

Moving along...

Posted by ilovemywifeandkids16 - 05 Feb 2016 16:48

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I'm 46 and have been struggling for decades. My wife of 22 years knew but did not approve. I just got a warning letter from work for "inappropriate use of computer resources" and was strongly advised to tell my wife. So I did, and now we are in crisis and struggling. Other simmering issue have been brought forward. Day 10 of the 90 days. Timing could hardly have been worse. I was notified at work the Monday before our oldest daughters Bat Mitzvah. I told my wife the Thursday after the Bat Mitzvah. Now seeing a therapist and waiting anxiously for a recommendation and appointment with a couples therapist. Paying penance (former Catholic) by extra chores around the house and sleeping on the couch. Wife says she still loves me, wants me to heal (with little help from her), and that she still feels very hurt. Now, off to work. Big brother watches me there; new parental controls on my phone, but I know where the passcode is kept.

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Re: Moving along...

Posted by markz - 05 Feb 2016 16:56

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Welcome to the trucking industry!

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Re: Moving along...

Posted by Shlomo24 - 05 Feb 2016 17:30

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Welcome.

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Re: Moving along...

Posted by BenTorah.BaalHabayis - 07 Feb 2016 05:28

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Welcome! Better late than never. I feel for you as it must be very uncomfortable to be caught, however you're fortunate that you is supportive. For starters I suggest you read the GYE Handbook which is full of incredible tools and resources to help deal with this struggle. Also, participating in the forums is helpful in the sense that it helps you break out of isolation and get

some validation. You're not a bad person for struggling

Hatzlacha!

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Re: Moving along...

Posted by cordnoy - 07 Feb 2016 05:43

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Welcome,

All should work out well.

Bein' married so long (like I am), and then disclosin' stuff, can be real tough.

b'hatzlachah

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Re: Moving along...

Posted by gibbor120 - 08 Feb 2016 21:30

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Welcome! That is a VERY tough situation. You are among friends. Keep us posted.

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Re: Moving along...

Posted by ilovemywifeandkids16 - 17 Feb 2016 09:07

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Thanks!

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