struggle goes on
Posted by precious - 16 Nov 2016 20:52

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I'm new to all this so not sure quite what to expect.

I'm married and have children. I have been struggling with inappropriate material on the internet since I was about 15. Iv'e had weeks even months without having gone to the internet however I always end up back. My marriage is on the verge of breaking down because of it (as my wife has found out what I've been looking a few times over the course of a few years) and basically she has had enough. If I cant make a positive long lasting change then it's basically the end. I'm starting over again (I dont know who many times I've said that) and will hopefully be able to make a lasting change.

I went to group therapy about 4 years ago which was positive but I have not had any ongoing support/therapy.

I'm going to try and find time to work through the tools on this website and try and try to discuss some things with my wife and try to move on to build a better marriage and better life.

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Re: struggle goes on
Posted by Markz - 16 Nov 2016 21:05

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Welcome

Sorry to hear...

I'm sure you have a LOR. Try give Cordnoy or Dov a call, and there's others too on this site that can help you tremendously

Things can go in a positive direction, all it takes is small steps (Or big steps and your name is

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shlomo ;-)

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Re: struggle goes on
Posted by gibbor120 - 16 Nov 2016 21:24

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Welcome! Make yourself at home here. What did you learn/gain from group therapy? Why did you stop? Read the handbook. Get to know the chevra.

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Re: struggle goes on
Posted by Bigmoish - 16 Nov 2016 21:31

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Welcome. Sorry to hear about your situation.

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Re: struggle goes on
Posted by Shlomo24 - 16 Nov 2016 21:33

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I would echo what Mark said, try to get in touch with your LOR and some of the respected members of the site that can help.

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Re: struggle goes on
Posted by neshamaincharge - 17 Nov 2016 00:02

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Thanks for sharing.

A lot of us here can relate to your post, and many are proof that it can get better.

Welcome aboard!

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Re: struggle goes on
Posted by serenity - 17 Nov 2016 03:28

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Welcome to GYE. Great first post. I hope you can find help and healing.

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Re: struggle goes on
Posted by cordnoy - 17 Nov 2016 04:29

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Welcome,

Wel are rooting for you.

B'hatzlachah

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Re: struggle goes on
Posted by TFLMS - 17 Nov 2016 09:10

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Welcome

Sorry to hear about your troubles.

I came in to recovery because I couldn't handle the pain anymore.

Any therapist that I was working to fix my marriage didn't work.

So working on my marriage wasn't really the issue, it was saving my life from suicidal thoughts, the moment I jumped in recovery and started getting emotional sobriety, the miracles started happening, marriage etc.

TFLMS

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Re: struggle goes on
Posted by Workingguy - 17 Nov 2016 15:20

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I can encourage you enough to find the help you need- rabbi, therapist, 12 steps, this site,
Cordnoy, Dov, Markz, and anything else you can do both for yourself and because letting your
marriage go is something that almost everyone regrets horribly afterward, and usually ends up
having to fix the problem to go ok with their lives anyway, so why not fix it now?

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