

I'm finally ready to deal with my issues

Posted by Haba - 29 Dec 2011 05:15

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Hi Everybody,

I've been here before under the name HabaLetaher. (I couldn't remember my old password, and Haba is much shorter.) I've been struggling for years and finally now I'm ready to deal with it. I came out and told my wife about my decades of struggles on Sunday night. She is super hurt, confused, angry, resentful, and depressed, but she has been dealing with it very well. We have been in touch with a rebbi of mine who really understands these things, and I will be joining regular SA meetings soon.

I am totally broken to see the pain my wife is going through and to know that I caused it all, but I can't go on living a secret life anymore. I'm a respected member of my community, and have been feeling like a fraud for years. This of course leads me to be more depressed and act out even more. But I can't go on, I need to beat this vicious yetzer hara, or it will finish me.

Has anybody here had experiences with non-Jewish SA meetings before and what they are like?

Thank you all in advance for your chizzuk,

Haba

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