

BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 20 Mar 2014 02:44

I just passed 40 days on the 90 day chart. I was on this website once before about 1.5 yrs ago but left. So what made me come back? I've been corresponding with another member of GYE and I've shared my story with him and I'm going to share my story with the group. I need help to deal with a lot of pain.

I'm a 47 year old BT and married with a 13 year old child. I've always struggled in my marriage to the point where I didn't care anymore. I let myself get emotionally involved with a woman at work (WAW) and I thought my marriage would be ending soon. We would tell each other about our problems and support each other with advice, etc. We would talk every day and have lunch once a week. I definitely felt strongly connected with her emotionally. I wanted to do all kinds of things for her: buy her gifts, give her compliments, other things, etc. I held back from doing these things knowing that was totally inappropriate.

I was very confused - thinking I was going to get divorced and get more involved with this woman. Then I decided that I have to stop masturbating b/c that was definitely interfering with my thinking and was preventing Hashem's divine light from shining on me. I didn't like what I had become. I also decided to do for my wife what I wanted to do for this woman.

So on Monday the WAW wanted to discuss a guy she is dating and I told her that it's inappropriate for us to discuss each other's relationships anymore since she's a single woman and I'm a married man. She was shocked, but understood. I'm experiencing a lot of emotional pain because I still feel a strong emotional connection to her. It upsets me a lot to think of her dating other men and that's one reason why I set up these rules between us. In addition, I've never felt such a strong emotional connection with my wife. She is often very harsh and critical of me and I don't feel safe discussing any negative feelings with her. It's this emptiness that contributed to my having an emotional relationship with the WAW. So I'm giving up the one person that I can share my feelings with to focus my positive energies on my wife. This is causing me tremendous pain. I don't have a best friend and I don't have a shoulder to lean on, but I'm putting my faith in Hashem to change my situation for the better. I took my wife out for dinner on Sunday night (sort of a private Purim Seudah), bought her a nice gift and card and said romantic things to her. She loved it! I plan on keeping up this treatment of her and hope that she will change also.

That's my story. I need moral support at this point b/c I suffer and cry every night from the emptiness. With Hashem's help, everything will get better. I was using the masturbation to mask the empty feeling from my unsatisfying and failing marriage. Now I've decided to take

responsibility for my marriage.

During the first few weeks on the chart I would have about 1 horrible day per week of just massive negative emotions including thoughts of suicide. I don't seem to have those anymore, but just a constant nagging feeling of emptiness that's worst when I'm alone.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 02 Sep 2014 22:40

[TehillimZugger wrote:](#)

[startrekuser wrote:](#)

Yeah, I know the song and I'm way ahead of you. I thought of that. That's pretty funny that you mentioned it. I should try it, but then again I would have to buy a subscription.

It's almost two months later, did you do that?!

No, I have a lot of other issues to deal with. See my thread in Married Men section called "I envy you guys" or something like that. I'm not dealing with normal here. I'm convinced that I'm dealing with at least a mild form of Borderline Personality Disorder (BPD) and have been focusing my efforts on how to deal with a BPD family member (my wife). It's very difficult.

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Re: BT on 90 day chart struggling with mental anguish
Posted by dd - 02 Sep 2014 23:11

hi there Startrukuser!!!

its great to see around again!!!

glad to hear your putting in the efforts to deal with life, how is it going are thing better at your end over the past month or so that you have been gone?

remember KOMT!!!!

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 02 Sep 2014 23:15

Things are improved, but with a BPD, there's always something lurking. You never know when it's going to strike. My efforts are paying off, but it's all relative. Things are relatively good, but compared to a normal marriage, they stink.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 03 Sep 2014 01:01

dd - What's KOMT? I've struggled with falling about 1/week. I've finally gotten over the 1 week hump and I'm almost at two weeks. That's progress.

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Re: BT on 90 day chart struggling with mental anguish
Posted by skeptical - 03 Sep 2014 03:01

Keep On Monster Trucking!

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Re: BT on 90 day chart struggling with mental anguish

Posted by cordnoy - 03 Sep 2014 16:47

That sure is progress!

What have you been doin' differently?

Help the rest of the oilam out!

Thanks and hatzlachah

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Re: BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 04 Sep 2014 23:24

Not much. I just think that when I'm preoccupied with other things (aka being very busy), my mind doesn't wander so much.

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Re: BT on 90 day chart struggling with mental anguish

Posted by Dov - 12 Sep 2014 16:51

If you want better, just say so and we can brainstorm together.

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Re: BT on 90 day chart struggling with mental anguish

Posted by pischoshelmachat - 30 Oct 2014 22:37

Hi Start,

Haven't seen any posts from you in a bit. Are you OK? I miss you.

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Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 30 Oct 2014 22:50

Pisch oshe lmac hat

Perhaps 'start' watchin' regular television.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 07 Nov 2014 03:46

I'm good thanks. I've just been very busy. My mother-in-law passed away about 3 1/2 weeks ago. During the three weeks before that, she had been bed ridden by a broken hip. All this happened during the High Holidays and then I missed more work when she passed. As a result, I've been REALLY backed up and I'm also going away on Sunday for a 3 day business trip.

I should mention, that she lived with us for all these events, so it was particularly stressful and exhausting.

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Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 07 Nov 2014 04:30

Oy, chaver, so sorry for your loss and pain of your wife, too, through all these things! My mom (she should live and be well to 120) broke a foot and lived w us for a while; my father a"n passed away and I stayed with him a lot of time (they both live out of town), etc, etc...beside the tragedy itself, these things put pressure on relationships.

G-d bless you both.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 16 Nov 2014 10:11

Why is not OK for a married man to have an affair? If the man's wife won't have sex with him and won't even let him touch her, what's his alternative? Suffering until death? It's not spilling seed. My wife stopped going to the mikvah. According to Breslev, Rabbi Brody, etc, I'm not even allowed to complain.

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Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 16 Nov 2014 10:19

It certainly is a tough one.

sometimes I feel like you, although I go thru less than your situation.

May God be with you, and me.

b'hatzlachah

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