

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 silentbattle - 31 Jan 2010 06:33

Speaking of turtles and rabbits...check the following link (click on the t-shirt to see a bigger version of the picture):

shirt.woot.com/friends.aspx?k=11397

Looking forward to reading your letter...

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Re: SCI1977, How I got here

Posted by sci1977 - 31 Jan 2010 16:52

[silentbattle wrote on 31 Jan 2010 06:33:](#)

Speaking of turtles and rabbits...check the following link (click on the t-shirt to see a bigger version of the picture):

shirt.woot.com/friends.aspx?k=11397

Looking forward to reading your letter...

I like your two different threads, by the way - plus, it gives me twice as much Sci!

I feel the letter is very important to say good bye and might be able to close some anger with myself I have.

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Re: SCI1977, How I got here
Posted by silentbattle - 31 Jan 2010 20:39

You mean, by reminding yourself that it's the past, and talking out exactly what happened, speaking out the fact that it's not you?

By the way, what'd you think of the shirt?

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Re: SCI1977, How I got here
Posted by imtrying25 - 31 Jan 2010 22:16

Sci, can you explain yourself a little more?? Im not sure if i get it!

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Re: SCI1977, How I got here

Posted by sci1977 - 31 Jan 2010 22:56

Thr bestway to discribe what I am writing is a dear john letter to how I used to live.

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Re: SCI1977, How I got here

Posted by imtrying25 - 31 Jan 2010 22:58

Ok gotcha! Thanks! Cant wait!

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Re: SCI1977, How I got here

Posted by sci1977 - 01 Feb 2010 00:24

It is again proving very hard to do, just like writing my story, but with most of recovery, I have found out it's not easy.

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Re: SCI1977, How I got here

Posted by sci1977 - 01 Feb 2010 20:22

SB, I loved the t-shirt!!!

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Re: SCI1977, How I got here

Posted by imtrying25 - 01 Feb 2010 20:59

[sci1977 wrote on 01 Feb 2010 20:22:](#)

SB, I loved the t-shirt!!!

What t-shirt?? Am i missing things again??

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Re: SCI1977, How I got here

Posted by sci1977 - 02 Feb 2010 00:10

[imtrying25 wrote on 01 Feb 2010 20:59:](#)

[sci1977 wrote on 01 Feb 2010 20:22:](#)

SB, I loved the t-shirt!!!

What t-shirt?? Am i missing things again??

second post on page 6 is the t-shirt.

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Re: SCI1977, How I got here

Posted by sci1977 - 02 Feb 2010 01:41

Dear Past,

It has been time to write this for a while, and we have been on a break here for some time. Here I am, still alive without you. I thought you and I were joined at the hip and never going to split, but this is my goodbye to you. I don't resent you, for you are not where the fault lies. Yes, you are tempting and sometimes extremely desirable, but that is not what I need. I need sanity and order. I do not need you to live. I thought you were my water and sustenance, which would drive me through every problem I had. But all you were was a crutch to help me get to the next moment of desire. In my mind you were a toy, and now that I grew up I do not need toys. I have found something better to spend my time on: LIFE.

Goodbye to the hotel rooms, the text messages, the emails, the websites and most of all, to the evening ladies. You, my past, are like a bad girlfriend that you start out liking how she makes you feel, but after a while you truly understand that she is causing you to go insane. I was sick to use you the way I did, but I didn't know that at the time. I now understand that I don't need you. I don't need the small high I would get. Life is a better high than anything I used to do in watching or participating with someone that only wants to take my money. I have a heart and feelings. You have given me no comfort or support. Most of all, I have pride on how I should act. Being with you doesn't give me a great feeling. All it does is give me a way to escape reality. But life is reality, for good and for bad.

I do not need the hours of looking at porn nor those sick encounters, to function. I don't miss the lies to myself and to everyone around me. I don't miss the thought in the back in my head, "what if my wife finds out?" And I especially don't miss the times where I would bounce from one form of the addiction to another, suddenly discovering that my entire day was gone. I don't miss it at all.

I need to feel loved and welcomed for who I am. I have found that without you. All that surrounds me, is exactly what I need; True love of a spouse; Honest loyalty from my kids; Gratitude from my friends. What did you ever give me other than a quick high and less money? NOTHING!!

I need to teach my kids to be honorable people. They should never be people that sneak around on a computer or in hotel rooms. My marriage is much more important. I need good and decent people; structured with G-d - and with love and feelings. Am I scarred by you? Yes. But will I come out stronger without you, YES!!!!!!!!!! I am putting you on a dark shelf in the closet of my brain, where the stupid and dumb stuff I have done, resides. I will never forget you and how you made me feel. I was an empty shell that had no feelings nor true heart.

It's time to say goodbye to you, you who seemed like a family member of my youth. You made me think that sex was something I could have whenever I wanted it. Sex is not something to just get and move on with the day. It's a special time with someone you feel love for, it's not just for "getting" pleasure. It is a place of true security, and it is meant to be an ingredient to one's life. It's not what makes our life.

You ask "where I will go without you", well I am going to better places. I am going to go out to dinner with my wife, or to see my kids more and work more. I am going to live life to the fullest. I am not going to get caught up with you anymore. I don't need you to survive. I now have natural highs. "Living" is truly the best way to move forward. I can't even thank you for anything. You are my past, all I want now is my future with family, G-d and friends. The only thing I want to say is "goodbye and good riddance".

Goodbye, lust, goodbye.

Sci1977

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Re: SCI1977, How I got here

Posted by silentbattle - 02 Feb 2010 02:14

Incredible. I want to say more, so much more, but nothing I can say can capture the beauty, depth, and clarity of what you've written.

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Re: SCI1977, How I got here

Posted by teenagehelp - 02 Feb 2010 02:26

amazing. extremely insightful and wise. yasher koach.

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Re: SCI1977, How I got here

Posted by Eye.nonymous - 02 Feb 2010 12:26

Sci, that letter is really great. Skoyach!

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