

Healing

Posted by sci1977 - 29 Nov 2009 12:40

Hello everyone. I am new to this community and this is my first post. I have been addicted to various lust problems for the last 4 years or so. About 10 days ago my wife asked for the truth as to what was wrong with me. I laid it out there and afterwards I felt like I lost every bit of weight on my shoulders. I had been leading a double life, one of a family man and the other an addict to escorts and pornography. My marriage, which I desperately want, is in a terrible place. I am trying to heal myself and my marriage at the same time.

I am so glad my wife actually found this website as for the last 10 days or so, I have been able to see I am not the only person with this problem. I know I have a long road and am ready for what lies ahead. Can anyone shed some light on if your spouse knows, how your spouse deals with it?

I have put my faith in G-d to get me through. I am also putting myself out to the open for the first time regarding my addiction. I pray that what I am doing is enough for myself and marriage. Lastly, I have not had any thoughts of going to websites or doing anything regarding the addiction since I stopped. Is this an odd feeling or has anyone else been able to stop cold turkey? Thank you for this website and all of it's community already.

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Re: Healing

Posted by Kedusha - 29 Nov 2009 13:18

Dear Sci1977,

Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

The issues you raise are very common. I told my wife a few months ago, and I'm so very glad that I did.

As for quitting cold turkey, with the proper tools, many of which are available on GYE, you may be able to do it. But take one day at a time, be prepared to invest time and effort into your recovery, and don't be discouraged by any slips or falls.

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other from Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. We get cries for help every day, by e-mail and on the forum, *Tzurav Rabim Chatzi, Nechama*. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see

what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

May Hashem be with you!

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Re: Healing
Posted by the.guard - 29 Nov 2009 14:15

Welcome to our community. The fact that your wife found out and your marriage needs help may very well be "hitting bottom" for you, and at that point many people have been able to stop "cold turkey" as you describe. (At least until the shock wears off). To ensure this is for the long term, make sure to read the handbooks posted above, and join the phone conferences.

As far as your wife dealing with it, there are many great links on the bottom of [this page](#). Read through them **all**, carefully. You will find a treasure trove of info and perspective for you and your wife.

You may consider joining an SA group in your area, and your wife can join an S-anon group for wives of addicts, where she will get much support and proper perspective.

May G-d be with you on your journey to sobriety!

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Re: Healing
Posted by 7yipol - 29 Nov 2009 14:25

Sci1977,

Welcome to the Guardyoureyes family.

For good and bad, our numbers are growing daily. As more people learn about this lifevest called GYE, our numbers swell. While we are glad to be able to offer help and hope so so many suffering Yidden, it is heartbreaking that so many of us need it.

But one thing is for sure; you are not alone, trapped in this web, and there *is* hope for escape!

As my avatar indicates, I am a female (older, but not quite as old as the bubby in the picture!) If your wife would like someone to speak to, I would be happy to be here for her. She may email me (my address can be found in my profile or via Guard)

May Hashem heal you, your wife, your marriage, and all those affected by the poison of this generation.

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Re: Healing

Posted by Eye.nonymous - 29 Nov 2009 21:15

Welcome sci1977,

It was really brave of you to step forward with this issue, both to your wife and to the forum.

I started discussing this topic with my wife. In my case I had to explain why I was suddenly so interested in "guard your eyes" chizuk E-mails.

Things have only gotten better since then; she might not fully understand, but there are tangible

improvements in my character that she definitely appreciates. I just remind her--it's thanks to GUE!

Good luck with your struggle here,

--Eye.

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Re: Healing

Posted by sci1977 - 30 Nov 2009 15:36

Thank you for welcoming me aboard. I know I have a long road ahead. I am using all the tools I can find and with the help of prayer, family, g-d, and this website I will overcome.

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