodbye and drop the number. This was not out of depression this time.

As opposed to butterflies in my stomach. (when scumming to temptation its scary deep inside) ?my overall feeling is yes a feeling of serenity. As I sit by my friday night seuda I think what it would be like if I gave in to my temptation? Obviously what would a friday night look like if I got caught. But more so how can I face my wife and children with a smile when deep inside I am doing things counter to them. However, I will be honest that at times the temptation still pulls at me and makes me dream that perhaps I should erroneously pursue my fun escapade. But I must say the feeling of serenity is far greater. (Just chalking over my emotions.)

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Re: I am Back After a Long Leave Of Absence
Posted by serenity - 19 Dec 2016 03:24

Serenity sounds like the way to go.

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Re: I am Back After a Long Leave Of Absence
Posted by stillgoing - 19 Dec 2016 03:34

Definitely agree with the 'scary' emotion. The image that comes to mind is, flying on a roller coaster with no safety bar. Which swing will be the one that will send me flying overboard to my

death.

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