

Feelings of Relief

Posted by fresh start - 10 Aug 2015 21:41

Hi, I just joined GYE today with the blessings of my therapist (as I am seeking help for my addiction of calling chat lines). The reason im writing in is to share my thoughts a bit and see if anyone felt the same way... In my situation it was actually my wife who discovered my addiction that i had for abt 7 yrs (3 b4 marriage and 4 once i was married). My first reaction was a feeling of relief, it was weighing down on me so strongly all these years that even with the seriousness of the situation (facing the uphill battle that i am, and my marriage being on really shaky ground) it was still bittersweet.

Im sure many out there can attest to the guilt that enveloped us any time we were machshil in a nisayon. to have the oppurtunity to, bezras hashem, break out of it completely was the cause for my positivity.

That being said, the more im reading up and researching the psychology of addiction ive learnt that its a long road ahead and regrets alone won't solve the issue. so there may be feelings of relief and strong motivation originally but we have to keep up a support system to keep us in line.

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Re: Feelings of Relief

Posted by cordnoy - 20 Sep 2015 04:19

You are in good hands.

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Re: Feelings of Relief

Posted by fresh start - 30 Sep 2015 04:35

I'm B"H still going strong and getting my life back in order. My value in tfillah has soared. I've never been able to carry over from yomim noraim into succos still on such a high level of tefilla!

My value for life and every minute is growing daily. Learning at least a half hr each day! Spending more time with my wife. etc.

But i just so desperately want things to be normal between my wife and i, obviously it's not a reasonable expectation, yet it's still very frustrating at times. (even if I don't show frustration outwardly, inside I just wish for normalcy)

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Re: Feelings of Relief

Posted by fresh start - 21 Oct 2015 03:09

90 days!!

WAHOO!!!!

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Re: Feelings of Relief

Posted by markz - 21 Oct 2015 03:52

Amazing!!!

Now go buy your wife a massive bouquet of flowers or something else special for her - she saved you, and has also held your hand since. She doesn't have to know why, and you'll probably enjoy such a form of celebration too

Unfortunately I know of other husbands that were too far gone... gone...

And thank Hashem!

And some of the great guys here

And most important - thank yourself

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Re: Feelings of Relief

Posted by cordnoy - 21 Oct 2015 09:59

[fresh start wrote:](#)

90 days!!

WAHOO!!!!!!

Nice

BH

Kot

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Re: Feelings of Relief

Posted by gibbor120 - 21 Oct 2015 15:55

MAZAL TOV! KUTGW! KOT!

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Re: Feelings of Relief

Posted by belmont4175 - 21 Oct 2015 16:16

??? ???, ?? ??? ?????? ???, one day at a time!

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Re: Feelings of Relief

Posted by serenity - 21 Oct 2015 19:25

Mazel tov on 90 days !!!

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Re: Feelings of Relief

Posted by skeptical - 21 Oct 2015 19:29

Mazel Tov on 90 Days!

Keep it up!

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Re: Feelings of Relief

Posted by tester - 30 Oct 2015 10:47

Tst

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Re: Feelings of Relief

Posted by cordnoy - 18 Dec 2015 02:52

[fresh start wrote:](#)

90 days!!

WAHOO!!!!!!

How goes it now?

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Re: Feelings of Relief

Posted by fresh start - 17 Jul 2016 19:07

It's been almost a year! Wow!! The support i got then was a tremendous source of inspiration for me.

Just looking back, it's almost comical how little i knew of what was coming my way, and how little i understood about myself and mitzad my wife.

B"h I've come a long long way in a year. bchasdei hashem i have had no incidents of Z"L, chat lines, or any other form of acting out! Shmiras einayim is still a challenge and something that i have to stay diligent on at all times. The thing that I've learnt though is that it's quite difficult to avoid seeing things out there and the main thing is how you react to it. It can't become a developed thought and you have to respond with a good day the next day. It's just such a slippery slope and the tactics of the yetzer hara can be so subtle.

One of the outcomes of many years of acting out is that I became a low energy, low functioning human being with no passion or excitement about anything (other than inappropriateness and sports). There is a vacuum of many years in there that I just sat and rotted my brain and personality traits. My motivation suffered, i had no sheifos (ruchniyos and gashmiyos), and bad work ethic-learning ethic. B"h I have managed to rekindle (better yet "kindle") my excitement for my wife and kids. Giving them more attention, being excited to be around them, just more engaging overall. Also, as a friend and family member I have been able to reassert myself into society.

However as a person in terms of accomplishing, or taking on projects in learning or anything i still shy away from and have difficulty when i am thrust into things.

That being said I am at a crossroads in my career, to stay in kollel seems to be detrimental as I don't feel like I'm accomplishing. So job searching or schooling is scary for me bcz I've never challenged myself in any way that will come close to what I'm heading into.

Anyways, b"h I've come a long way but as seems the case, every step in recovery and restoring order to my life is a challenge unto itself.

B'Hatzlacha

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Re: Feelings of Relief

Posted by Markz - 17 Jul 2016 19:48

Wow

My twin!

Amazing

But how?

How are you clean for so long?

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Re: Feelings of Relief

Posted by yiraishamaim - 17 Jul 2016 21:09

[fresh start wrote on 17 Jul 2016 19:07:](#)

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B'Hatzlacha

Very exciting.

Mazel Tov on your accomplishment.

You seem to be developing wonderfully!

Embrace it. Enjoy becoming the true winner you've always craved to be.

Looking forward to follow up posts.

Kadima!

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