

Mixed Feelings

Posted by breakingthehabit - 18 Dec 2014 02:28

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Hi! I just signed in and I am very excited about this, I have been clean for 112 days now, bh!  
and i feel this site will help me even more.

I have a question for you, since I've been clean, I do feel better, but I feel some resentment  
towards my wife, as being intimate is the only way of release, as I compare it to how "easy" it  
was before to feel satisfied I am frustrated with the frequency. She doesn't know about my  
struggle, so it is not like I could go to her and explain that I am clean, and how hard this is for  
me etc..

Do you have any pointers? is this normal? am I crazy here?

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Re: Mixed Feelings

Posted by yidtryingharder - 26 Dec 2014 22:12

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May hashem help you stay strong

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Re: Mixed Feelings

Posted by cordnoy - 26 Dec 2014 23:04

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May you only know of joy, happiness and simchos.

have a great shabbos

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Re: Mixed Feelings

Posted by dms1234 - 27 Dec 2014 00:09

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You can check out: [Skep's tips](#) for some ideas!

I like to take a nice deep breath and ask Hashem for help!

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