

New member introduction

Posted by Keepclean1993 - 23 Jun 2016 08:17

This is the first time I'm discussing this with anyone. But I'm currently married a little more than 2 years and I've come to realize something that I knew in the back of my head for a long time, I'm an addict. I don't know if it's my fault or not but I need to fix this however long it takes. I've been addicted to porn since I was 17. But my problems with shmiras habris started when I was 13. That's the first time I was molested. There was a guy my age who took advantage of me, I was a scared totally naive kid at that time. It only stopped when I forced myself to get a trusted teacher involved. B"h he put an end to it. It happened again when I was 14. This time it was worse. One of my best friends molested me when I was sleeping and I woke up in middle. While my masturbation problem started after that first time, it got so much worse after the second time. Only a couple of years later I was addicted to porn. I mentioned once to my wife that I was molested but I don't think she really understood what that meant. She doesn't know about my addiction and I plan on keeping it that way. I love her too much, I know it would hurt her and I can't do that. But I know I need help. So if anyone has any advice for someone who's trying to start recovering, I'm open to suggestions. Thanks

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Re: New member introduction

Posted by skeptical - 26 Jun 2016 23:35

I've seen it time and time again on here.

The husbands complain that they are the ones who are being "told to do all the work, and it's not fair."

The wives complain that they are the ones who are being "told to do all the work, and it's not fair."

In reality, they aren't being told to do all the work. They are being told that the only person they can control is themselves, and that they should do **their** part without looking to see what the other is doing.

When they stop criticizing, nagging, complaining, etc. and begin to concern themselves only with doing their part, they are usually happy with the results.

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Re: New member introduction

Posted by cordnoy - 26 Jun 2016 23:49

The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy.

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Re: New member introduction

Posted by mggsbms - 27 Jun 2016 00:04

[cordnoy wrote on 26 Jun 2016 23:49:](#)

The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy.

Proactive people take their weather with them. SC

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Re: New member introduction

Posted by skeptical - 27 Jun 2016 00:15

Moderator's Note:

helpshere, I've moved your posts, and posts answering your posts to your own thread entitled [helpshere](#) (you can change the title, if you'd like), so that things remain clear.

Welcome!

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Re: New member introduction

Posted by Markz - 27 Jun 2016 00:44

Members note about moderators involvement

If you have any struggles just "Report it to the moderator" and you will hopefully gain great input and sobriety, because they are all moderately skilled Tow Truckers / Captains / Powerless Tricyclers

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Re: New member introduction

Posted by yiraishamaim - 27 Jun 2016 02:08

[Markz wrote on 26 Jun 2016 20:32:](#)

I am not one to argue with skep but I didn't think the analogy was on target for my marriage (and perhaps others), or to answer the question, which was not a general marriage question but one about intimacy

so many people are complaining about their wives, either that they're not having sex or they feel like their wives are doing them a favor... why does it seem to me that the guys are the ones who are told so much about working on shalom bayis and the woman not so much

Here's what little me thinks

There's a reason a wife is called a vibe in Yiddish. She feels your vibe whether you like it or not. She senses attached or disattached very strongly but may only be on a subconscious level. She senses her husbands 'sex drive' levels, and his love, very well - what you call Shalom bayis.

As long as we are lusting (whether bc of abused childhood, or other), our perceptions may way off and may wrongly put the blame on her. She may also feel the distance / disattachment b/c of our porn use. There may be more that she's affected by. This is not a shared friendship clean up toys situation

I believe (and am working in my marriage on this with coaching) that intimacy is not 50% the man's responsibility. It's 100% for him to rid himself of porn etc and give all to his wife. And then in many cases she may reciprocate BUT not necessarily in sexual ways (sorry), but the first thing is too remove the burden of sex from her. Oh from myself...

Brilliant and humble. The only part you were wrong about was the description of yourself "*little me*"

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Re: New member introduction

Posted by goodchange613 - 27 Jun 2016 05:07

keepclean1993

thanks for bringing up the point, i know i have thought that myself every so often and its good to hear the answers again clarifying the issue!

the question i would still have is when is the point that it becomes a real issue and not just a lack of work on the husbands part? because as noted above sometimes even after all the work the wife just doesnt respond so how is one supposed to cope with that?

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Re: New member introduction

Posted by Keepclean1993 - 27 Jun 2016 11:29

cordnoy

Ok what worked for you? In your earlier post on this topic you said you had lot to say, I would love to hear it all

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Re: New member introduction

Posted by Keepclean1993 - 27 Jun 2016 11:36

Goodchange613

thats perfect. I know I'm new so I definitely need to work on myself, but I really do help my wife in many different areas, without getting into details, so yes the question still stands, I feel like I'm the one always putting in effort and I don't see the effort on her side, so how to deal with a situation like that

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Re: New member introduction

Posted by cordnoy - 27 Jun 2016 11:37

[Keepclean1993 wrote on 27 Jun 2016 11:29:](#)

cordnoy

Ok what worked for you? In your earlier post on this topic you said you had lot to say, I would love to hear it all

Start with the mikvah night thread (can be found in my signature).

I also talk about this stuff on the afternoon call.

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Re: New member introduction

Posted by skeptical - 27 Jun 2016 12:01

First of all, as said above, doing the right thing makes us feel good. It doesn't really matter what the others are/aren't doing.

Second, sometimes things take time. They don't always happen on our schedule.

Third, while you say that you're always putting in all the effort, and your wife puts in none, we have no idea what any of that stuff is.

If you're always putting in all the effort, what more do you have to work on?

Can it be that your wife is also putting in effort, but that it's not the effort you're fantasizing about, so you're blind to it?

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Re: New member introduction

Posted by gibbor120 - 28 Jun 2016 13:55

A few points.

Many people "think" they are being selfless, and don't realize how selfish they are actually being.

Rav Arush has 2 books on Shalom Bayis, one for men and one for women. He says each one should NOT read the other. My understanding is that when he is talking to the men, he wants them to focus on their responsibilities, and when he is talking to the women, he wants them to focus on their responsibilities.

Yes, women have responsibilities too, but if each reads the wrong book, it puts an unhealthy focus on MY needs.

Many times, if you do your part without any expectation of being "paid back" you will see a miraculous difference in how your wife treats you.

You cannot control your wife, you can only control yourself. It makes sense to work on the things you can control first.

She may have issues, and may not be perfect, but that is not your job.

Finally, yes there are times that she may be at fault a little or a lot. Does that make you feel better?

Take a look at the shalom bayis thread (found in my signature). I think it's a very heartwarming and eye-opening thread.

Behatzlacha!

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Re: New member introduction

Posted by Keepclean1993 - 28 Jun 2016 21:29

I know you guys are trying to help, but this really isn't working for me. Forget about lust, porn or anything like that for a second I feel under appreciated and unloved when sex isn't in my life. Is that because I'm an addict? I don't see the connection

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Re: New member introduction

Posted by Markz - 28 Jun 2016 23:19

As long as sex was necessary for my life there was a certain level of 'addiction'

I believe now that sex is 100% optional

A little bit of sobriety goes a long way to give us some freedoms

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