

The first step is the hardest.

Posted by longbeach - 21 Aug 2011 18:48

I go on the internet and look at things I know I should not be looking at.

All it takes is one tiny slip and WHOOSH, down the slide I go. For hours on end.

Where does this come from? When and how did these thoughts and desires originate?

More importantly, I have to ask myself, "What am I looking for in there?" I would never participate in these activities, I would be too ashamed...

When I was younger I had one goal, inspired by my rebbe, may he rest in peace, to be an "eved Hashem." It burned inside me, it gave me purpose, it fired my prayers and pushed me along in learning.

Then life happened. Among other things, I married the wrong woman.

How do I know?

She renegged on important agreements we made before we were married, but I tried to "be a good husband," maintain "shalom bayis," etc...but in time I came to realize everything was about her...and her needs and wants.

Soon we had a family, but even the childrens' needs and wants had to fall into her definition of what "she wanted them to want." She undermined my attempts to learn, so I left the yeshivah. I acquired a great chevrusa, for one on one learning, but soon we "could only learned at my house." In time that fell apart. So I listened to shiurim at home...I became more and more isolated. When things did not go "her way" she became distant; until she needed something. I kept telling myself things would get better.

Nothing was ever her fault.

My marriage ended, on the advice of my Rav, who told me things would NOT get better, but I should wait until after the kids got older. So I waited. It was a very lonely time. She has her get, and the civil divorce is in the works. Now the older children, with whom I am in contact all the time, do not even speak to her. The younger ones openly express their negative feelings toward her. Everyone is in therapy, but her.

Am I blaming her?

Yes, at least partly.

Is it fair to?

No, she was a factor, but I must acknowledge that I am responsible for my own choices

and decisions

and actions.

But I still do not know how I ended up coming down THIS path. (I am sure my isolation is a factor, and I am struggling to overcome behaviors that contribute to it.) It is a path full of emptiness and lies, it denies the awe and grandeur of my Creator and his Torah, it belies everything I believe in and hold true. The hypocrisy of "my secret" and time wasted are eating away at my soul, my life, my ability to communicate with the G-d of Israel who has been so good to me in so many OTHER ways.

I guess I just substituted one addictive ESCAPE behavior (the internet) for another (drugs or

alcohol). The effect, as described by Rabbi Twersky, is the same. You escape for a while, but when you get back, nothing has gotten better and, frequently things are worse.

I am looking at the TaPHSic method, and plan to start my 90 day calendar this week, in the hope of starting a new year in the middle of my climb out of this pit. I fear falling because I have fallen and fallen and fallen again and again...

I hope the TaPHSic method works, and I am trying to come up with workable "before I fall" strategies and , G-d forbid, "after I have fallen" strategies that are realistic and work for me.

It is amazing to read how many of the ideas here apply to me, the regret, the decision, afterward to never do it again, the stumbling.

It is wonderful to read about the successes, small and large, and to know that the 12 Steps work for so many people.

I am scared, yet hopeful.

G-d, give me, and everyone who needs it, the strength.

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