

Being Stuck In The Addction

Posted by davewave - 16 Jul 2013 21:53

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Hi,

I am a frum 20 year old bochur and i have been suffering with lust addiction since i was 16! I have recently gone for therapy but i still cant seem to keep totally clean. I have fallen numerous time and my idea now is to post once i finally reach 90 days, i have started aain today and I am going to make it! Any suggetsions, please feel free

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Re: Being Stuck In The Addction

Posted by davewave - 21 Jul 2013 12:22

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I am not a rabbi nor someone who can give advice but i incerely think your wife should know about what youre going through. however failing that I cant see any other way besides for reomoving your gye email address from your phone before you go to bed.

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Re: Being Stuck In The Addction

Posted by cordnoy - 21 Jul 2013 15:56

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no dave

With all the things we are goin thru this would crack her

Many have advised me not to tell

Its 20 plus years of marriage like this

Her feelings would be indescribable

I'm lookin forward to a day down the road when I'm clean for a ton of days maybe even weeks to say, "honey, let's have a talk."

And no, deleting the email acct just will not work

Thanks

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Re: Being Stuck In The Addction

Posted by Gevura Shebyesod - 21 Jul 2013 16:45

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If u r just viewing gmail in the browser on your phone u can just log out and delete your history and cookies.

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Re: Being Stuck In The Addction

Posted by chesky - 21 Jul 2013 20:59

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[cordnoy wrote:](#)

no dave

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And no, deleting the email acct just will not work

Thanks

I am not any authority on this, but my own experience and that of many in SA has been that involving the wife is a major step in your own recovery. Honesty is the first requirement in recovery.

I also hid my acting out from my wife and also when I started going to SA meetings until my sponsor told me that I was not being honest. And guess what, she accepted me and today I get full support from my wife, although for the life of me, I cannot understand why. I am sure if I would be the wife I would have thrown out my husband then and there.

Many other people who have (in my eyes) much "worse" secrets to share, have said that ultimately sharing it with their wife made a big difference to their recovery.

I am not saying that you should or you shouldn't. That should preferably be done with the guidance of a sponsor. I just want to share with you that it is really not so scary.

Just my two cents.

May G-d be with you.

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Re: Being Stuck In The Addction  
Posted by Pidaini - 21 Jul 2013 22:36

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[chezky wrote:](#)

I just want to share with you that it is really not so scary.

I am very happy to hear that you had such an easy time, but there are plenty on the forum, and being close to some rabbi's I have heard from them, that for sure in the beginning we should make sure they don't find out!!!!

To say that IT IS NOT a scary thing sounds a little bit rash, and i think that you may be part of

the minority.

i will admit that i hope to reach the day when i am comfortable enough with myself, and that my wife has enough trust in me, that i will be able to tell her, but as for now I don't think it would be wise.

just my two pence

Hatzlacha!

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Re: Being Stuck In The Addction

Posted by cordnoy - 22 Jul 2013 02:39

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every situation is different

guaranteed that in mine, nobody would advise that I should tell her

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Re: Being Stuck In The Addction

Posted by chesky - 22 Jul 2013 12:59

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[Pidaini wrote:](#)

I am very happy to hear that you had such an easy time

To say that IT IS NOT a scary thing sounds a little bit rash, and i think that you may be part of

the minority.

I apologize if I was misunderstood, but i never meant to say that I had an easy time, neither did I mean to say that I was not petrified of what her reaction would be. I was just saying that almost anyone I know in SA say that ultimately sharing with their wives was beneficial to their recovery.

For me it was a step incoming out of myself and facing the reality of who I am.

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Re: Being Stuck In The Addction  
Posted by chesky - 22 Jul 2013 20:09

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Hey Dave,

Sorry this issue hi-jacked your thread. How are you doing?

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Re: Being Stuck In The Addction  
Posted by gibbor120 - 22 Jul 2013 20:21

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Yes, it was scary and unpleasant for both me and my wife, but after the fact, I'm VERY happy that we went through that VERY tough time together.

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Re: Being Stuck In The Addction  
Posted by cordnoy - 22 Jul 2013 20:30

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and gibbor, perhaps you wrote about it someplace, but, how did your wife find out? did you tell her? how many years were you married at that point?

thank you

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Re: Being Stuck In The Addction  
Posted by gibbor120 - 22 Jul 2013 20:50

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[cordnoy wrote:](#)

and gibbor, perhaps you wrote about it someplace, but, how did your wife find out? did you tell her? how many years were you married at that point?

thank you

12 years. She caught me looking at "stuff" on the computer. Luckily it was actually pretty "tame". We had a filter and I was trying to get around it.

It was hard to discuss, especially in the beginning, but in the long run, our marriage is much better off because of it. I found GYE about 2 years later. The material here helped both me and my wife understand what I was going through. It opened up new channels of communication and understanding.

Our Rav helped us a lot in the beginning. A person needs a good Rav.

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Re: Being Stuck In The Addction  
Posted by cordnoy - 22 Jul 2013 21:11

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thank you

and how was the marriage the first 12 years?

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Re: Being Stuck In The Addction

Posted by davewave - 22 Jul 2013 21:31

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Ive had a challenging two days. Today was a down day. Was quite depressed coz I sort of fell ladt night. B h notjing happened I cought myself just in time.... but ive gotten over it now and im back on track..m btw dont feel bad abiut what your didcussing. Im unmarried and this only gives me a chizuk to keep clean before I start dating!

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Re: Being Stuck In The Addction

Posted by Pidaini - 22 Jul 2013 21:47

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KOT bro!!!!

Take it one moment at a time, that means no yesterday, no five minutes ago, no tomorrow, just now!!

You're doing great!!

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