

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

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This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by realsimcha - 11 Mar 2016 18:27

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**Day 32:** OK. I am doing a little better. My wife and I were up until 230 in the morning talking. and talking. and talking. and screaming. and crying. and talking some more. We have alot more work to do but I feel like we have each other back. Markz you expressed surprise that there would be any shalom bayis issues with a "name" like mine. well, two things. firstly, my name is what i wish not what i am. Secondly, I do have amazing shalom bayis. thats why I dont know how to function when my wife is shut down. and this is something that has only really become part of my life due to recent struggles. Cordnoy, you asked what this was about. Its hard to talk about right now even under the cover of a username. But the point is that my wife does acknowledge fully that its not a question that I did everything right [in this case - for a change :) ) the only thing is that the results of my actions - justified and correct as they were - contributed to a situation that is causing her tremendous pain. sorry not comfortable sharing more right now. Either way things are better now - and shockingly - I am still clean. Now, this is something that needs looking at. How am I clean? What exactly have I been doing that gave me a koach that I never ever had before? There is only one answer. You.

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Re: I thought I can do this alone.

Posted by Gevura Shebyesod - 11 Mar 2016 18:34

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BH it sounds like things seem to be looking on the way up. The main thing is that you are communicating. Give it time, you will get through it and you may find your bond even stronger when it's over. Hatzlacha and have a great Shabbos!

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Re: I thought I can do this alone.

Posted by strugglinginpain - 11 Mar 2016 21:11

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Hi Realsimcha,

It sounds like you are going through a lot at this time.

You gave me some *chizuk* the other day and it sounds like your giving others gave you something, too. I don't know if that's why you were able to remain clean. But I do know that it helped another Jew--me!

?? ??? and have a sweet and peaceful *Shabbos*.

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Re: I thought I can do this alone.

Posted by BenTorah.BaalHabayis - 11 Mar 2016 21:19

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I'm really glad that things are looking up for you. The fact that you pulled through despite this difficulty is an inspiration to all of us. Keep up the good work!

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Re: I thought I can do this alone.

Posted by realsimcha - 13 Mar 2016 02:07

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**Day 33:** Things are definitely looking up. We are talking alot and getting places in our relationship that we never got before. Thanks for all the *chizuk* I get here. It really made a difference. Cords, you asked if my wife was aware of my struggles. The answer is that she is very aware. I know that I am very fortunate that I was able to confide in my wife when my troubles began [this whole nightmare didnt start until I was married for five years. Of course after it started I was able to trace back its roots into my shildhhod but it didnt really show its ugly truth till later]. She was very supportive for a long time and even came along with me to my therapist once to ask him how she can help. In recent years my issues have been much more under control and she is relieved about that but she prefers not to be told the "gory details" and she trusts that I am fighting this tooth and nail. I have to say, that I think one thing I did right was that from day one I never asked her to do anything to "compensate" for these urges and I made it 100% clear that this had nothing to do with her, with how pretty she is, or with how much I love

her. I hope that our relationship will never be tested in this way and that I can stay as clean and focused as I am now.

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Re: I thought I can do this alone.  
Posted by cordnoy - 13 Mar 2016 02:16

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BH.

Very nice to hear.

Continued hatzlachah.

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Re: I thought I can do this alone.  
Posted by markz - 13 Mar 2016 02:22

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**URGENT**

**I wanna karma both you guys now, but can't do both at same time**

Why is there a OKAAAT policy???

**Can we ask the editor to please fix this asap!!!!!!**

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Re: I thought I can do this alone.  
Posted by Shlomo24 - 13 Mar 2016 04:10

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[realsimcha wrote on 11 Mar 2016 18:27:](#)

**Day 32:** OK. I am doing a little better. My wife and I were up until 230 in the morning talking. and talking. and talking. and screaming. and crying. and talking some more. We have alot more work to do but I feel like we have each other back. Markz you expressed surprise that there would be any shalom bayis issues with a "name" like mine. well, two things. firstly, my name is what i wish not what i am. Secondly, I do have amazing shalom bayis. thats why I dont know how to function when my wife is shut down. and this is something that has only really become part of my life due to recent struggles. Cordnoy, you asked what this was about. Its hard to talk about right now even under the cover of a username. But the point is that my wife does acknowledge fully that its not a question that I did everything right [in this case - for a change :) ) the only thing is that the results of my actions - justified and correct as they were - contributed to a situation that is causing her tremendous pain. sorry not comfortable sharing more right now. Either way things are better now - and shockingly - I am still clean. Now, this is something that needs looking at. How am I clean? What exactly have I been doing that gave me a koach that I never ever had before? [b]There is only one answer. You.[/b]

I say that there is only one answer: YOU.

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Re: I thought I can do this alone.

Posted by Yesod - 13 Mar 2016 04:49

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Fantastic going RS.

It's great that you have this level of communication going on, whatever the flavor.

wishing you only the best.

Give us good news.

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Re: I thought I can do this alone.

Posted by realsimcha - 13 Mar 2016 17:27

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**Day 34:** Boring day ... Baruch Hashem! It is hard to remember how insane the ures get when they tke over, but I cant let myself forget. If I do, I may not push myself to post & KOT. It doesnt feel - right now - that i even can mess up, but thats the danger .... and i am going to continue to treat myself as if i will be lusting by mincha time if i am not actively workin' on it.

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Re: I thought I can do this alone.  
Posted by markz - 13 Mar 2016 17:33

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We're in the same boat, which is why I'm still posting 7 months in

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Re: I thought I can do this alone.  
Posted by realsimcha - 14 Mar 2016 15:57

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**Day 35:** Lots on my mind. As the days go by, I find that it is important for me to remember the stories of decades of struggling. Like the time that I was using our credit card for some acting out purpose and the credit card company - didnt recognize these types of charges as part of our usual profile - called my wife. My wife, didnt recognize the charges and assured the cc company that our card was for sure stolen. I will never forget the humiliation of having to explain to her that the card was not stolen. Or, maybe it was, but by me. ouch ouch ouch. I never want to go through something like that again.

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Re: I thought I can do this alone.  
Posted by Shlomo24 - 14 Mar 2016 19:31

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[realsimcha wrote on 14 Mar 2016 15:57:](#)

**Day 35:** Lots on my mind. As the days go by, I find that it is important for me to remember the stories of decades of struggling. Like the time that I was using our credit card for some acting out purpose and the credit card company - didnt recognize these types of charges as part of our usual profile - called my wife. My wife, didnt recognize the charges and assured the cc company that our card was for sure stolen. I will never forget the humiliation of having to explain to her that the card was not stolen. Or, maybe it was, but by me. ouch ouch ouch. I never want to go

through something like that again.

It's funny how i can forget those moments. Totally relate.

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Re: I thought I can do this alone.

Posted by doingtshuva - 14 Mar 2016 19:34

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[realsimcha wrote on 14 Mar 2016 15:57:](#)

**Day 35:** Lots on my mind. As the days go by, I find that it is important for me to remember the stories of decades of struggling. Like the time that I was using our credit card for some acting out purpose and the credit card company - didnt recognize these types of charges as part of our usual profile - called my wife. My wife, didnt recognize the charges and assured the cc company that our card was for sure stolen. I will never forget the humiliation of having to explain to her that the card was not stolen. Or, maybe it was, but by me. ouch ouch ouch. I never want to go through something like that again.

It sounds like

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Maybe the credit card company was the right shileach.

Is your wife supporting you now days ?

Hatzluche

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