

Feelings of Relief

Posted by fresh start - 10 Aug 2015 21:41

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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 fresh start - 18 Jul 2016 00:28

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[Markz wrote on 17 Jul 2016 19:48:](#)

Wow

My twin!

Amazing

But how?

How are you clean for so long?

Hey, glad to be your twin!!

There are many, many factors. And most are pretty specific to me and my matzav.

Firstly I've been blessed with a tremendous wife who has, for the most part, stood behind me, held my hand and forgave at the right moments yet was demanding at other times.

I b"n have been seeing a therapist for almost the whole yr on pretty much a biweekly program. It's been a very productive shidduch with us as he's helped me immensely and also been very supportive of my wife (she has come with me abt half the time).

I've taken the task of recovery extremely serious and with the utmost respect. My value for life has gone way up.

My yiras shamayim, and avodas hashem have been given special attention and gotten a huge boost.

As a husband I've been able to take attention that was being given to others and funnel that to my wife (as well as myself, I've become a deeper thinker).

So i don't know in which order to put all these factors and there are other things and people that contributed.

What I've been able to accomplish, yes there's a lot more work to be done, can be duplicated by many people. There is nothing special about me or what I'm specifically doing...

The ikur is that a yr ago i made a decision that i will give myself and my taavos over to Hashem and do what i can to be mekadesh shem shamayim. I have anxieties over relapsing. That sense of responsibility to The One Above, myself and my family keeps me in line and driving forward.

We should be zoche to see the geula very soon.

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Re: Feelings of Relief

Posted by Markz - 18 Jul 2016 00:45

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[fresh start wrote on 10 Aug 2015 21:41:](#)

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My Twin

If you've met one gye, you've met one gye

Each is different and each can be receiving different Therapist styles, and different lust challenges

BUT

We both joined gye on the same date and of course this is a ODAAT program, however if Gd allows and we strike a year of sobriety together, it's gonna require a Grand virtual party woodford, bourbon, music and all - during the 9 days, so hopefully what we're doing is bringing the redemption closer ODAAT

**Warning: Spoiler!**

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Re: Feelings of Relief

Posted by fresh start - 18 Jul 2016 02:52

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[Markz wrote on 18 Jul 2016 00:45:](#)

[fresh start wrote on 10 Aug 2015 21:41:](#)

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**Warning: Spoiler!**

Wahoo!!! Let's do it! That's really cool.

Of course each person has their own sitch....

Its nice that they have this forum for us to pick and choose things that apply to each of us.

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Re: Feelings of Relief

Posted by fresh start - 18 Jul 2016 03:08

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[Workingguy wrote on 17 Jul 2016 22:18:](#)

That is truly amazing! Can you share what you did?

Hi! Trying to think back to a year ago, we set up a bunch of barriers that would make it harder for me to continue with my old lifestyle. I can give examples of things that made it harder to fall.

These things worked for me because of my situation, you can think of your own barriers that could help make you think twice before acting/preventing you from easy access. Basically harchakos.

These things helped me break out of it in the beginning and now that i took down the barriers, i learned to be responsible even without the extra shmeira.

My issue was with chat lines via phone

So I stopped taking my phone with me when I left the house alone.

It was annoying! and sometime embarrassing! but I kept to it

I started learning mesilas yesharim every night and repeated the lesson of the day to my wife. I also wrote down the lesson to really engrane it in me. (This lasted about 2 months)

I kept an in depth cheshbon hanefesh, each day I would write my hardships and what I can work on.. and my successes

I kept a chart of my schedule (and I still do) it includes shmiras einayim, shmeiras hasdarim, tefila etc. Some things I give a check or ex, and some I rate myself a 1-10 score. Sometimes I get lazy but I try to do this every day.

I avoided having a car alone so that I didnt have the easy option of ditching responsibilities/learning to sit in my car and act out.

At weaker times, when I wanted to ensure that I wouldnt fall, I set up a daily accountability with a Rav.

These are all eitzos but the bottom line for me was keeping myself motivated and keeping Hashem in my life.

This was only half the challenge... making a healthy relationship with my wife is a whole different story... dealing with my guilt, her anger, lack of trust, sadness, triggers, and how to deal with it....

