

Cheating on my wife

Posted by Lostjew85 - 17 Jul 2014 15:01

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My addiction started as a young teen materbating. Then on night after watching a movie with graphic seems I ran to a hotel that had prostitutes. I slep with a prostitute and from then on I waisted loads of money on these prostitutes for many months. I felt terrible that my firs sexual interaction was a prostitute. I still fe bad about it. I grew up a bit and baisicly kept masterbating but cut out prostitutes. Then I got married... We had some Shlomo bayt issues. My wife was always angry with me and did not want to have sex when I wanted. I always tried to talk things true but there was a lot of anger. At that point I started masterbating again thinking that I will Controll my sex life not my wife. This spirolled in to more resentment and eventually I started looking a prostitutes again. I the fell in to the trap and slept with a prostitute. I felt terrible... And made a shevua NEVER again. It's been 3 years now and BH that part never happened again. Close but not again. Things got better at home. However when my wife gets angry with me I feel a good outlet by looking at porn and materbating. Of course I regret it a minute later. I can go 3-4 months clean but then I fall again. I'm very sad about my past I feel like a cheat... I'm also depressed that i can't get out of my situation of looking a t porn. And the biggest problem I'm having latly is other woman that I talk to NOT JEWISH! About my situation at home when it goes bad then they offer sex. I always say no but I was very close to getting in to bed many times. Help h very lost Jewish sol. I'm in tears very far away from Hashem. Hope you can understand the post as my thoughts are not organized

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Re: Cheating on my wife

Posted by Lostjew85 - 05 Sep 2014 08:55

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I didn't disappear. I've been checking in on the website and I red lots if other posts. I also had a smooth summer with my wife which is one of my porn triggers. It's been 56 days now and I'm feeling on one hand great but in tge other hand I'm struggling... The earge keeps coming back. I figured I'll post here maybe it will help a bit.

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Re: Cheating on my wife

Posted by cordnoy - 05 Sep 2014 13:25

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There is nothin' strange or rare about the urge comin' back; it does by many of us.

what are you doin' about it?

The urge thrives in isolation; that's where the fungus grows.

But anyway, 56 days is real good news!

What have you been doin' to accomplish that?

anythin' you could share with the oilam?

We are always lookin' for good new tips.

Whatever you're doin', keep on doin' it!

Focus on the present moment; that's what we are somewhat in control of, and don't worry about those pesty urger that keep returnin'.

b'hatzlachah

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Re: Cheating on my wife

Posted by ineedchizuk - 05 Sep 2014 19:39

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Nice to hear of your progress! Good for you.

What are your triggers of late?

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Re: Cheating on my wife

Posted by Lostjew85 - 06 Sep 2014 02:12

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For me 56 now 57 days is ok but not great! As I mentioned, my wife is my trigger. If she's upset

with me then I act out. So I've been super careful with her I always listened and when anger  
pops up I don't let it last I tackle it immediately with positive thoughts. But when I'm over tired  
and week I slip... And then the urge creeps up... But B"H I remain strong

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Re: Cheating on my wife

Posted by dms1234 - 06 Sep 2014 04:39

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Thats great! Good work! Remember day by day. Don't worry so much about the count.

I love the calming action there. I am working on that as well. It is very hard not to react back but  
we must keep our cool!

KOT!!!!!!

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Re: Cheating on my wife

Posted by newaction - 07 Sep 2014 17:38

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Hi lostjew85 i see that just by sharing to gye it does miracles .

how you went from almost divorce to a great summer in one month. I really honestly envy you.  
May Hashem continue His Yeshuos .for you and all who need them .

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Re: Cheating on my wife

Posted by godhelp - 08 Sep 2014 06:12

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If i may ask if you can share more insight about your marriage. you were talking about divorce is  
that talk in the past.

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Re: Cheating on my wife

Posted by unanumun - 10 Sep 2014 00:45

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[Lostjew85 wrote:](#)

my wife is my trigger. If she's upset with me then I act out.

I can relate to that. I didn't even realize that until I started working on myself with GYE. I realized though that for me it wasn't the anger. It was the feeling of being alone and the resentment that came with it. Somehow I felt a need to escape. and porn and masturbating was my escape. You see, for me it wasn't as connected to sex as I thought. I originally thought that I was feeling that if she doesn't want to have a normal relationship with me today, I will take things into my own hands. Well that wasn't it. For me it was depression in general and the need for escape. So yes, it was a trigger. but the more i focused on stopping to use porn as an escape, the less I was triggered. I continue to improve shalom bayis, but those days of tension are probably inevitable. But by working on my escape hatches, I have managed to disconnect my shalom bayis issues with watching porn.

Don't know if it is the same with you, but some food for thought.

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Re: Cheating on my wife

Posted by Lostjew85 - 17 Sep 2014 17:08

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Wow! Thanks for your reply. I see the same in my situation. The more I work on myself not to fall and watch porn and masterbate the better my sholom bais is. Your correct you can expect tension to disappear, however, I see a major improvement.

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Re: Cheating on my wife

Posted by belmont4175 - 07 Oct 2014 21:25

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wow!!

This thread of yours runs deep in to my neshomoh, I see myself all over again, with all the pain frustration and fights..... I can't anymore.

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Re: Cheating on my wife  
Posted by dd - 29 Oct 2014 12:11

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[belmont4175 wrote:](#)

I can't anymore.

YES WE CAN!!!!!!!!!!

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Re: Cheating on my wife  
Posted by Lostjew85 - 28 Jun 2016 01:59

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Just want to post say hi. I joined SA and now going to therapy for over 4 months

. Unfortunately I had to go experience more pain. I cheated on my wife again in Feb of this year... It felt so bad that I said the hell w it I'm going to get help I'm not giving in anymore. And I did.... Now my wife resents me she despises me she hates me and keeps asking for divorce. I had full disclosure and I told her everything.... She is upset that I talk about her in so call anonymous rooms she said it's not anonymous at all and wants me to stop talking about her. Anyway just wanted to post back here and say hello I have over 120 days now one day at a time.... I'm great full for SA. I wish I would have had the courage to join 2-3 years ago. I'll keep doing the next right thing.

luv the lost jew

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Re: Cheating on my wife

Posted by Markz - 28 Jun 2016 02:05

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Wow wow wow

Tough tough tough

I wish you all the best Trucking brother!!!

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Re: Cheating on my wife

Posted by Lostjew85 - 28 Jun 2016 02:36

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Thanks! This forum has an advantage that I can go back and read my posts and responses.  
Great tool can't get that in SA.

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