

SCI1977, How I got here

Posted by sci1977 - 22 Dec 2009 20:16

After much soul searching and deep honesty, I finally feel ready to share this story as I have a little bit of sobriety under my belt (no pun intended ;-)...

I was trying to write out my story now for about a week, but I had a lot of trouble doing so. I found myself repulsed by how I had let myself get this way. Since I started writing, all that keeps pouring into my mind is, "How sick have I been?" and "what did I do to my wife?" I question whether my wife can ever forgive me, or if I can even forgive myself fully. I hope that getting it all out will help in healing me.

The beginning of my story is one of much shame. When I was little, between the ages of 7 and 10, I was molested almost every day by a close family member. This caused me to never learn what true love meant. I could only relate to "lust". When I was around 17, I started to look at p**n and did that very frequently. As I got older, it was something I would do as a stress reliever.

I got married and had my first child, and all of a sudden I felt stress related issues hit me like a ton of bricks. I started looking more and more at p**n. After being married for about a year, it escalated from porn to prostitution. I acted out and went to inappropriate places. I got hooked and I couldn't get out. I battled with the fact that I was cheating on my wife, however I couldn't stop.

About year ago, I struggled hard to kick the habit. It didn't work. I then acted out even more; more porn, more prostitution, etc...

It seems that Hashem had seen my efforts to stop though, and He stepped in. Not long ago, my wife found out and confronted me about it. That was my real wake-up call. She was terribly angry and almost left me right then and there. But when we started talking again she said, "we will get through this together and I will help you find help".

I ended my acting out and I have been clean now for 33 days since finding this website together with my wife.

It is very hard to admit all that I have done, but when you release everything about yourself to others, it becomes clearer in your own mind. The more you tell and the more honest you are with yourself and with G-d, the more it helps.

I admit that I used to lust for women to make me feel better. What I did not realize in all of this, is that my sex life had never been about deeper feelings like true love. Nothing was an "emotion", as my emotion had been damaged by the molestation I endured as a boy. I never thought about the other person for real. She was just an "object" for a physical act.

From now on, my actions must be more than that. They need to be actions of love, not just lust. I need to have compassion, and most of all, my heart needs to be in what I do.

I have changed my ways with the help of this website. I have worked on the 12-steps and I am reading the Handbook very slowly and carefully. I pray and talk to G-d a lot. I work on myself by learning to LIVE, and by just realizing what is around me; my wonderful family and all that surrounds me in life - like taking an extra second just to look up at the sky. I am also learning to feel G-d's embrace at all times, especially when things go well, like when I make a good business deal.

Today I am living with the knowledge that I am clean, and without the constant feeling that I am destroying my mind and soul. I was given a "wake-up call" by G-d and I need to use it in the right fashion.

I am thinking positive and living every second. I'm working hard on letting G-d take control over everything, and when I make a decision I ask myself, "is this something that G-d would approve of?" My heart - and all of me - feels so much better.

I look back now and feel very degraded that I once had to do all those things to feel good. I should have just stayed at home and not looked elsewhere, but I can't do anything about the past. I can only move forward and pray that with G-d's help, everything will turn out OK with me and my marriage.

I am living life to its utmost now. I put my life in G-d's hands and try to focus on that which is

good and decent about me.

With G-d's help, I WILL WIN THE BATTLES AND THE WAR!!

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Re: SCI1977, How I got here

Posted by sci1977 - 05 Feb 2010 14:24

Thank you all who posted to my recent admission. I have been thining about how to answer this question regarding holy? You are all correct and I am holy. I think the best way for me to answer this to myself is that I am not as religious as some here. But SB and Eye, you are correct. Everyone is holy. And as I thought I wasn't I was proven wrong. Thank you gentlemen. You made me see something I didn't see.

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Re: SCI1977, How I got here

Posted by silentbattle - 05 Feb 2010 15:13

Only returning the favor, since you've shown me things I never even realized many, many times...

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Re: SCI1977, How I got here

Posted by sci1977 - 05 Feb 2010 20:35

SB, I have thought about it and thought about it, and being unique is a very wonderful thing. I never looked at it that way before.