Gosh, none of this stuff is easy

But so worth it!

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Re: Feelings of Relief

Posted by ben durdayah - 18 Jul 2016 06:41

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[fresh start wrote on 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

Beautiful to hear!

May you have many more such years of personal growth and sobriety!

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Re: Feelings of Relief

Posted by fresh start - 18 Jul 2016 17:17

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[ben durdayah wrote on 18 Jul 2016 06:41:](#)

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B'Hatzlacha

Beautiful to hear!

May you have many more such years of personal growth and sobriety!

Amen. Same to you!

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Posted by Workingguy - 18 Jul 2016 18:54

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[fresh start wrote on 18 Jul 2016 03:08:](#)

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This was only half the challenge... making a healthy relationship with my wife is a whole different story... dealing with my guilt, her anger, lack of trust, sadness, triggers, and how to deal with it....

Gosh, none of this stuff is easy

But so worth it!

I have to tell you- you are a Gibor! I have tried some of those things but have personal struggles with long term consistency- you're really impressive.

I'm working on reworking my program because I had a bump in the road and I think I need to up my game a little. Id love to hear more about your therapy; I'm in therapy too but I think I need a different perspective by now. Would you talk by phone?

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Re: Feelings of Relief

Posted by fresh start - 19 Jul 2016 03:22

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[Workingguy wrote on 18 Jul 2016 18:54:](#)

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Sure. Would love to hear from you.

How about you email me at freshstartsos613@gmail

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Re: Feelings of Relief  
Posted by Workingguy - 19 Jul 2016 15:12

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Done.

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Re: Feelings of Relief  
Posted by fresh start - 05 Jan 2017 21:38

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Yesterday I tell my therapist that my improvements aren't necessarily from my wife pushing me to do things. Rather they are a result of my new level of connection to Hashem and higher standard of living, that I am responsible for my ruchniyos.

My wife understood this to mean that:

- a)I do not appreciate all that she has done for me
- b) all the times I gave her credit for my turnaround and improvement in all areas of life was made up.

So disappointing! and frustrating.

All I wanted to express was that today when the decision was made to go to shacharis it was my choice. When I didn't look back at the vehicle being driven by a woman it was my conscious decision.

Of course she gets the credit for me being the way I am now. If not for the tremendous gevurah she showed over the last year and half since catching me I would never be where I am now.

She has brought me along to higher levels in yiddishkeit and demands growth out of me. Which is amazing.

I never deny that and constantly recognize it. I just want to point out that there are day to day good decisions that I am actively making.

Just had to get that off my chest...

B"h the last few months are the best that we have experienced together, ever!

There are definitely plenty of positives thank god.

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Re: Feelings of Relief

Posted by Markz - 05 Jan 2017 22:14

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Sounds awesome

btw we aren't responsible for our spouse misunderstandings. We try our best (and more) and GD does the rest. Maybe it was the tone of voice...

Can you explain more about your new standards of living

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Re: Feelings of Relief

Posted by fresh start - 06 Jan 2017 04:42

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I had a discussion with her about it. Nothing was settled. It's basically an emotional time right now and no conversations are getting anywhere. Which is stupid because we just end up ignoring them altogether when things are going well.

Like why bring up a topic when life is so calm and happy...?

She still has so much pain and hurt.

The feelings of being stabbed and disloyalty are still so fresh.

She can't come to terms with this actually being her life.

Our convo ended in a broader discussion about being complimented/recognition for my staying clean. That didn't go so well...

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Re: Feelings of Relief

Posted by Markz - 06 Jan 2017 04:58

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I know captain cordnoy isn't a fan of yechidah's letter, however I had shown it to my wife in slightly different wording and was taken ok I think

Heres the "[letter to the wife of the GYE husband-written by a Yid](#)"

Whats your thoughts on it

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Re: Feelings of Relief

Posted by fresh start - 06 Jan 2017 05:13

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Thanks Mark!

I am not too hopeful about how it will be taken. However, I will check it out tomorrow iy"h.  
Maybe we can sneak it in under the captain's nose.

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