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Re: SCI1977, How I got here

Posted by the.guard - 06 Feb 2010 20:03

sci1977, It's great to have you here... I highly suggest joining the conference call this Sunday with Dr./Rabbi Fish. It's will be a unique experience. See the chizuk e-mails of the last 2 days for more info, or e-mail me.

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Re: SCI1977, How I got here
Posted by Eye.nonymous - 06 Feb 2010 20:52

Shavua Tov!!!!

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Re: SCI1977, How I got here
Posted by imtrying25 - 06 Feb 2010 21:01

[sci1977 wrote on 05 Feb 2010 14:24:](#)

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.....and that was only because you were looking for it!!! I only hope and pray i can do the things your doing!!

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Re: SCI1977, How I got here
Posted by silentbattle - 07 Feb 2010 02:37

W're all heading to the same place, but we've been placed on different roads...we just have to

check our compasses every once in a while, and make sure that were heading in the right direction...

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Re: SCI1977, How I got here
Posted by sci1977 - 07 Feb 2010 04:30

Compass would help on this journey.

IT25, your right, you need to be looking for it. If you don't look you will not find.

eye, shavua tov!!!

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Re: SCI1977, How I got here
Posted by sci1977 - 08 Feb 2010 14:58

In my project SCI1977, who are you, I did discover something I am and want to share it with all of you. Yesterday I discovered a part of me that is great. While living I have found out I am a true family man. I love my family, wife and kids especially. They are the people that help you more then probably anything other then G-d. I love being a family man. It might sound simple but I guess I am simple when it comes to my family. I love them unconditionally and vice versa. My kids are amazing and everyone knows how I feel about my wife. She is the best!!! But family is the best thing for me. They show me how to live on a daily basis and give me much joy. I need that to continue on. I really didn't know how much of a family man I was until I thought about and so glad I did.

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Re: SCI1977, How I got here
Posted by silentbattle - 08 Feb 2010 16:03

The family is the basic unit - and being happy within that is fantastic, and fantastically important!

Feeling like this is where you belong, like things are "right," things fit.

Wow. It's like trying on a new suit, and realize that the old one didn't fit you at all - but this new one looks good, feels good, it's comfortable...it's perfect.

"What you're looking for, is right there at your door, believe me when i tell you friend, you couldn't ask for more, 'cuz what your heart has known, is that there is no place like hom - so come on back, oh, you'll never be alone..." (Abie Rotenberg)

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Re: SCI1977, How I got here
Posted by sci1977 - 08 Feb 2010 20:00

thanks SB!!

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Re: SCI1977, How I got here
Posted by imtrying25 - 08 Feb 2010 21:43

And sci a simple family man?? What can be better??

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Re: SCI1977, How I got here
Posted by Kedusha - 08 Feb 2010 23:36

[sci1977 wrote on 04 Feb 2010 19:31:](#)

Also, I am Jewish. Maybe I overlooked that the last two days in my posts regarding this. The part of being Jewish is something I don't even think about, I just am. I hope you all understand what I am going to say. I am certainly not a holy jew by any means. I am not orthodox, I am a conservative jew that grew up in the suburbs in NJ. I have been secular my whole life. I now live south of the mason dixon line in one of the biggest growing areas for conservative jews. I can't quote the torah, cause I really can't. I can't speak hebrew. I follow along here as best I can and if I don't understand something, I go and try and look it up. I hope you all understand. I don't use many hebrew or yiddish words because frankly I know how to say them and know what some of them mean but I am not going to pretend here. It says if you are going to be serious about this site you must be honest. I hope you appreciate my total honesty. I have been arguing with myself over the past 77 days to bring this up. I hope this does not make you think less of me as a person. Let's all keep rocking GYE!!!

Dear Sci,

Anyone who sincerely wants to be helped is welcome on GYE. Thank you for being here and

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Re: SCI1977, How I got here

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[sci1977 wrote on 04 Feb 2010 19:31:](#)

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Dear Sci,

Anyone who sincerely wants to be helped is welcome on GYE. Thank you for being here and

Thank you so much for your kind words.

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